

HEALTHY MOVES PLANNING 2018



HEALTHY MOVES PARTNER:

We want to help your children reach their goals and develop healthy savings habits.

Our Active Saver Account is a great savings account on its own offering a fantastic interest rate to boost your child's account balance, however if your child is involved in the Healthy Moves Program at a participating local primary school, then they can be rewarded for every 20 stamps you get \$5 placed in your account all just for taking part in the Healthy Moves Program!

How does it work?

When your child opens an Active Saver Account with South West Credit they will receive an account pack which includes:

- *Passbook so they can track their savings*
- *Active Saver Activity Booklet to track their Healthy Moves involvement.*
- *A wristband to show they are an active saver!*

Each time your child walks or rides to school it will be tracked and tallied. Once your child has built up 20 activities they place their passbook into their Active Saver Folder and bring it to school for collection by South West Credit. Rewards will be processed and updated in your child's passbook so they can watch their account grow!





HandsUp!

The Ride2School HandsUp! system is a key reporting tool used by schools registered in our program.

HandsUp! counts provide each school the opportunity to measure their progress in supporting more students to become physically active and is a great way to reward their success. HandsUp! allows schools to get the most value out of the program, be eligible for prizes and track their progress in their efforts to get more students active.

HandsUp! counts are simple.

- *Select one day per week to count*
- *Ask students how they arrived at school*
- *Collate the date and enter the final results through your Ride2School account*

Benefits for your school

- *HandsUp! allows your school to track it's progress in getting more students riding, walking, skating and scooting more often*
- *The reporting tables and charts can be used to communicate progress achievements to current and prospective parents*
- *The CO2 reporting records can be used for AUSSIVic Schools transport audit module*
- *Monthly monitoring can provide opportunity for students to manage and to take responsibility*
- *HandsUp! surveys allow the Ride2School team to advocate for improved facilities around your school to support the riders and walkers. You can also present the data when applying for grants*
- *Students see their peers putting their HandsUp! which helps create active travel as a social norm*
- *Communicating achievements can help to build school community pride*

The Golden Wheel

At the end of each term a school is crowned term champion and receives the Golden Wheel trophy to have at their school until the next school wins it!

The champion is based on a simple points system. Here's how it works:

- *Enter one HandsUp! count and earn 10 points. See our resources section to make collecting counts easy and fun.*
- *Work to improve your active travel rate, we award schools one point for each percent their active travel grows by.*
- *Looking for bonus points? By completing and submitting the Ride2School [Active Travel Charter](#), you're demonstrating a commitment to building a physically active school community and earning a bonus 10 points.*
- *What's the secret to winning? Completing weekly HandsUp! counts and growing your active travel rate.*



2018 focus = The **BENEFITS** of exercise as transport:

ENVIRONMENT

Every 2km you don't use a car you save 1kg of GHG

Cars = Pollution

Mental Health

Being with Friends
 less stress for adults

RELEASE ENDORPHINS

Independent = Pride in yourself



EVERYONE CAN DO IT

HEALTH

IMPROVES YOUR FITNESS

EXERCISE = FEELS GOOD!!

PRACTICE BEING AN
 AWESOME ROAD USER!
 LESS CARS =
 SAFER STREETS

ROAD SAFETY

ENCOURAGE PEOPLE
 DRIVING CARS TO SLOW
 AND MAKE EYE CONTACT



HEALTHY MOVES “health check”

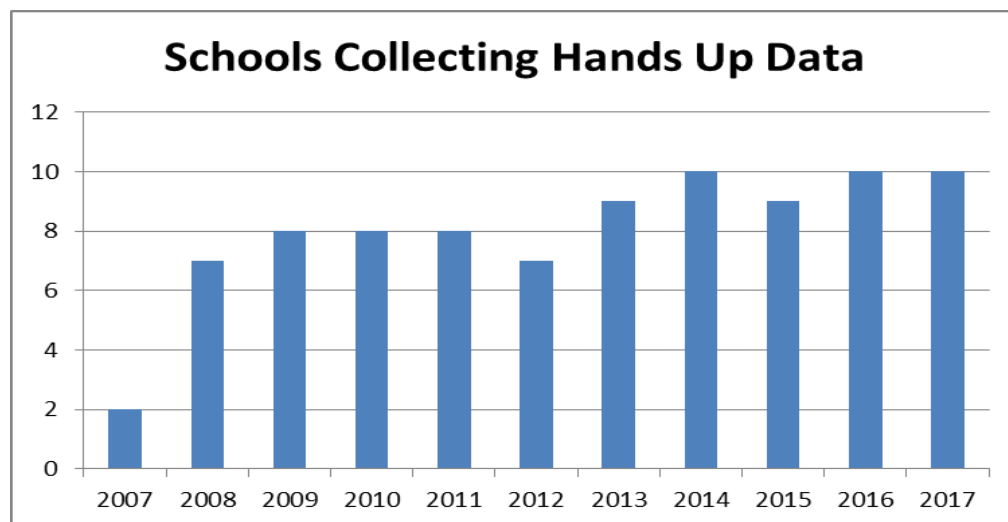


Table 1.1

Data collection began in 2007 with Warrnambool West (47%) and St Josephs Primary Schools (26%). In 2017 10 schools are involved in HEALTHY MOVES program.

