



# HEALTHY environments HEALTHY children

**Advocating for walking, cycling and other health issues**  
A guide for parent groups



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# HEALTHY environments HEALTHY children

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## Introduction



As a parent group member, you are in the perfect position to make a big difference to the health of children in your school. As part of a parent group you have even more potential to work with others to build healthier environments for all children.

By encouraging and supporting programs and policies that promote healthy activities in your school and community, such as walking and cycling, you can help get kids more active, fight childhood obesity and assist in providing a healthier future for our children.

This guide has been designed to assist parent groups, to influence their schools and communities to make positive changes to the environment, making it easier for children to lead healthy, active lives.

It provides helpful information on how to work towards creating a healthy environment for children and includes easy-to-use templates and links to existing programs and services.

While much of this guide focuses on walking and cycling, these easy steps for advocacy can be carried out to address any number of issues within your school and community that affect children's health.

We have included, in this kit, other health advocacy ideas that relate to healthy eating and healthy fundraising.

If you need further information or support in your advocacy activities please contact the Heart Foundation and/or the Western Australia Council of State School Organisations Inc, or the relevant agencies listed on page 14 of this guide.

## What is advocacy? \_\_\_\_\_

Advocacy involves working together to influence others to make changes in your community. Advocacy can take many forms, depending on your goal. Often it is a combination of approaches that will work best.

### **A local example of walking and cycling advocacy** **South Perth Primary School's 'Awesome Walk-Some' Project**

In 2008 students and staff at South Perth Primary School wanted to reduce traffic and improve safety around the school by increasing walking and cycling.

The 'Awesome Walk-Some' program built on TravelSmart programs the school had previously participated in, such as Walking School Bus and TravelSmart to School.

They worked with their local council, the Department of Transport and some very dedicated staff, parents and children to implement a number of initiatives. These included:

- promoting special days such as 'Walk to School Wednesday'
- incorporating the TravelSmart theme within bike education
- conducting surveys to assess the environment
- setting up a Walking School Bus™ program
- establishing a trophy for the most active classroom
- providing teacher resources.

As a result, now over half of the student population of South Perth Primary School walk or cycle to school. This has reduced the traffic around the school and has made an important contribution to increasing physical activity levels of students, while reducing the school's carbon footprint.

The initiatives have benefited both school and students, and the school continues to work towards increasing the number of children walking and cycling to school.



## Easy steps for advocacy \_\_\_\_\_

This guide highlights **three easy steps** to help you address health issues that are important in your school.

A walking and cycling example is provided below.

### Step 1: Why advocate for walking and cycling?

Walking and cycling are fun, cheap and healthy activities that have many physical, mental, social and environmental benefits.

Benefits of walking and cycling to school for children include:

- helping to achieve and maintain a healthy weight
- contributing to the minimum 60 minutes of physical activity children need each day for good health
- building strong bones and muscles
- improving self esteem and confidence
- saving money on fuel
- reducing traffic congestion around schools and the neighbourhood
- developing road safety skills
- having fun with friends, parents, grandparents and siblings.

Parents and carers will feel more at ease in having their children walk or cycle to school if the local environment supports and encourages these activities.

### Step 2: What can I advocate for?

Having established why walking and cycling is important, the next step is to agree to which changes your parent group may want to advocate for in your school and community. These may include walking and cycling paths, traffic wardens, a walking school bus, bike education or improved school facilities that support walking and cycling.

The Pedestrian and Bicycle Information Centre provides tools that help you to assess how 'walkable' or 'bikeable' your community is. Visit [www.walkinginfo.org](http://www.walkinginfo.org) and follow the links to the 'Walkability Checklist' or [www.bicyclinginfo.org](http://www.bicyclinginfo.org) and follow the links to the 'Bikeability Checklist'. These documents may help you to determine the priorities for your school and community.



## Step 3: How can I advocate for these issues?

Once your parent group and school have agreed on the changes that you want to see, advocacy strategies can be selected.

