Welcome to the Robina State School Active Travel Map. Our school is working hard to establish healthy lifestyles for all of our students and families. You can help by walking, riding or catching public transport to and from school, instead of driving the car.

If you live too far away from the school to walk or cycle, try leaving the car 500m or more from school and walk or ride the remaining few blocks. Try leaving the car at one of our six Park and Stride locations and join other families to walk, ride or scoot to and from school.

We are a healthy active travel school, choose one of our top 5 ways to get active and be healthy!

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**Top 5 ways to get active!**

**Park, and walk or ride the rest of the way.**
Try leaving the car 500m or more from school and walk or ride the remaining few blocks.

**Get on your bike, ride to school.**
Ride safely with a buddy. Remember your helmet!

**Use your feet, walk to school.**
You will feel great when you walk to the school gate. Remember your hat!

**Jump on board, catch the bus or train.**
Catch the bus or ride the train. Remember to travel safely with a buddy.

**Walk or ride to school events.**
Walking or riding to or from school events and activities is a great way to be active.

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**Important tips to stay safe**

Children need to develop the knowledge, skills and behaviours to travel safe. Follow these important safety tips:

- obeying the road rules
- travelling with an adult or buddy
- being visible to other road users
- sharing pathways
- learning and practising correct behaviours as a pedestrian, cyclist or passenger
- wearing appropriate clothing and footwear to suit all weather conditions
- encouraging sun safety by wearing appropriate clothing, hat, sunscreen, sunglasses and staying in the shade.

**Practice makes perfect**

Before crossing the road, remember the rule – **STOP, LOOK, LISTEN and THINK:**

- **STOP** at the kerb
- **LOOK** right, LOOK left and LOOK right again
- **LISTEN** for cars approaching
- **THINK** whether or not it is safe to cross and wait until there is a safe break in traffic and all is clear to cross.

Then keep looking and listening for traffic as you walk straight across the road.

**Did you know?**

- Children aged 5 – 12 should participate in at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every single day.
- The cost of buying and maintaining a bike is around 1% compared to a car.
- Walking 400m can burn 105 kilojoules (25 calories).
Park and Stride start times: All walks commence at 8:00am on Wednesdays

This is a family activity. No school supervision.

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