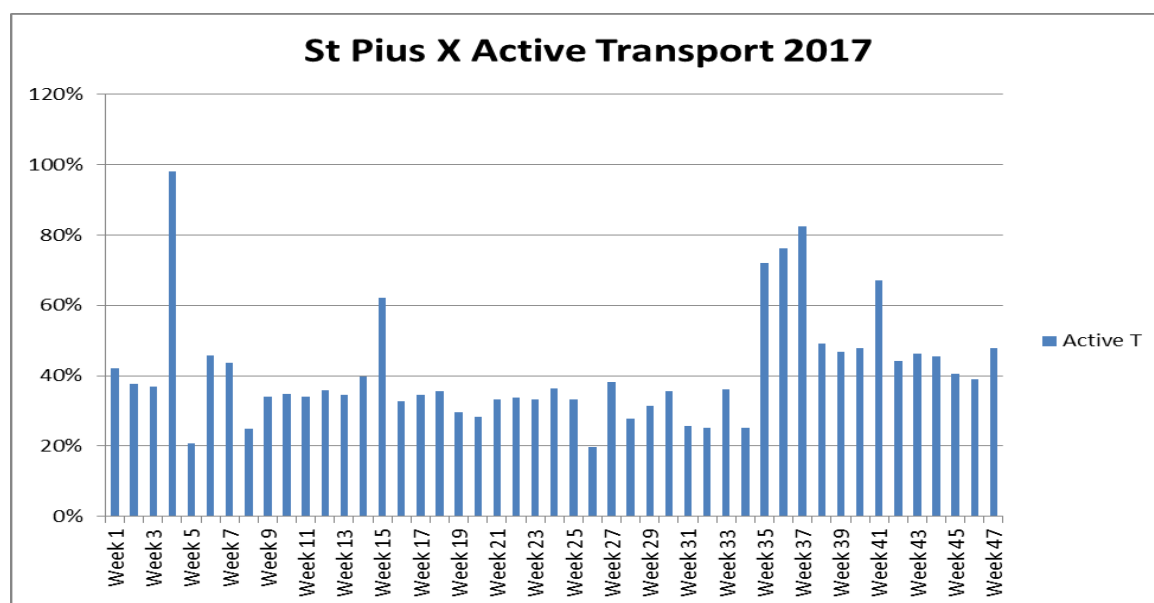


Table 1.2

Impact of VicHealth Walk to School in October. Funding to assist Council support the HEALTHY MOVES schools is having a positive impact on participation. An example is St Pius X collects data weekly sees Week 35 (start of Walk to School Month) have an increase in active transport of 30% with the post event finding 10% of students continuing the healthy habit). Students from all schools are involved in promoting active transport to their school community. *data collated by Ride2School “to School only”.



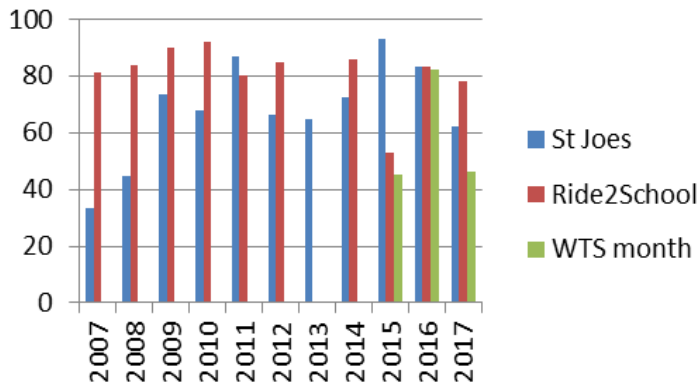
Outcomes: The data collected provides information for Council and has assisted in providing evidence of need allowing external funding for projects and new school crossings to be implemented. As well as funding to pilot nudge projects aimed at reducing cars in the school precinct. This involves working with a group of parents and students to work out safe drop off points then promote them to the school community.

Individual schools have had external funding from Bicycle Network to train Bike Ed instructors, upgrade bike sheds and receive new bikes. This program is supported by local businesses South West Credit and organisations like VicRoads and Victoria Police.

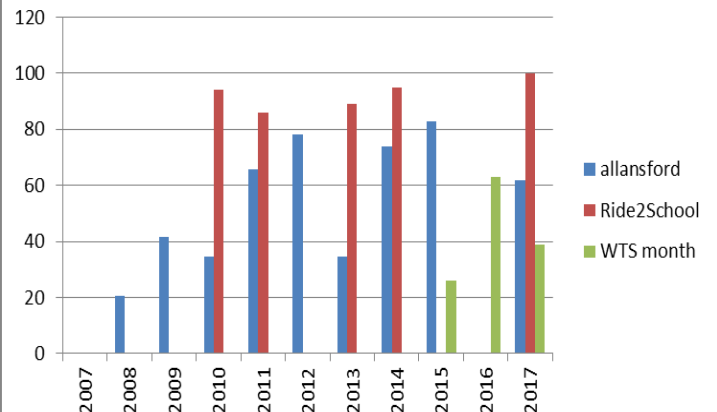


Tables: Schools hands up surveys 2007-2018.

