Welcome to the Varsity College Primary 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 four Park andStride 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!

### 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.

### 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).
Varsity College Primary School Campus

Route 1 Silvabank Drive
Start on Silvabank Drive near Christine Avenue. Turn left to the path on the left-hand side of Christine Avenue. Cross Lowood Court. Cross Roundelay Drive. Cross Regensberg Close. Cross Bridgewater Drive to school.

Route 2 Green Bridge
Start at Varsity Foreshore Parklands on Varsity Parade. Cross over the green bridge and proceed forward through to Christine Avenue. Turn right along Christine Avenue, pass the shops and turn left at traffic signals to cross Christine Avenue. Turn right along Christine Avenue to school.

Route 3 Azzurra Island
Start at parkland in centre of Azzurra Island. Cross Menton Avenue and head down to Azzurra Drive. Turn left to proceed along left-hand side of Azzurra Drive. Cross Tannerone Lane. Cross Valetta Crescent. Proceed across bridge onto Bridgewater Drive. Cross Acklin Court. Proceed on the left-hand side of Bridgewater Drive to the eastern school entrance.

Route 4 Bayswater Avenue
Start at the lakeside parkland at the southern end of Bayswater Avenue. Proceed along the lakeside path. Take ramp up to Christine Avenue and turn right to cross the bridge. Proceed on the right-hand side of Christine Avenue to the school entrance.

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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