To address an issue in your school or community, a combination of advocacy activities works best. You might like to try the following:

### Get your whole school involved

- Arrange a meeting or write a letter to your school principal (see template 2 on page 11)
- Submit an article to the school newsletter (see template 1 on page 10)
- Place your issue on the agenda for parent group meetings
- Encourage students to write to local papers and the local council
- Develop a plan of action, which identifies concerns and potential solutions, and then invite school, local council and other stakeholder representatives, to be partners in achieving the plan

### Contact your local council or politicians

- Write a letter to your local council (see template 3 on page 12)
- Contact your mayor or elected member to communicate your concerns
- Invite a local councillor to your parent group meeting to hear discussions about related activities
- Write a letter of concern to appropriate state government departments (e.g. Department of Education and Training, Department of Health, Department of Transport)

### Work with your local newspaper

- Write a media story for your local newspaper (see template 4 on page 13)

- Write a letter to the editor of your local or state newspaper
- Coordinate an event and invite local media

### Get the community on board

- Hold a special-topic meeting and invite expert speakers to talk on the issues
- Invite community members to parent group meetings to discuss issues of concern
- Collect signatures on a petition for safer walking and cycling facilities
- Generate community support for your issue through local champions
- Organise a letter-box drop in the local community

Read on for further ideas, templates, helpful links and contact details to assist you in creating positive changes in your school and community.

All templates are on the Heart Foundation website [www.heartfoundation.org.au](http://www.heartfoundation.org.au) Click on the Healthy Living/Healthy Kids tab and follow the link to Parent Resources.

The Children's Physical Activity Coalition (CPAC) Charter for Active Kids is a blueprint for active and healthy children in Western Australia. This document outlines ten key action areas and strategies to address each of these areas. It recommends lobbying both schools and the local government authorities to ensure safe walking and cycling facilities around all schools and in neighbourhoods. For a copy of this document please contact the Heart Foundation on 08 9388 3343 or visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au) Click on the Healthy Living/Healthy Kids tab and follow the link to Parent Resources.

## Walking and cycling advocacy ideas



Below is a range of topics and issues related to walking and cycling, which you may choose to advocate for, to improve the health of children in your school and community.

### Paths, roads and other facilities

Walking, cycling and being active in other ways can be made easier if the local community is set out in an activity-friendly way. For example, if there are:

- sufficient well maintained footpaths and cycle paths
- children's or zebra crossings on major roads
- bicycle racks for locking up bikes
- parks with adequate play equipment.

If you can see an opportunity for your community to include or upgrade facilities that are more supportive of walking, cycling and other physical activity, contact your local council (please refer to page 5 for ideas on how to go about this).



### Traffic wardens

A traffic warden is important for children to get to school safely in areas where they have to cross busy roads. If your school requires a traffic warden, ask your school principal to contact the WA Police Traffic Warden State Management Unit (please refer to page 15 for contact details).

### Children's crossings

If your school does not have a children's crossing and you would like to know whether your school is eligible, please contact the Student Pedestrian Policy Unit (please refer to page 15 for contact details).

### End of trip facilities

Safe and secure end of trip facilities help children and parents to feel more comfortable about leaving bikes at school. Advocating for a secure parking area for bikes could improve the numbers of children cycling to school. Contact Bikewest at the Department of Transport for more information (please refer to page 14 for contact details).

### Bike education

Many children ride their bikes to and from school each day but may not know how to maintain their bikes or be familiar with road safety practices. You might like to arrange bike education to be delivered to students in your school. Contact Bikewest at the Department of Transport for more information (please refer to page 14 for contact details).

There are a number of free walking and cycling programs which schools can participate in each year. Some of the programs available are featured on the next page.

## School-based programs



### Make tracks2school

Make tracks2school is a free, fun and exciting four-week walking and cycling challenge for primary school students in years 5 to 7. The program aims to encourage children and families to walk and cycle more often over a period of four weeks in term four. The program also includes advertising and information for parents (please refer to page 14 for contact details).

### Walk to School Wednesday

Walk to School Wednesday encourages the school community to reduce the number of short car trips by walking all or part of the way to school on the first Wednesday in November as part of Walk Week - Walk There Today.

Register your school's walking event on-line at [www.transport.wa.gov.au/walking](http://www.transport.wa.gov.au/walking) to receive a FREE event kit including exciting giveaways for students or contact the Heart Foundation for more information (please refer to page 14 for contact details).

### Walk Safely to School Day

Walk Safely to School Day is an annual national event, where all primary school children are encouraged to walk and commute safely to school. It is a community event seeking to promote road safety, health, public transport and the environment. Contact the Pedestrian Council of Australia for more information (please refer to page 14 for contact details).

