Students put on their walking boots

KATHERINE school children stepped up for National Walk Safely to School Day last Friday, designed to encourage kids to walk and commute safely to school.

Under the supervision of teachers, students from Casuarina Street Primary School were dropped off at the Ibis Hotel on Cyprus St and walked 2km to their school in Katherine East.

The event encouraged children to lead a healthier, more active lifestyle by simply including a walk at the beginning and end of each day.

It also promoted reduced car dependency, greater use of public transport, cleaner air, improved diets and road safety to primary school children throughout Australia.

Casuarina Street Primary School spokesperson Julia Knight said 280 students from preschool to Year 6 took part in the annual event.

“Everyone will partake, and return to school for a healthy breakfast of fruit, donated to the school by Woolworths,” Ms Knight said.

Ashlee Wallner, 7, Ashleigh Hayne, 7 and Jamie Grahek, 6, said they understood the importance of being active and road safety.

“I ride my bike to school,” Jamie said.

“When I get to the road I get off my bike and look both ways to see if there are any cars coming, before I cross.”

Katherine South Primary School students, teachers and parents met at Ryan Park and walked along the Katherine River pathway to their school in Riverbank Drive.

Teachers and students from Clyde Fenton School had two groups walk from either the Katherine Cenotaph or Katherine Hospital to the school.

Science teacher, Donna Capes said most children now catch the bus to school or get dropped off by parents, rather than walk or ride bikes.

“It was a good opportunity to learn and practice road safety,” she said.

Accompanied by teachers, children walked from the Stuart Highway to their school, to encourage a healthy and active lifestyle and understand road and traffic safety.

Clyde Fenton kids skip rope to promote a healthy lifestyle

SKIPPING activities were added to the curriculum for senior students at Clyde Fenton School, who organised the annual Jump Rope for Heart initiative, to encourage children to participate in physical activity and make healthy lifestyle decisions.

She said they planned, practiced and implemented their program of activities that saw classes move around the playground to four different stations within the allocated hour.

The activities included learning to skip for transition students to obstacle courses and dodge ball skipping for older children.

School captain Ayesha Kay, 11, said she enjoyed “teaching some of the kids how to skip”.

“At first they were unsure of themselves,” she said.

“They got into it and soon they were saying ‘I can do it, I can do it’, it was great to see.”

Ms Everett said her students created eight skipping activities for the other students to do, catering for all ages and skill levels.

“Being in Year 5 and 6 it is about them being able to display their leadership qualities,” Ms Everett said.

They had to write a list of things that would help evaluate the success of the activities, including if people were smiling and enjoying it, with the main idea being that everyone had fun,” Ms Everett said.

The Heart Foundation’s Jump Rope for Heart initiative, to encourage children to participate in physical activity and make healthy lifestyle decisions.

Brooke Campbell, aged nine, took part in last week’s Heart Foundation Jump Rope for Heart initiative, to encourage children to participate in physical activity and make healthy lifestyle decisions.

Brooke said she didn’t skip very often but enjoyed doing the activities with her friends.

The event is designed to encourage children to lead a fit and healthy lifestyle and improve strength and confidence in doing physical activities.

World No Tobacco Day

Friday 31 May 2013

Come and see us at the following locations:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tuesday 28 May</td>
<td>10.00 am – 2.00 pm</td>
<td>Coolalinga Shopping Centre</td>
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<tr>
<td>Wednesday 29 May</td>
<td>10.00 am – 2.00 pm</td>
<td>Palmerston Shopping Centre</td>
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<tr>
<td>Thursday 30 May</td>
<td>10.00 am – 2.00 pm</td>
<td>Casuarina Shopping Centre</td>
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<td>Royal Darwin Hospital</td>
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<td>5.00 pm – 8.00 pm</td>
<td>Mindil Beach Sunset Markets</td>
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<tr>
<td>Friday 31 May</td>
<td>10.00 am – 2.00 pm</td>
<td>Alice Springs Plaza (including Hip Hop display at 12 noon)</td>
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<td></td>
<td>12.00 pm – 2.00 pm</td>
<td>Royal Darwin Hospital</td>
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<td>7.00 pm – 9.00 pm</td>
<td>CDU Campus breezeway (between cafe and library), Casuarina</td>
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<tr>
<td>Saturday 1 June</td>
<td>8.00 am – 1.00 pm</td>
<td>Katherine Community Markets</td>
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<td></td>
<td>3.00 pm – 10.00 pm</td>
<td>AFL NT, Marrara Football Oval</td>
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For further information, contact our Tobacco Hotline on 1800 888 564

www.nt.gov.au/health