## **Park & Walk or Ride**

Not everyone can walk or ride the whole way to school or the bus stop, but it's easy to drive part of the way and then walk or ride the rest!

#### The Benefits

Avoid the school carpark chaos and add some exercise into your family's daily routine. Physical activity before and after school can help make kids happier, healthier and even concentrate better in class.

Walking or riding part of the way to school or the bus stop will help children learn road safety, set good habits for life and it's better for the environment too!

### **How to Park & Walk or Ride**

- 1. Drive part of the way
- 2. Find a suitable spot to park (see map for recommended Park & Walk or Ride Start Points)
- 3. Walk or ride the rest of the way
- 4. Do the reverse on the way home!



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# **Handy Tips**

- Plan and test a safe route
- Park at your chosen Park & Ride or Walk Start Point
- Teach children road and path safety
- Supervise children depending on age, location and experience
- Cross with traffic wardens where available
- Start with a 5 minute walk or ride and increase
- Take turns with other parents to accompany children to school

## **Places to Park**

See map on reverse side to plan your trip.



**Park near Beckett Court** 

Reidy Dr (300m)



**Spencer Park IGA** 





Mokare Pond (450m)



Shawn-David Park

Vansborough St (500m)



Chauncy Park
Chauncy Way (1.2km)



Hull Park
Manley Crescent (2km)

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# Park & Walk or Ride to Spencer Park Primary School