### Cycle to School Day

Cycle to School day is a healthy community activity that promotes active transport to school. It helps to meet the recommended physical activity levels for children (60 minutes per day) as well as raise bike safety awareness amongst students, their parents and staff. Contact Bikewest at the Department of Transport for more information (please refer to page 14 for contact details).

### TravelSmart Schools

The Department of Transport offers the following initiatives to increase active transport to school (Please refer to page 14 for contact details):

#### Walking School Bus™

The Walking School Bus™ is a supervised walking group for students, escorted by parents and volunteers. The children are picked up along the route in the morning and/or returned home in the afternoon. The program assists schools by:

- making promotional presentations to parent group meetings or to other interest groups
- providing family surveys, assisting with evaluation, and assisting in planning the appropriate 'bus routes'
- arranging one-hour training courses to ensure volunteers are proficient escorts and that selected routes do not have unacceptably high hazard levels.

#### Local Government TravelSmart Officers

Local Government TravelSmart Officers are a great local resource who can assist with planning or implementation of school based travel initiatives such as helping your school:

- access bike education
- start a Walking School Bus™
- tailor a solution to slow traffic/reduce congestion
- increase active transport.

#### TravelSmart to School

The TravelSmart to School program can change the way your school travels by offering a comprehensive suite of school travel initiatives, with schools being supported by Local Government TravelSmart Officers in their area. In the 2009/2010 school years it will be operating as a pilot program, with participation from a small number of metropolitan based schools. It is anticipated that the program will be offered to a broader school audience in successive years.

## Other health advocacy ideas

### Safety

Some parents may not feel confident about their children walking or cycling to school if there are busy roads to cross or if they are not familiar with the local area. Helping children to map out a safe route to school, and making sure they know people who live along the route or places they can go if they feel unsafe, is important. Below are some ideas to improve the safety of your neighbourhood.

### A safe path to school

If local paths and roads promote safety and are well-maintained, parents generally feel more comfortable about allowing children to walk or cycle to school. To improve the safety of your neighbourhood, write a letter to your local council to ask for:

- a zebra crossing on the road near the school entrance (see template 3 on page 12 for a letter to the local council on this topic)
- footprints painted on the path leading to safe places to cross
- dense bushes and over-hanging trees near pathways to be cut back
- a maintenance schedule for footpaths or cycle paths.

### Safety houses

A 'safety house' is a house children can go to if they feel unsafe or need help. Your parent group might feel there is a need for more 'safety houses' in your area. You can encourage local families to make their houses 'safety houses' by including information in the school newsletter or, with the help of your school principal, sending a letter to each family in the school asking for expressions of interest (please refer to page 15 for contact details).

### Bullying

All students have the right to feel safe on their way to and from school. If bullying is preventing children in your community from walking or cycling to school, contact the school principal to work through any issues.

### Healthy eating

Having a diet containing fresh, healthy food is essential for a child's normal growth and development, and for helping children achieve and maintain a healthy weight. Most schools already have a policy to limit the amount of unhealthy foods available in the school canteen. Eating healthy food is made much easier by having lots of healthy options available at all times. You may like to consider the ideas listed below for your school.

### Keeping lunches tasty, fresh and safe

To keep children's lunches tasty, fresh, appealing and safe they need to be kept cool, especially in the warmer months and regions. Why not promote the need for frozen cooler blocks in all lunchboxes or provide frozen water in bottles for children.

### Healthier food choices in the community

With most WA schools now implementing the healthy food and drink policy, it can be conflicting to have unhealthy options available in the local community such as at sporting facilities or childcare centres. You could lobby your local council and business owners for healthy options in these venues to support the work and values of your school community.

### School and community kitchen gardens

School and community kitchen gardens that grow fruit and vegetables are a great way to encourage students to learn about healthy foods. For assistance with planning, and building a school or community kitchen garden, contact your local Healthy Schools Coordinator (please refer to page 16 for contact details).

## So, what next? \_\_\_\_\_



### Healthy fundraising

Fundraising is a fundamental role for many parent groups. To encourage a healthy whole-of-school environment, think of healthy options when it is fundraising time.

Some healthy fundraising options include:

- participating in Jump Rope for Heart
- selling apple slinkies or baked spuds
- holding an apple or fruit drive
- selling fundraising sunscreen.