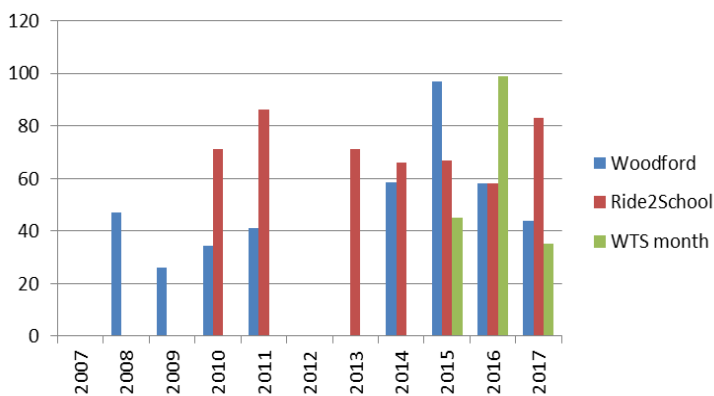
St Joes Hands Up Survey Average



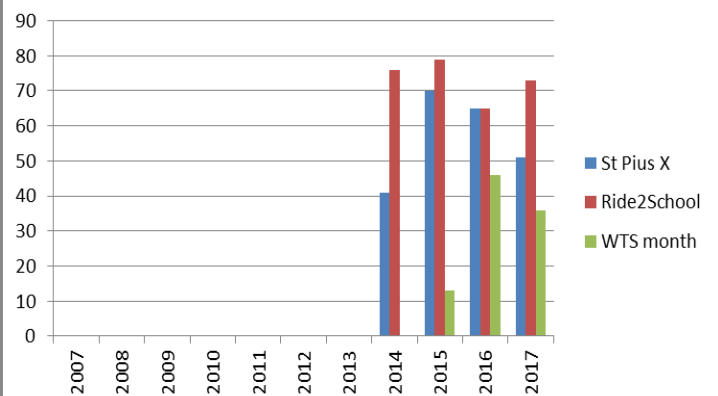
Allansford Hands Up Survey Average



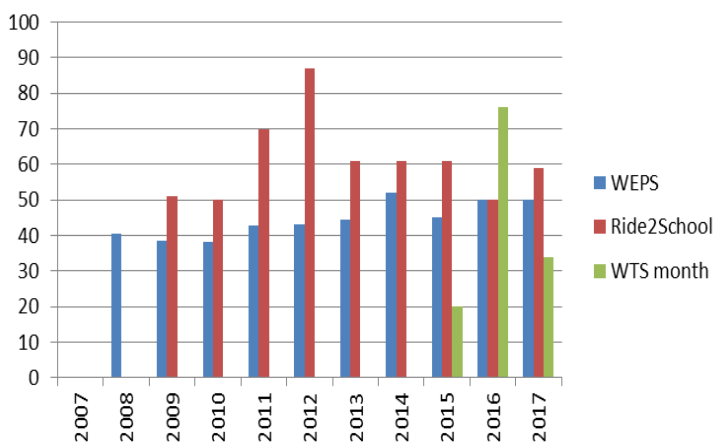
Woodford Hands Up Survey Average



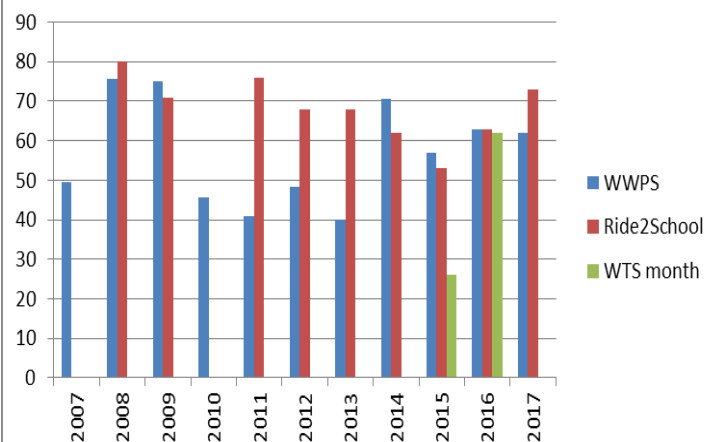
St PiusX Hands Up Average



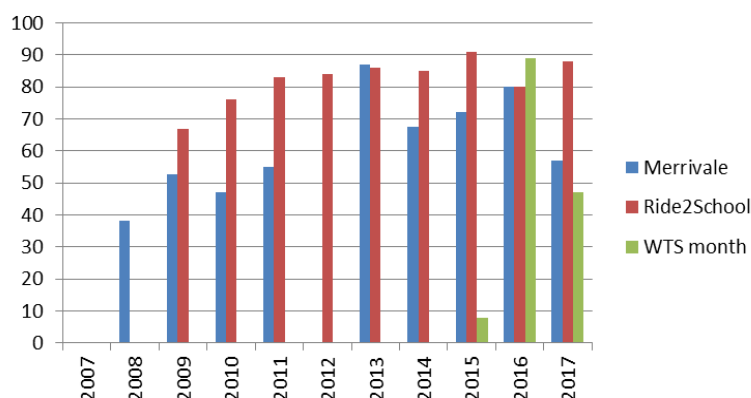
WEPS Hands Up Survey Average



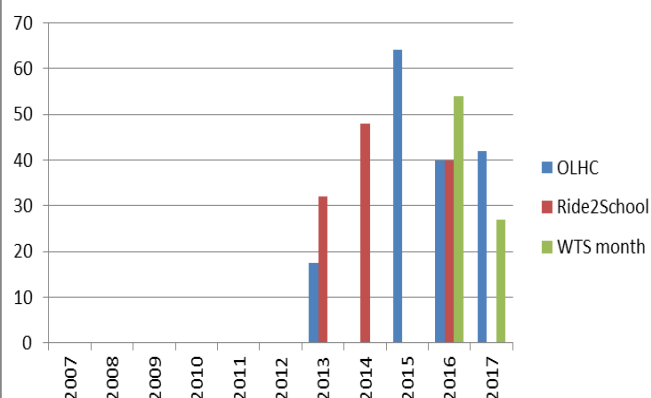
WWPS Hands Up Survey Average



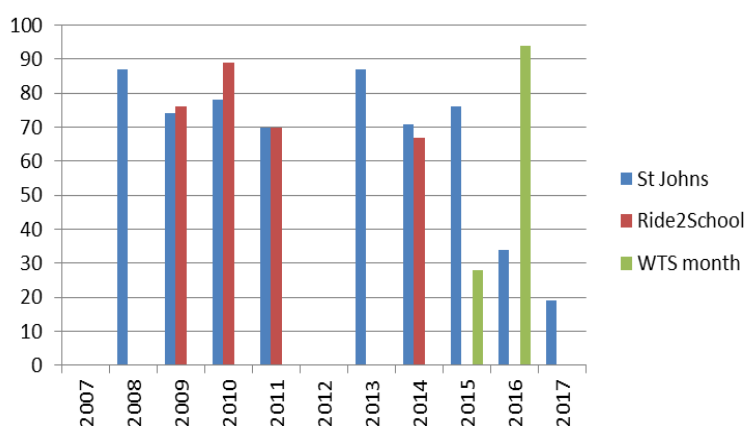
Merrivale Hands Up Survey Average



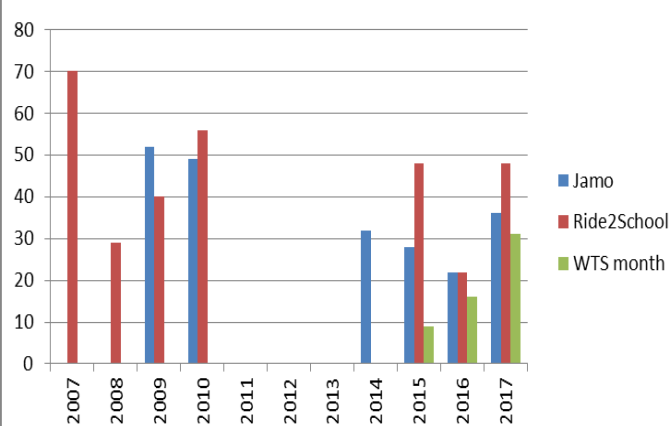
OLHC Hands Up Survey Average



St Johns Hands Up Survey Average



Warrnambool Primary Hands Up Survey Average



Note:

Average data (**BLUE**) is depends on the number of surveys completed by a school in one year. This is collected by asking students how they arrived at school so there is an inherent error using this method. However if you look at trends it is "going up".

