

## Term 4 Important Dates

October– November	Walk to School Month 2019
Monday 14th October	First Aid in Schools Program Yr 1-4
Tuesday 15th October	2020 Information Evening
Tuesday 15th October	School Council Meeting
Wednesday 16th October	Session 3 of 4– 2020 Foundation Transition Visits
Tuesday 29th October	Friends of Hastings Primary School Information afternoon 2:30pm Community Cafe
Wednesday 30th October	Junior Fun Athletics Morning 9-11am
Monday 4th November	Curriculum Day <b>No students</b>
Tuesday 5th November	Melbourne Cup <b>Public Holiday</b>
Thursday 7th November	Year 2 Sleepover Camp
Wednesday 13th November	Session 4 of 4– 2020 Foundation Transition Visits
Monday 18th– Friday 22nd November	Yr 3-6 Swimming and Water Safety Lessons
Tuesday 19th November	School Council Meeting
Thursday 28th November	Crib Point District Triathlon
Monday 2nd– Friday 6th December	Foundation– Yr2 Swimming and Water Safety Lessons
Wednesday 4th December	Christmas Concert
Tuesday 10th December	State Wide Orientation Day
Thursday 12th December	Year 6 Graduation
Friday 20th December	Last Day of Term 1:30 dismissal



### Poppy Appeal– Remembrance Day

As part of Remembrance Day on November 11th 2019 we have a variety of pins, bracelets & key rings ranging between \$1-4 available at the office.

Your donation can help provide specialist services like crisis accommodation and health and wellbeing programs to thousands of veterans and their families.



## Walk to School 2019

Walk, ride or scoot and build healthy habits for life.

### Parent and Carer fact sheet

In 2018, we achieved:



Every October, Walk to School encourages Victorian primary school kids to walk, ride or scoot to and from school. It's a great way to help students learn healthy habits and achieve the recommended 60 minutes of physical activity, every day.

Active travel options to and from school are also a great opportunity to connect and chat with your kids, plus meet up with other local families along the way. If you can't walk all the way, your child can still get involved – simply drive part way and walk, ride or scoot the rest!

By participating, you could help your school win great regional prizes and you will enjoy the benefits of walking, riding and scooting to and from school!

Commit to Walk to School today and build healthy habits for life.

#### Meet our community partner

Walk to School 2019 is proudly supported by our Official Community Partner, AFL Players' Association.

#### How can your family get involved?

##### Take part through your child's school

It's easy to get involved if your child's school is participating in Walk to School. Your child's teacher will record how many times students walk, ride or scoot to and from school during October, using a classroom calendar.

##### Get involved online

Our website has some great resources and tips to help kids get involved with Walk to School. Visit [www.walktoschool.vic.gov.au](http://www.walktoschool.vic.gov.au) to learn more.

Your child can track their walks, rides and scoots during October, and contribute to the state-wide effort!

Official community partner:



WALK TO  
**SCHOOL**



an initiative of  
**VicHealth**





## Walk to School 2019

Walk, ride or scoot and build healthy habits for life.



### FAQs

#### How does Walk to School work?

Participating schools will encourage students to walk, ride or scoot to school for the month of October, even part of the way is okay. Schools may record how many times a student walks, rides or scoots to school using a classroom calendar to encourage involvement.

#### My child's school isn't participating. Can I still get involved?

Yes! Even if your school isn't involved, you can still participate. Your child can keep track of how often they walk, ride or scoot to and from school and be part of the state-wide movement.

#### Why does Walk to School go for a month?

Studies show that it takes at least 30 days to build a habit. The longer we do something healthy, the more likely that healthy habit will stick. That's why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life.

#### Why do schools use classroom calendars?

The calendars are a bright, fun way to record how many times students walk, ride or scoot to and from school in October. Schools can also use the calendars to reward students or celebrate the most active class at school assembly.

#### What data do schools collect?

If your school is participating in Walk to School, your child's teacher will use a classroom calendar to record:

- your child's name
- how many times they **usually** walk, ride or scoot to and from school
- how many times they walk, ride or scoot to and from school **in October**.

