



## **MEDIA RELEASE**

### **National Ride2school Day Is More Than Just A Day**

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Healthy Together Mildura and Mildura Rural City Council have been successful in obtaining funding to support two local schools to install RIDE and STRIDE zones.

RIDE and STRIDE zones are places away from school where parents can safely drop-off their children who then walk or ride approximately 1km to school with other students also using the RIDE and STRIDE zone.

The RIDE and STRIDE zone program has two main objectives:

- To reduce traffic congestion and parking infringements in school zones; and
- To increase physical activity levels of children and parents.

“We have been working closely with The Lake Primary School to tailor the program to suit the specific needs of the school and to gain the support of the whole school community,” said Rachael Longeri, Health Promotion Officer, Healthy Together Mildura.

The Lake Primary School are excited to have their RIDE and STRIDE zone ready for National Ride2School Day which will be a major health focus for the whole school community. National Ride2School Day encourages students and parents ditch the car and embrace a healthier start to the day by riding, walking or scooting to school.

Bicycle Network Australia reports that over the past 40 years the number of children who are physically active everyday has significantly dropped. Today, levels of physical activity are at an all-time low. In the 1970s, eight out of ten students rode or walked to school. That number has dropped to just two out of ten.

Mildura Rural City Councillor for Community Safety Simon Clemence praised The Lake Primary School for supporting and implementing the RIDE and STRIDE program.

“I am pleased to support the launch of the first RIDE and STRIDE zone of 2017 at The Lake Primary School which has shown an interest in the safety, health and well-being of their students,” Cr Clemence said.

The Lake Primary School community will be meeting at their RIDE and STRIDE zone at 8.15am on National Ride2School Day, Friday 17<sup>th</sup> March, to launch the Zone and provide safety education.

The Principal of The Lake Primary School, Mr Rod Pearce, encourages parents not to forget that “National Ride2School Day is more than just a day, active transport is something we should be thinking



about everyday for ourselves and our children. If you're looking to encourage an active school community supporting programs such as this is a great way to start”.

**END**

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PHOTO OPPORTUNITY: Parents, students and teachers from the Lake Primary School will be joined by Healthy Together Mildura and the MRCC Road Safety Officer from 8.15am on Friday 17<sup>th</sup> March to launch the new Zone.