Ride2School data is data collected on Ride2School event day in March. (**RED**).

The addition of Walk to School month (**GREEN**) is data (walking to and from school) collected over one month via tick sheets. The data collection method is new and takes in the number of students at the school divided by the possible walks over the month.



Co-ordinator Checklist

- ✓ *Hands Up Surveys- distribute and collect (once a term & activity days)*
- ✓ *Events are in the School Calendar (book if you would like a police talk)*
- ✓ *Link your website with www.healthymoves.net.au*
- ✓ *Email photos/stories & events to Nicole to put on website*



Nicoles Checklist

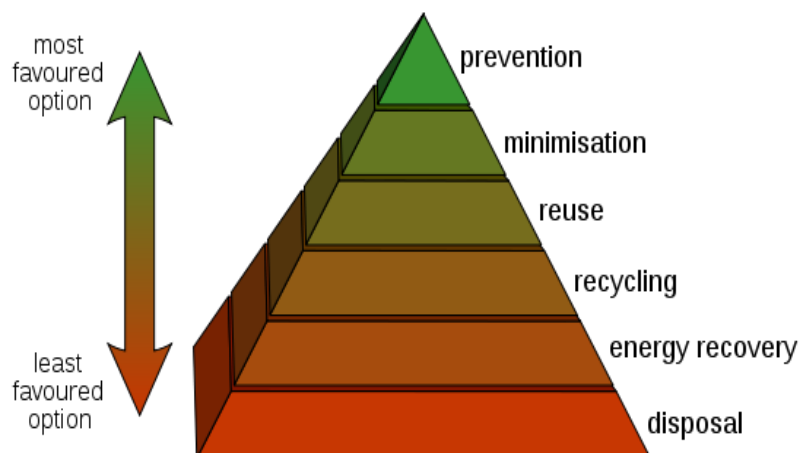
- ✓ *Work with students at each school to promote event days. Support students completing their 2017 Goal.*
- ✓ *Place photos/stories & events on Warrnambool Walks Facebook page and Website.*
- ✓ *Potential grants placed on website*
- ✓ *Update Hands Up on Ride2School website and HEALTHY MOVES website*
- ✓ *Advocate for safer streets around the schools*
- ✓ *Improve Bus Safety education as per 2017 program*
- ✓ *Investigate peer teaching for Road Safety*



4Rs

Waste Pyramid

(Principles of Waste Management adopted by Warrnambool City Council, State & Federal Governments)



Inspiration

Need some inspiration? Some of these videos might help to provide ideas, direction and education about recycling and waste reduction and basically saving the planet!

Forkfish – *The Adventures of Rusty Swordfish* - <https://youtu.be/8-uDrMmlhH8>

Flip the thinking around litter

Day in the Life of a Plastic Bag - <https://www.youtube.com/watch?v=pj5F2TD8nsA>

students will enjoy too

Great for young years but older

For more inspiration watch these:

<https://www.youtube.com/watch?v=4snxhX90WkQ>

<https://www.youtube.com/watch?v=eRLJscAlk1M>

Plastic Bag Ban – status update:

State Government has committed to banning single-use, lightweight plastic shopping bags in Victoria. Over summer they have consulted with businesses and community about how best to do this without any adverse effects such as increase in use of heavier plastic bags that are not considered single use. Along with plastic bags they have also consulted about other plastics such as micro plastics.

Outcomes of the consultation and a way forward are still being developed but the ban is supposed to begin this year.

Coles and Woolworths are one step ahead, nationally scheduled to cease the use of single use plastic bags from July 1st 2018.

Our local IGA is following by using up the rest of their single use bags and then not ordering or issuing any more after that. (maybe all IGAs approach).





The Recycling Crisis:

Over the past decade China has consumed at least 30% of Australia's commingled recycling material that generally comes from kerbside collections. They have required vast amounts of material that they then use for the manufacture of products that are exported back to Australia (and most other Western countries). China required external material because internally China did not have an organised recycling system. Because it needed a lot of material China was also willing to pay well for material and so it became more viable to sell it to China than reprocess it in Australia and so Australia's recycling industry also began a steady decline.

Adding to this decline is the lack of reinvestment by the Victorian State Government who has been collecting a Landfill Levy that now stands at \$31 per tonne for every tonne of waste to landfill. This levy is legislated to be reinvested to build the local recycling industry in Australia, developing markets and policies to ensure that recycling is more viable an option than landfill for community, businesses and industry. Only a very small percentage of this levy has been used for this purpose.

The crunch came at the end of 2017 when China's government banned the import of recyclables from other countries unless they are sorted to a high level, are 'clean' and even processed already (for example if we were sending plastics to China, they would be sorted into the same type of plastic and then chipped here so that when they arrive in China they are ready to be used.)

Those in the know have called it a 'perfect storm' where a number of factors aligned all at the same time to cause chaos for the Australian Recycling Industry and in particular for residents and councils managing kerbside collection systems.

Councils whose recycling goes to Visy have been affected worse as Visy appear to have used the situation to its advantage.

Warrnambool City Council has had discussions with a local recycler in an attempt to work with them to take Warrnambool's recycling but the industry is too volatile at the moment for them to expand.

