



**THINK  
FEET  
FIRST.**

**Dear Children and Families,**

**You are invited to walk to school as part of OPAL's  
Think Feet First Week in October 2016.**

**When: Monday 24 October 2016 at 8 am**

**What: Think Feet First is all about encouraging families to have some fun together by going on short walks, scoots or bike rides as part of travel to and from school. All or part way is okay. Aim for at least 500 metres (about 6-8 minutes if walking with your child). Be a part of Think Feet First Week and have your say about the draft Campbelltown Bike Plan.**

**Why: We all know how important it is for young children to be active every day and how much they learn when exploring the outdoors. 'Active travel' – i.e. walking, scooting or bike riding short trips are a great way for children to move, burn off energy, practice road safety and learn.**

**Where: Meet at the OPAL tent Near the Thorndon Park Reserve Car Park and join us for a free OPAL Smoothie.**

**Paradise Primary School**

 **12 min  
1.1 km**

**PLEASE NOTE:  
Walking and  
scooting only in  
Thorndon Park**

**Thorndon Park  
Reserve  
Car Park**

**Meet at the  
OPAL tent in  
Thorndon Park, near  
the Thorndon Park  
Reserve Car Park**

**Opal**



Government  
of South Australia

SA Health



CAMPBELLTOWN  
CITY COUNCIL

OPAL is a joint program of State and Local Governments.