### Jump Rope for Heart

Jump Rope for Heart is an annual highlight for thousands of Australian schools. It's a fun and interactive skipping program that develops fundamental movement skills, improves fitness and health, and encourages healthy lifestyle behaviours in children. Funds raised through Jump Rope for Heart help the Heart Foundation to continue its lifesaving work in research and health programs. Schools can also opt to keep 10 percent of the funds raised for their own projects. For more information visit the Jump Rope for Heart website [www.jumprope.org.au](http://www.jumprope.org.au) or refer to page 14 for contact details.

### Other ideas

There are lots more ideas on the Cancer Council WA's Parental Guidance Recommended website, [www.cancerwa.asn.au/prevention/nutrition/pgr/](http://www.cancerwa.asn.au/prevention/nutrition/pgr/) Alternatively, visit The Parents Jury website, [www.parentsjury.org.au](http://www.parentsjury.org.au), and click on the Healthy Schools link. Also, see template 4 media release on page 13 to assist you to promote your healthy fundraising ideas.

Once your parent group has decided on an issue in your school or community that you want to change, go about taking action with the support of others. As a parent group, you have a ready-made group of people who can work together to achieve more.

Activities will have a higher likelihood of success if the three easy steps for advocacy are followed, as outlined on pages 4-5 of this kit. It may take several attempts and a range of activities to get some positive action, so BE PERSISTENT.

Remember to share the progress of the group and success stories along the way. This will help build support and keep everyone motivated. For example, putting an article in the school newsletter to notify all parents, can help to gain support for all the hard work being done.

The rest of this kit contains templates to help parent groups write letters, build support and communicate with the media, as well as some useful contacts.

These templates are on the Heart Foundation website, [www.heartfoundation.org.au](http://www.heartfoundation.org.au), and are available to adapt and use. Click on the Healthy Living/Healthy Kids tab and follow the link to Parent Resources.



## Template 1: School newsletter article

**Example topic:** SAFER PATHS AND ROADS

\*Remember to change the details in brackets to what they should be\*

### SAFER PATHS AND ROADS FOR KIDS

A well-maintained and safe environment makes it easier for children to walk and cycle to school.

A safe walking and cycling environment can include:

- Speed bumps to slow traffic in busy areas
- Zebra and children's crossings
- Well maintained footpaths and bike paths
- Good path connectivity and visibility

Our local council is responsible for creating and maintaining our neighbourhood environment.

If your street doesn't have adequate walking and cycling paths or if you notice that the walking and cycling paths are not being maintained, or see any other issues in your neighbourhood we urge you to please contact **(COUNCIL NAME)** on **(COUNCIL NUMBER)**.

## Template 2: Letter to principal/school council

**Example topic:** SCHOOL-BASED PROGRAM

\*Remember to change the details in brackets to what they should be\*

**(YOUR NAME)**  
**(ADDRESS 1)**  
**(ADDRESS 2)**  
**(CITY, STATE, POSTCODE)**

**(PRINCIPAL'S NAME)**  
**(SCHOOL)**  
**(ADDRESS 1)**  
**(ADDRESS 2)**  
**(CITY, STATE, POSTCODE)**

**(DATE)**

Dear **(PRINCIPAL'S NAME)**,

As an active member of the parent group and parent of **(CHILD'S NAME)**, I would like to make a suggestion about making walking and cycling to school easier and safer for all students. Our parent group have discussed this issue and have decided this should be a priority for **(SCHOOL NAME)**, and would like to request your support.

We, the parent group, would like to encourage more students to increase their levels of physical activity by walking to school and we believe that participation in the **(PROGRAM NAME)** would achieve this. The **(PROGRAM NAME)** involves **(INSERT PROGRAM DETAILS)**.

We would like to request your support for this initiative by helping us to promote the program in the **(SCHOOL NAME)** newsletter. If assistance is required in setting up the **(PROGRAM NAME)**, we can contact the **(INSERT AGENCY AND CONTACT DETAILS)**.

We are confident that participation in the **(PROGRAM NAME)** would assist in promoting walking and/or cycling to school, thereby increasing the level of physical activity carried out by our students, helping them become healthier and happier children.

Thank you for your time. Please contact me if you would like to discuss this matter further.