The upshot of the whole 'crisis' is that our recycling is still going to Visy at least in the short term but at a huge increase on costs. The state government is assisting with this cost increase until the end of June and then it will be up to Councils to budget for it. Ratepayers will end up footing the bill.

The State Government has developed a Task Force to develop a way forward but from my point of view a number of changes are imperative:

- Changes to the kerbside collection system – what is accepted in the recycling bin
- Increased education about recycling and enforcement when households do the wrong thing
- Lobby manufacturers to improve their packaging – implement a packaging levy of some kind
- Encourage residents to consider what they are buying and its packaging – is it recyclable? Is it excessive?
- Encourage residents to buy recycled products.
- Develop policies forcing local government, state governments, business and industry to purchase products with % recycled content.
- Implement the Container Deposit Scheme in Victoria (10c return for beverage containers)
- Be more open to and supportive of innovation such as Waste to Energy and local solutions to recycling problems especially for regional and rural areas.



The Boomerang Alliance has conducted a **Big Bottle Tour over Easter** aiming to increase community support and lobby politicians to implement a Container Deposit Scheme here in Victoria. If your school believes that there will be benefits in the introduction of this scheme in Victoria, you can sign up to the containers campaign at:

http://www.boomerangalliance.org.au/cds_vic_org_statement_of_support

Compostable bags are available at Coles (Northpoint and Bunnings):

Coles sell a compostable bag that is Multix brand. They are 8 litre capacity.

Bunnings sell a compostable bag – the brand is Maze and they are 7 or 9 litres.

If they are for use in a school or home compost system they may not breakdown effectively, but still might be worth a try.

It's also worth noting that even if they don't fully breakdown they are still plant based, so it doesn't really matter (although might not look great bits of green bag throughout your compost)



Compostapak is an online company selling compostable bags – they have a great range and are Australian certified.

Benefits of schools including the 4Rs in the Healthy Moves program are:

- Reduction of litter in & around the school yard
- Students eating healthier, less processed foods
- Reduction in food waste
- Increasing students' knowledge of the impact of litter on the environment and the impact of food waste on the WORLD
- Increasing students' sense of ownership & responsibility for their school grounds
- Potential long term reduction in garbage collection costs

Rationale for the inclusion of Refuse, Reduce, Reuse, Recycle (4Rs) in the Healthy Moves program:

- A holistic approach to Healthy Moves means a healthy individual and a healthy environment are dependent upon each other – you cannot have one without the other.
- A healthy mind and a healthy body is dependent upon the air you breathe, the water you drink and swim in and the food you put into your body.
- Moving is vital for a healthy mind and a healthy body and moving in a clean and unpolluted environment is even healthier.
- Reduction in waste generation results in less pollution, cleaner water and air, and more pleasant surroundings, where students are more likely to want to get outside and 'MOVE'.



HEALTHY MOVES Breakfast Club



Background

HEALTHY MOVES is improving children's health - step by step. It is a community-wide approach to enhancing the social, economic and environmental health and wellbeing of children that attend Warrnambool schools. Students use transport as exercise when they walk or cycle to school, we also support them to make healthy food choices. This can improve their health as well as reduce the environmental impact of packaging.

Breakfast club

The importance of breakfast is well recognized, with those who consume breakfast each day exhibiting improved alertness, concentration, mental performance, mood and memory. For school children, consuming breakfast assists with an improvement in learning outcomes. In Australia, it is estimated that 1 in 7 children are skipping breakfast or going to school hungry. By providing a breakfast at school option, this statistic can be reduced.

Breakfast guidelines

Supporting and encouraging healthy food choices in breakfast club will help to promote good choices for the future and also giving the children eating breakfast at school the best start to the day. The guidelines for choosing breakfast have been developed in line with the traffic light system, where green foods are the best choice, amber are select carefully and red being not recommended. This messaging is consistent with other recommendations for lunchboxes and canteens. It is preferable that these guidelines are used to assist with making healthier choices.

Nutrition recommendations when selecting breakfast foods

The following Tables (1-3) provide essential information when making informed choices around breakfast foods. In addition, refer to Figure 1 to assist in identifying the key parts of reading a food label in making informed healthier choices.



Table 1. Guideline to selecting healthier breakfast cereal options using the traffic light system.

Type of Cereal	Label Information
<p>Best Choice:</p> <p>Wholegrain, wholewheat flakes, wholegrain puffed cereals, rolled oats, wholewheat biscuits. Low in added sugar higher in fibre and without added confectionery</p>	<p>Breakfast cereals not containing dried fruit</p> <ul style="list-style-type: none"> 20g or less sugar / 100g 5g or more fibre / 100g <p>Breakfast cereals containing dried fruit</p> <ul style="list-style-type: none"> 25g or less sugar / 100g 5g or more fibre / 100g
<p>Select Carefully:</p> <p>Refined cereals</p> <p>Added sugar, low in fibre, high in salt</p>	<p>Refined breakfast cereals with added sugar and low fibre.</p>

Table 2. Guideline to selecting healthier bread options using the traffic light system.

Type of Bread	Examples
<p>Best Choice:</p> <p>Choose wholemeal, wholegrain, multigrain or white bread with added fibre</p>	<p>Breads/rolls, bagels, crumpets, muffins, multigrain, rye, wholegrain, wholemeal, white high fibre, raisin and fruit breads or fruit buns (no icing), glazed fruit buns, pikelets and pancakes</p>
<p>Select Carefully:</p> <p>White varieties of bread</p>	<p>White breads/rolls</p>
<p>*Use spreads and condiments sparingly</p> <p>* Check the school policy regarding the use of nuts and nut products</p>	

Table 3. Guideline to selecting healthier breakfast drinks using the traffic light system.

Types of Drinks	Examples
<p>Best Choice:</p>	<ul style="list-style-type: none"> Plain milk or water is best.



