

Preschool walking in Manningham

Walking is already one of the most popular recreation activities in Manningham.

As part of its walking initiatives, Manningham Council is particularly interested in encouraging preschools and parents to actively involve the youngest members of our community to walk more and is promoting preschool walking through a range of projects.

Council recently presented to the local Preschool Teachers Network, on Friday 26 August, to encourage comments and feedback from preschools on its draft Walk Manningham Plan 2011–2020. The presentation also encouraged preschools to participate in Walktober and to register their participation through Victoria Walks.

Council has provided each preschool with information to include in their newsletter to promote: *Increasing Walking* and the *National Physical Activity Guidelines 'Move and Play' for ages 0-5*. The guidelines have been made available for preschool families.

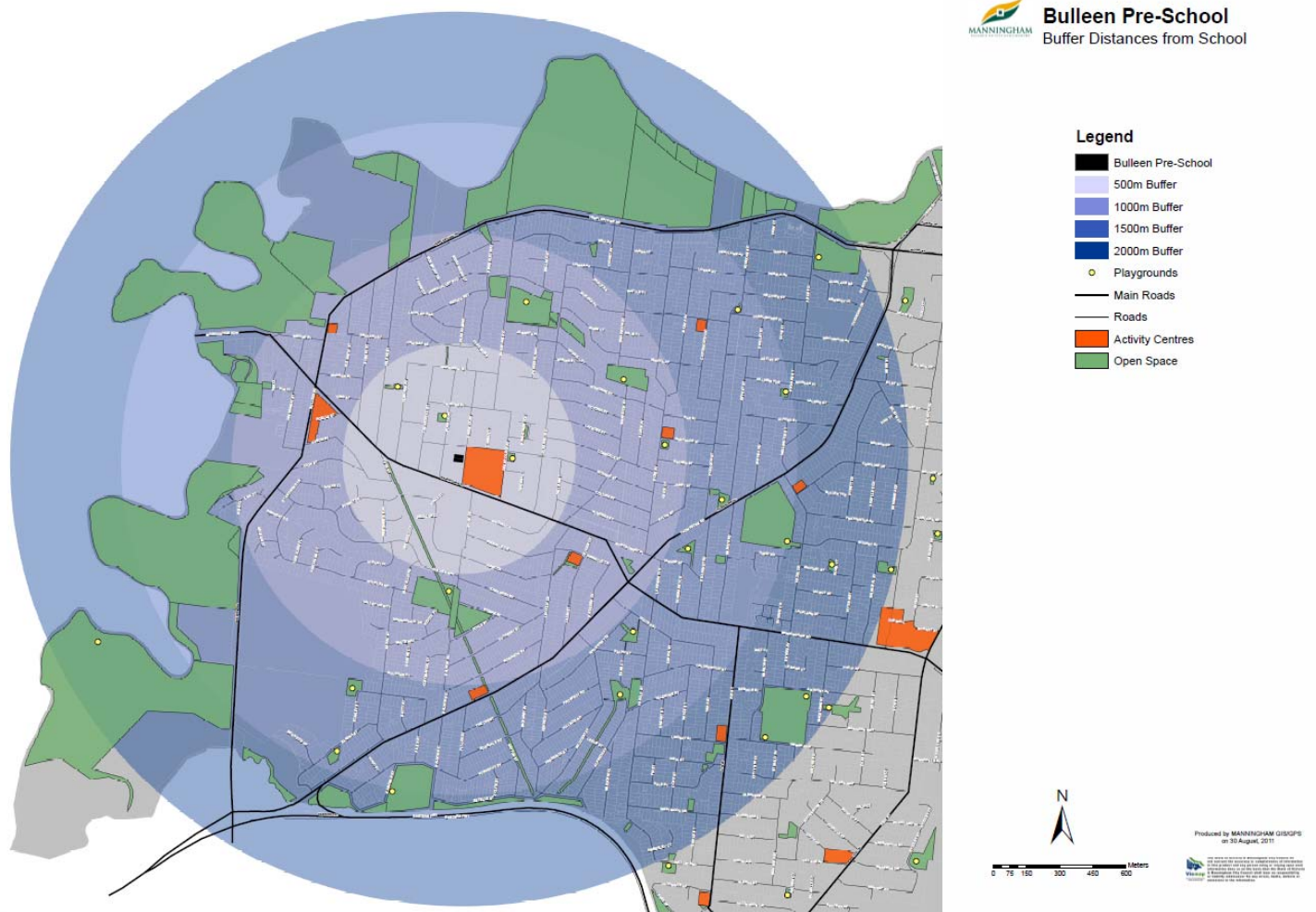
Council is also offering to support preschools looking to develop an Active Travel Plan in 2012 with a meeting scheduled for November/December this year.

Preschools interested in developing an Active Travel Plan can contact Council to receive resources including:

- A map of their area including a 500m, 1km, 1.5km and 2km buffer (e.g. below)
- An aerial map of the preschool to assist in assessing the walking environment
- A Travel Smart DVD.

Preschools and parents are encouraged to use the map and other information as a discussion point with the children and to start thinking about their local area, and where children live in relation to the preschool.

Example of map to be provided to Manningham preschools for their Active Travel Plan:



For further information on Manningham Council's walking programs visit www.manningham.vic.gov.au or please contact:

Julia Jenvey, 9840 9468 (Tuesdays and Fridays)
Senior Recreation Planner

Nancy Stokes, 9840 9138 (Mondays, Wednesdays and alt. Thursdays)
Open Space Planner