Yours sincerely,

**(YOUR SIGNATURE)**

**(YOUR NAME)**

## Template 3: Letter to local council or local government representative

**Example topic:** ROAD SAFETY

\*Remember to change the details in brackets to what they should be\*

(YOUR NAME)  
(YOUR ADDRESS 1)  
(ADDRESS 2)  
(CITY, STATE, POSTCODE)

(NAME)  
(LOCAL CITY COUNCIL)  
(ADDRESS 1)  
(ADDRESS 2)  
(CITY, STATE, POSTCODE)

(DATE)

Dear **(LOCAL COUNCILLOR)**,  
The parent group at **(SCHOOL NAME)** is made up of **(xx)** members who have expressed concern about our children's safety around the school and we would like to make a suggestion to improve the current situation.

**(SCHOOL NAME)** has **(xx)** students enrolled, many of whom walk or cycle to school. Some students are supervised by a parent but some are not; however, at present there is no safe, marked place for children to cross **(NAME OF BUSY ROAD)** to get to the school grounds. This is potentially a serious threat to the safety of students.

We would like to encourage the **(LOCAL COUNCIL)** to consider taking action to improve this situation by adding a zebra crossing on **(NAME OF BUSY ROAD)** near the main entrance to the school. In the absence of an attendant to assist students to cross safely, we are convinced that this would provide a suitable alternative. It would allow parents to feel more confident about permitting their children to participate in physical activity by walking or cycling to and from school and inevitably this would increase the number who choose to do so.

We would like to extend an invitation for you to attend a parent group meeting and we look forward to working with the **(LOCAL COUNCIL)** to improve the safety of the school surroundings for our children.

Thank you for your time. Please let me know if you would like to meet to discuss this matter further.

Yours sincerely,

(YOUR SIGNATURE)  
(YOUR NAME)  
(YOUR POSITION)

## Template 4: Media release

### Example topic: HEALTHY FUNDRAISING

\*Remember to change the details in brackets to what they should be & contact your local community paper to find out who you need to send this to\*

### Parent group healthy fundraiser helps to reduce obesity

Parents of students at **(SCHOOL NAME)** have taken a stand against the rising rates of childhood obesity by replacing chocolates with apples in future fundraising drives.

**(OR ADD YOUR OWN HEALTHY FUNDRAISING ALTERNATIVE)**

**(SCHOOL NAME)**'s parent group is fundraising by selling 'apple slinkies' at recess and lunch time. Apple slinkies are made with a cutting machine that cores the apple as it slices it into a spiral.

"They are so popular that we sell a carton of Granny Smith apples on most days. The kids love them," canteen supervisor **(INSERT NAME)** said.

"Apple slinkies are a great way to get kids to eat more fruit, have fun and raise funds at the same time," parent group president **(INSERT NAME)** said.

"The two-pronged approach for the group to raise funds for the school while promoting healthy eating, will have a positive influence on the school community as a whole."

In the two months this healthy fundraising initiative has been running, funds raised have exceeded **(DOLLAR AMOUNT)**.

For more information on this healthy fundraising initiative, please contact **(YOUR NAME)** on **(YOUR PHONE NUMBER)**.

## Helpful links



### Walking and Cycling Programs

#### Make tracks2school

This is a four-week walking and cycling challenge aimed at children in Years 5 to 7. The program involves curriculum activities that are linked to middle childhood curriculum learning outcomes and can be applied in the classroom, home and on trips to and from school.

[www.heartfoundation.org.au/wa](http://www.heartfoundation.org.au/wa)

Ph: 08 9388 3343

#### Walk to School Wednesday

Walk to School Wednesday encourages the school community to reduce the number of short car trips by walking all or part of the way to school on the first Wednesday in November as part of Walk Week - Walk There Today.

[www.heartfoundation.org.au/wa](http://www.heartfoundation.org.au/wa)

Ph: 08 9388 3343

#### Jump Rope for Heart

Jump Rope for Heart is an annual highlight for thousands of Australian schools. It's a fun and interactive skipping program that develops fundamental movement skills, improves fitness and health, and encourages healthy lifestyle behaviours in children.