Milk and water	<ul style="list-style-type: none"> If choosing flavoured milks maximum 375ml serve size
Select Carefully: Fruit and vegetable juice	<ul style="list-style-type: none"> Maximum 250ml serve size At least 99% fruit/vegetable juice No added sugar
Not Recommended: Sweetened drinks and sweetened water	<ul style="list-style-type: none"> Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters Fruit/vegetable juices with less than 99% fruit juice or added sugar or greater than 250ml serve size Coffee style milk drinks

Figure 1. Example of how to read a food label highlighting key nutrients and sections within the label to refer to.



Snack Bar

NUTRITION INFORMATION

SERVING SIZE: 20g

6 serves per package

	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	334kJ	1670kJ
PROTEIN	1.5g	7.3g
FAT, TOTAL	2.2g	11.0g
-saturated	0.2g	1.0g
CARBOHYDRATE	12.5g	62.5g
-sugars	2.9g	14.3g
DIETARY FIBRE	1.9g	9.5g
SODIUM	2mg	9mg

Contains gluten-containing cereals and soy.

INGREDIENTS

Wholegrains 36% (Rolled oats, popcorn 11%), rice syrup, glucose, honey 13%, puffed rice (rice flour, rice bran), sunflower seeds, sunflower oil, oat flour, natural vanilla flavour, cinnamon.

Serving Size: The quantity of food the manufacturer regards as a serve.

Quantity Per Serving: The quantity of the major nutrients in the manufacturers serve size.

Quantity Per 100g: The quantity of the major nutrients in 100g of the food. You can use this information to compare products.

Ingredients: Listed in order from highest to lowest, according to weight of the ingredients in the product.

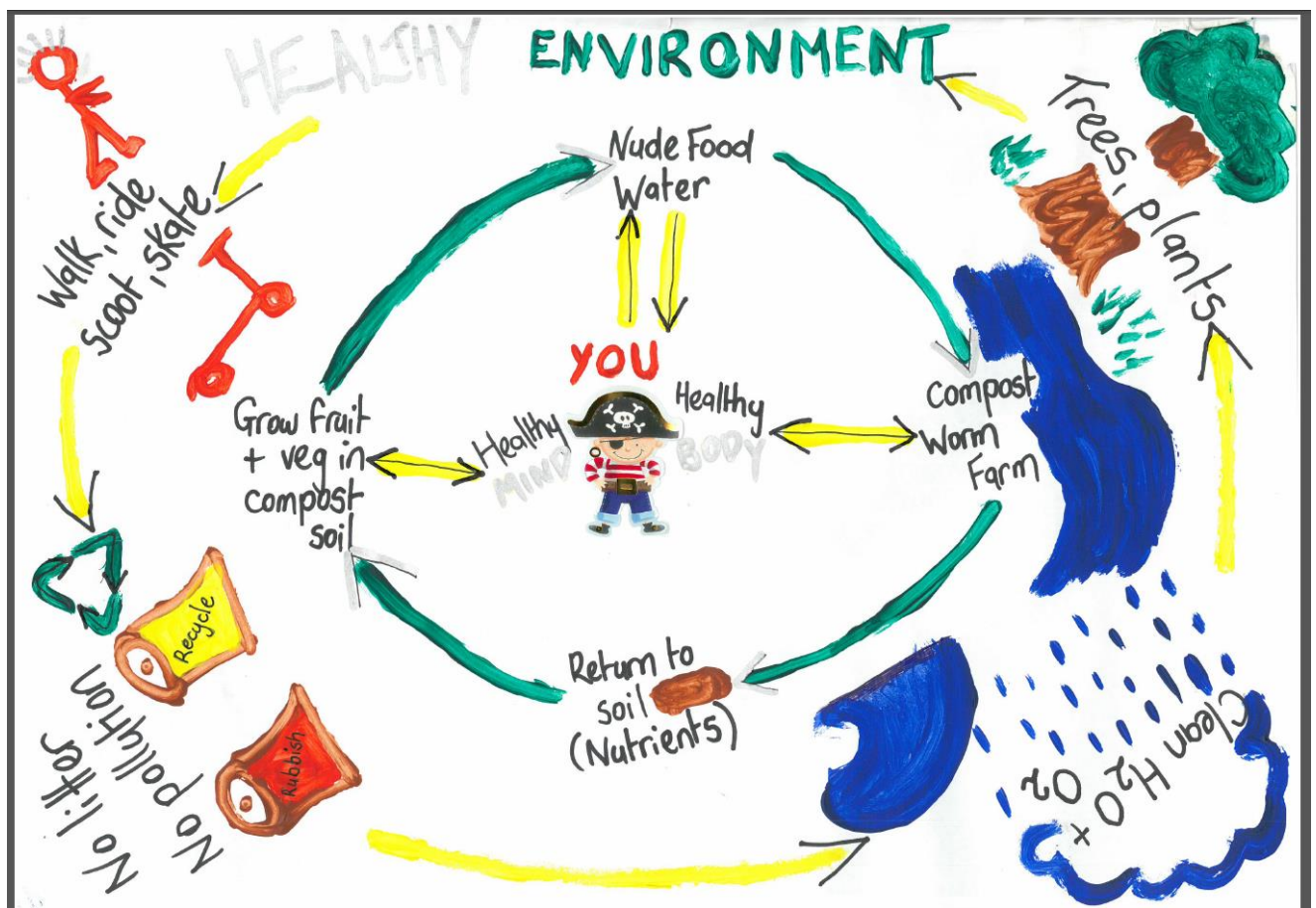
Percentage Labelling: The percentage of key ingredients in the product. Eg: in this product whole grains are a key ingredient.

Reference:

Australian Government Department of Health and Ageing. 2010. National Healthy School Canteens: Guidelines for healthy food and drinks supplied in school canteens. Access: [http://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF0001DAB17/\\$File/Canteen%20guidelines.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF0001DAB17/$File/Canteen%20guidelines.pdf) Accessed: December 15th 2015.



Holistic Approach



Challenges Faced By the Schools

Challenges and Ideas to support Students.

