



THINK FEET FIRST.

**STEP, CYCLE, SCOOT
TO SCHOOL.**

Dear Children and Families,

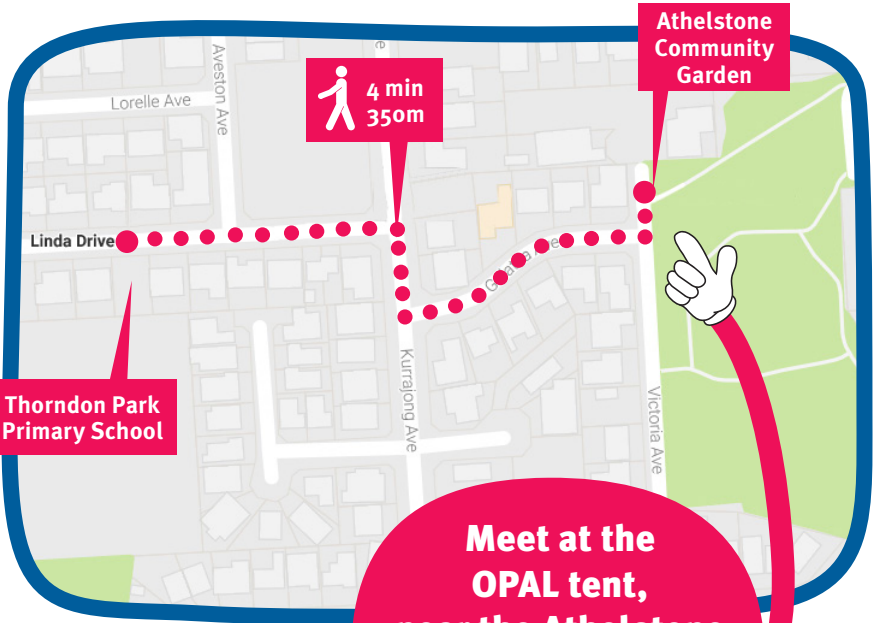
You are invited to walk, cycle or scoot to school as part of OPAL's **Think Feet First Week in October 2016.**

When: **Thursday 27 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 Athelstone Community Garden site at Padulesi Park and join us for a free OPAL Smoothie.**



**Thorndon Park
Primary School**

**4 min
350m**

**Athelstone
Community
Garden**

**Meet at the
OPAL tent,
near the Athelstone
Community Garden
site at
Padulesi Park**

Opal



OPAL is a joint program of State and Local Governments.

