

HOW CAN WE USE THE ACTIVE TRAVEL JOURNEY TO ENGAGE THE FIVE WAYS TO WELLBEING?

During noho rahui/lockdown we learnt how good it was for our wellbeing to get out for a walk, a scoot or bike, and we know that it is important to provide young people with daily opportunities to be active. Active travel to and from our education settings plays an important role in providing these opportunities.

The five ways to wellbeing are easily adaptable, scientifically proven ways to increase health and wellbeing. Here are some of the ways active travel to school can support the five ways to wellbeing:

TAKE NOTICE

Me aro tonu: Slow down, be curious, engage in the now.

- helps promote independence and self-confidence
- tamariki are able to explore their neighbourhood
- supports mindful practice through the senses - what do you see, hear, feel, and smell?
- opportunity to explore how children see their world (e.g., classroom activity – artwork of children who walk/children who are driven to school)
- young people can gain an understanding about the role they play in effecting supportive environments for active travel (i.e. citizenship)

GIVE

Tukua: Your time, your words, your presence.

- The school community all have a part to play in improving the safety and congestion around the school gate through:
 - ✓ supporting the established 'Park n Stride' and Drop/Pick Up Zones
 - ✓ obeying road rules - not parking on yellow lines or over-staying in P5's
 - ✓ older students giving their time for road patrol/road warden duties at crossing points, and parents giving their time as adult supervisors on kea crossings
 - ✓ parents giving their time to support neighbourhood walking school buses

KEEP LEARNING

Me ako tonu: Embrace new experiences, see opportunities, grow your thinking.

- builds lifelong road safety skills and active travel behaviour
- helps students arrive alert and "ready to learn" mode

BE ACTIVE

Me kori tonu: Move your body, move your mood.

- builds regular physical activity into young people's daily lives
- helps contribute to the physical and mental wellbeing of the school community members
- can enable 'active change makers' – advocacy for supportive active travel environments

CONNECT

Me whakawhanaunga: With people, with nature, with yourself.

- students and whānau can connect on their journey
- children value the walk as a social opportunity and time with their parent(s)
- "eyes on the street" - more community involvement as parents, teachers and neighbours connect can lead to improved perceptions of personal safety
- helps young people engage in the community they live in

References and Useful Links:

- sportnz.org.nz/assets/Uploads/Healthy-Active-Learning-4-9.pdf
- www.ehinz.ac.nz/assets/Factsheets/Released-2018/Active-transport-to-school-2016-17.pdf
- www.mentalhealth.org.nz/home/ways-to-wellbeing/www.health.govt.nz/system/files/documents/pages/physical-activity-guidelines-for-children-and-young-people-may17.pdf
- www.wavesouthcanterbury.co.nz/health-priority-areas/active-travel/
- sparklers.org.nz/