SPEED helmets
driverbehaviour
teachingyoungerstudents
safecarparkingROUTESTOSCHOOLCHALLENGES
reducecarsaroundschool busSAFETY
partwayisOK
driveways



Action Plan 2018

Month	Promotion	Activities
		# means the competition is on the internet www.healthymoves.net.au
March	Safety for early years	Book a visit from VicPol or Travel Smart Officer WCC and the Bus Safety Team. Clean Up Australia Day
Friday 17 Mar	Ride2School	THEME: Safety <i>Helmets- Use your head.</i> Campaign: Aimed at Drivers and Students. Launch: Provide helmets to each school to promote wearing of helmets when scootering and cycling
FRI 18 May	Walk Safely to School	THEME: Safety <i>STOP LOOK LISTEN THINK. Focus on Speeds in local streets</i> Campaign: Aimed at Drivers. Launch: Make Eye Contact at Intersections and Drop and Give me 40
JUNE	World Environment Day	Why not try a Rubbish Free Lunch? See Kate for Resources.
11 Oct	VicHealth Walk to School	THEME: Health Walking to school can help children to achieve the recommended 60 minutes of moderate to vigorous activity every day, and adopt physical activity habits for life. Each classroom participating will receive a Chart. WCC to collect and collate the information for VicHealth.
Fri 2 nd Nov	South West Credit Walk2School Day	Bike and other prizes up for grabs.
Nov 13-19	National Recycling Week	Go to www.recyclingweek.planetark.org/about for ideas and resources. Get involved in the Schools Recycle Right Challenge



WARRNAMBOOL EAST PRIMARY



Holly, Sophie, Hannah and Ihipera

Our SMART GOAL

Specific: Hold a celebration day once a month to encourage people to walk/ride.

Measurable: More kids walking and riding, Measure by hands up survey and bike shed count.

Achievable: Who can help us? Miss Merrett, Miss Davis, Mrs Bickley, Miss Ledin, Nicole, Parents, Mr Millard

Relevant: By meeting once a month to plan events (Facebook, newsletter, Assembly, Compass, Posters, flyers and announcements)

Timely: Finish at the end of the year



Merrivale Primary School



Chelsea, Kendell, Christian, Oliver, Luke, Jesse, Bodie, Kyle.

Our SMART GOAL

Specific: Organise walking buddies and arrange walking groups, from West Merrivale and East Merrivale. Trial Run Keeper to collect data.

Measurable: We will measure by a hands up survey and by completing a survey- which way do you travel to school.

Achievable: Who can help us? Principal, Teachers, Colleen Hughson

Relevant: Survey students, meet with Miss Farrell, speak with WCC to paint the Stop Look Listen Think, do a video to promote the walking buddies and trail run keeper.

Timely: Term 2 and overall yearly winner



Warrnambool West Primary School



*Bella Hales,
Lily Wilkins-Clarke,
Blane Dostal
Rocki Silver*

Our SMART GOAL

Specific: Get more children to walk or ride to school by having a weekly raffle and reward. Teacher could stay at the crossings of entrances to the school to encourage students to walk or ride.

Measurable: We will measure by handing out raffle tickets to encourage at at least 75% participation

Achievable: Who can help us? Nicole can come to school assembly.

Relevant: Promote using newsletters and sending home a note explaining what we will do. Raffle Tickets and Certificates. Raffle Jars.

Timely: End of Term 3. Evaluate the end of term 2.



St Joseph's Primary School



Our SMART GOAL

Specific: *Make it fun to walk, ride and scooter to school*

Measurable: *Bike and Scooter racks, Hands Up surveys.*

Achievable: *Nicole, Teachers, Parents*

Relevant: *Take photos of people having fun.*

Timely: *Term 4.*



Our Ladies Help of Christians



Rylee Foreman

Kade Hirst

Jack Hogan

Our SMART GOAL

Specific: Build a Bike Shed, Create Drop Off points, possibly put a zebra crossing at the entrance of loop.

Measurable: More bikes, people greeting each other and more students walking with adults.

Achievable: Who will help us? Parents, schools staff, Community Organisations, Council, Wannon Water... local business sponsor

Relevant: Make a calendar of official Ride/Walk to school days. Write a letter and meet with school leadership. Have a raffle for prizes and incentives for walking and riding. I.e. a bike

Timely: In time for Walk to School and Ride2School days



Woodford

Mia, Asha, Harry and Deagan



Our SMART GOAL

Specific: Build a new footpath along the service road beside Bridge Road.

Measurable: More people walking and riding to school, along the footpath

Achievable: Who can help us? Nicole, Mr Watson, Locals along the street, parents

Relevant: Meet with WCC, create an awareness campaign, raise some money.

Timely: Finish at the end of the year



Allansford



Our SMART GOAL

Specific: To encourage people to be more active and promote to the community. Conduct a Walk-a-thon at the Allansford Rec. Year 6 students to conduct fitness games and activities. Encourage Allansford Netballers and Footballers to come along.

Measurable: Count the number of people involved

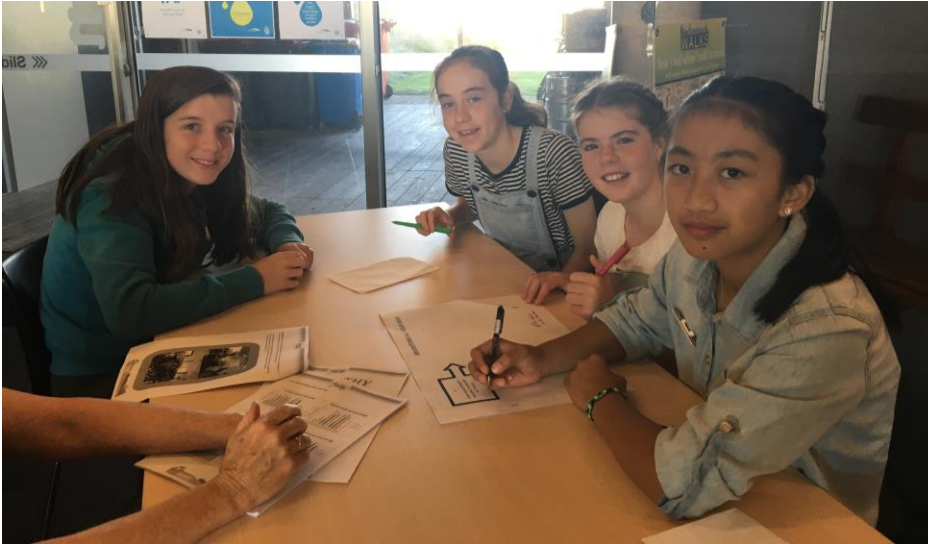
Achievable: Who can help us? Leadership group, parents, grandparents, Deakin Students, teachers, WC students, Allansford Community, WCC, Police and CoastFM

Relevant: Creating Posters and Signs to encourage people to come along.