#### Who can access this data?

Information recorded on the classroom calendars will only be accessed by the student, the teacher and the school's Walk to School coordinator.

#### What if I don't want my child to participate?

Participation is voluntary. If your child's school is taking part in Walk to School but you don't want your child to participate, ask your child's teacher not to include your child's name on their Walk to School classroom calendar.

If you choose not to formally participate, your child can still enjoy the benefits of walking, riding and scooting to and from school as often as they like!

#### Where can I get more information?

Visit the Walk to School website for information:  
[www.walktoschool.vic.gov.au](http://www.walktoschool.vic.gov.au)



[walktoschool@vichealth.vic.gov.au](mailto:walktoschool@vichealth.vic.gov.au)



[www.facebook.com/WalkToSchool](https://www.facebook.com/WalkToSchool)



[twitter.com/WalkToSchoolVic](https://twitter.com/WalkToSchoolVic)

#### Your privacy

We care about your privacy. If you have any other enquiries regarding privacy, or wish to access your information, please contact the VicHealth Privacy Officer at [privacy@vichealth.vic.gov.au](mailto:privacy@vichealth.vic.gov.au).



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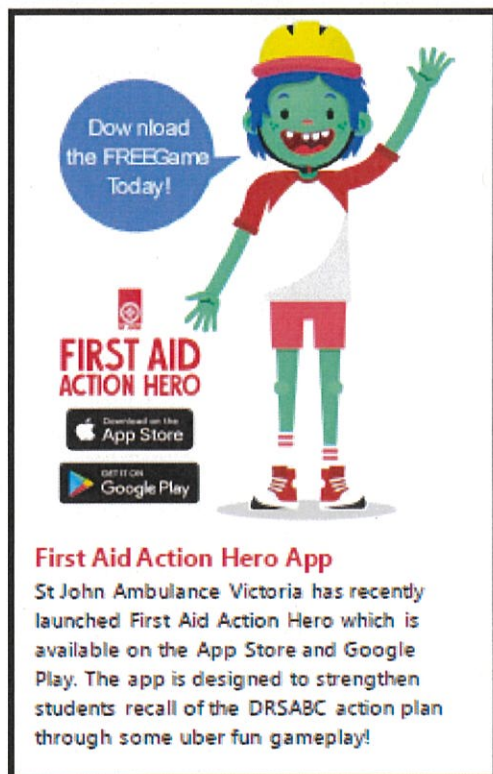




St John Ambulance Victoria

First Aid in Schools

Everything you need to know...

Download the FREE Game Today!

**FIRST AID ACTION HERO**

Download on the App Store

GET IT ON Google Play

**First Aid Action Hero App**

St John Ambulance Victoria has recently launched First Aid Action Hero which is available on the App Store and Google Play. The app is designed to strengthen students recall of the DRSABC action plan through some uber fun gameplay!

St John Ambulance Victoria will visit our school on Monday 14<sup>th</sup> October to deliver their free First Aid in Schools Program to our students. The program has taken an innovative approach to ensure all First Aid lessons are a fun and interactive experience for students of all learning capabilities. Trained St John presenters lead students from the Junior and Middle School through tailored sessions on the importance of First Aid and what to do in the event of a medical emergency. Our junior students learn about how to identify when there is an emergency, keeping themselves safe, and how to call for an ambulance. Senior students learn about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency.




**Share Our Visit On Your Socials**

Don't forget to tag us – we don't want to miss the action!

Facebook: @stjohnvic

Instagram: @stjohnvic #stjohnvic

### Help Us Spread The Message

Has a student at your school had to use First Aid prior or post the First Aid in School Program visit? We want to hear your stories! First Aid in Schools is an important community initiative which we know saves lives, but we need your First Aid stories (big or small) to help get our message out there. Please send your students First Aid experiences through to: [marketing@stjohnvic.com.au](mailto:marketing@stjohnvic.com.au)

### Help Keep Our Program Free

A big thank you to Chandler Park Primary School school who raised \$700 at a recent fundraising event. Donations help provide this program to your school for free, if you would like to make a donation or host a fundraising day please contact Lyndall at [fundraising@stjohnvic.com.au](mailto:fundraising@stjohnvic.com.au)