## **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. Exercise 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!



### **Walking School Bus**

#### Monday – Thursday

Albany Primary School P&C volunteers supervise children in the Walking School Bus four days a week, rain or shine. The Walking School Bus departs and finishes at Bob Thomson Gardens near Dog Rock so it's perfect for parents who work in town or care for younger children. For more information email **apswalkingschoolbus@gmail.com.** 

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## **Handy Tips**

- Plan and test a safe route
- Park at the suggested Park & Walk or Ride Start Points
- 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.



#### Cull Park Bathurst Street (600m)





**Eyre Park** Adelaide Crescent (1.8km)

Lockyer Avenue (1km)

**Centennial Stadium** 

Alb York

Albany Town Square York Street (1km)

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# Park & Walk or Ride