Timely: Early term 2 before



Warrnambool Primary



Bethany Ferguson

Airha Esong

Lottie Reading

Ronique Boswell

Our SMART GOAL

Specific: We are going to promote walking and riding at assembly more regularly.

Measurable: Improve on our hands up survey by 20%

Achievable: Who can help? Mrs Mills and the sustainability group, Nicole.

Relevant: Visit classrooms and collect data about who walked or rode for the last month. At the end of each term the class with the most will win prizes.

Timely: End of term 4.



St. Johns



Giordan Serra and Matissa Dixon

Our SMART GOAL

Specific: Walk/Ride to school week in term 2. Along with a breakfast club in the same week

Measurable: More people walking to school and meeting at drop off points

Achievable: Who can help? Mrs Smith, older kids who already walk to school, Matisse and Giordan parents, Nicole, speak with Mrs Dalton

Relevant: Walk Safely talk at assembly, use prizes for those who walk, newsletter, Fruit Platters at Breakfast Club.

Timely: Term 2.



Appendix A. 4Rs Project Form – (use this form to help develop your 4Rs project)

Contact Kate McInnes if you need to talk through your project, resources, contacts etc.

Waste Management / Minimisation Officer on 5559 4800 or via email - kmcinnes@warrnambool.vic.gov.au

School Name:

How many students attend your school?

Has your school tried any waste reduction initiatives before?

If so, what were they?

What do you hope to achieve through implementing your waste reduction initiative? (Goals / objectives)

How much waste does your school currently generate?

(This can be measured in skips, number of bins, weight and / or cost to the school for waste disposal. Annual figures are most useful)

Have you done a waste audit? (If yes, please provide results / outcome)



<i>How will you measure your success?</i>	
<i>How will you promote the new system?</i>	
<i>Does it link to any curriculum outcomes that are currently or planned to be taught at your school?</i>	
<i>Does the whole school support the new initiative?</i> <i>(School council, staff, Principal, students, SRC, Parent's Club)</i>	
<i>Is your school willing to share its project and learnings with other Healthy Moves schools?</i>	

Budget	
Activity	Cost



Promotion	\$
	\$
Infrastructure	\$
In-kind funding (please specify what this covers)	\$
Other (specify)	\$
	\$
Total funding	
Total expenditure (grant funding plus any additional funding)	\$



Evaluation

evaluation for waste reduction initiatives

1. List the factors that will contribute to the success of your new system: *(Examples include organisational factors (e.g. culture, structure), resources (financial/physical/human), management support, community engagement, expertise, etc.)*

a.

b.

c.

2. List the key challenges or barriers in implementing the new system: *(Examples include organisational factors (e.g. culture, structure), resources (financial/physical/human), management support, community engagement, expertise, etc.)*

a.

b.

c.

How will you address these?





The school community endorses and supports this waste reduction initiative.

Signed Principal.....

Date.....

School.....



Appendix B. Our vision

Vision:

Warrnambool is a city who values their children; we show this by creating a healthy and safe environment for them to travel in.

Mission Statement:

HEALTHY MOVES- Schools will educate and provide practical experiences to assist families to take part in sustainable transport. The community will be aware of the benefits of walking, cycling and bus travel so all road users will work together to create safer roads.



Partnerships between Warrnambool City Council, Victoria Police, schools and parents provide support for sustainable transport. Council works with the community to collect evidence for infrastructure changes which enables everyone to make the choice to take part in HEALTHY MOVES- Schools.



Objective:

To create partnerships between Warrnambool City Council, Schools and parents to promote and sustain the mission of HEALTHY MOVES- Schools.

Aim	How
<i>Safer Roads</i>	<p><i>Link with Council Strategic Documents- Sustainable Transport Strategy, Road Safety Strategy.</i></p> <p><i>Prioritize infrastructure improvements identified by Routes to School.</i></p>
<i>Healthier Children</i>	<p><i>HEALTHY MOVES is accessible to all</i></p> <p><i>Promoting and rewarding walking and cycling as transport</i></p>
<i>Less Traffic Congestion</i>	<p><i>Reduced number of cars in school precincts</i></p> <p><i>Families take part in "Part Way" is ok.</i></p>
<i>Building the Community</i>	<p><i>More families and children walk and cycle together</i></p> <p><i>Children become more familiar with their neighborhoods and travel independently to play as well as to school.</i></p>
<i>Safer Road Users</i>	<p><i>Police and Council provide road safety education on an annual basis for all schools</i></p> <p><i>Community based promotion for slower speeds and other actions which support walking and cycling</i></p> <p><i>Investigate the viability of Bike Ed instruction in all schools.</i></p>



Aim	How
Make Aware:	Promote the benefits of sustainable transport in terms of children developing independence.
Academic Benefits	Promote the benefits of children being active before school with regard to concentration levels.
Environmental Benefits	Promote the “carbon footprint” benefits of sustainable transport.
Make it FUN!!	Follow direction from schools and students to keep HEALTHY MOVES relevant and fun.
	Utilize the website and incentives to involve students and families.
Create Champions	Involve students in all processes of HEALTHY MOVES.
	Invite students to nominate teacher or parent champions
	Look for champions in the community to support the program- Like South West Credit
Establish a Norm	All schools are involved in HEALTHY MOVES.
	Infrastructure supports sustainable transport along Routes to School.