[www.jumprope.org.au](http://www.jumprope.org.au)

Ph: 08 9388 3343

#### Pedestrian Council of Australia

For information on 'Walk Safely to School Day', contact:

[www.walk.com.au](http://www.walk.com.au)

Ph: 02 9968 4555

#### Cycling WA

Cycling WA delivers school cycling education activities including cycling skills at schools or the Midvale Speed Dome; and cycling skill education and accreditation for teachers and the public.

As the State Sporting Association, Cycling WA promote membership, club development and the development of all cyclists.

[www.wa.cycling.org.au](http://www.wa.cycling.org.au)

Ph: 08 9328 3422

### Department of Transport

The Department of Transport can provide a whole range of information on walking, cycling and other transport solutions.

[www.transport.wa.gov.au/travelsmart](http://www.transport.wa.gov.au/travelsmart)

[www.transport.wa.gov.au/walking](http://www.transport.wa.gov.au/walking)

[www.transport.wa.gov.au/cycling](http://www.transport.wa.gov.au/cycling)

Ph: 08 9216 8000

### Local Government TravelSmart Officers \*

Local Government TravelSmart Officers are a great local resource who can assist with planning or implementation of school-based travel initiatives such as helping your school access bike education, start a Walking School Bus™, tailor a solution to slow traffic and reduce congestion, and increase active transport.

### TravelSmart to School \*

The TravelSmart to School Program can change the way your school travels by offering a comprehensive suite of school travel initiatives, with schools being supported by Local Government TravelSmart Officers in their area.

### Western Australia - Walking School Bus™

The Walking School Bus™ is a supervised walking group for students, escorted by parents and volunteers. The children are picked up along the route in the morning and/or returned home in the afternoon.

### Cycle to School Day

Cycle to School Day is a healthy community activity that promotes active transport to school. It helps to meet the recommended physical activity levels for children (60 minutes per day) as well as raise bike safety awareness amongst students, their parents and staff.

\* Only offered in metropolitan areas

## Road and Personal Safety Programs

### Traffic Warden State Management Unit

If you require a traffic warden, contact the WA Police Traffic Warden State Management Unit.  
[www.police.wa.gov.au](http://www.police.wa.gov.au)  
Ph: 08 6274 8731

### Student Pedestrian Policy Unit

If you would like to apply for a children's crossing, contact the WA Police Student Pedestrian Policy Unit.  
[www.police.wa.gov.au](http://www.police.wa.gov.au)  
Ph: 08 6274 8767

### School Drug Education and Road Aware

School Drug Education and Road Aware provides teachers and parents with information about pedestrian and cycling safety in the Challenges and Choices resources which have been distributed to all schools in the state.  
[www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)  
Ph: 08 9264 4743



## The Road Safety around Schools Guidelines

These guidelines have been developed to assist local councils and schools to improve road safety and traffic management around schools.  
[www.roadwise.asn.au/schools](http://www.roadwise.asn.au/schools)  
Ph: 08 9213 2066

### Safety House Association of WA

For information on how to become a safety house member or to locate a safety house in your local area, contact:  
[www.safetyhousewa.org.au](http://www.safetyhousewa.org.au)  
Ph: 08 9271 7622

## Healthy Weight and Nutrition Programs

### Unplug and Play

An important part of encouraging children to be sufficiently active is limiting the time they spend engaged in sedentary activities before and after school and on weekends. The Unplug and Play campaign encourages parents to limit children's electronic media use to no more than two hours per day and encourage active play alternatives. An information brochure is available from the Heart Foundation.  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)  
Click on the Healthy Living/Healthy Kids tab and follow the link to Parent Resources.  
Ph: 08 9388 3343

### Cancer Council – Parental Guidance Recommended Program

The Cancer Council WA trains school and child health nurses and other health professionals, teachers, parents and Cancer Council volunteers to run Parental Guidance Recommended (PGR) child nutrition workshops for parents in schools, childcare centres and other locations. Workshops are FREE of charge.  
[www.cancerwa.asn.au/prevention/nutrition/pgr](http://www.cancerwa.asn.au/prevention/nutrition/pgr)  
Ph: 08 9212 4333

## WA Healthy Schools Project

Healthy Schools Coordinators are employed in each Child and Adolescent Community Health (CACH) and WA Country Health Service (WACHS) health region. They work with targeted schools to support the development of healthy school environments such as developing healthy policies, developing community and school-based activities, and establishing and strengthening existing partnerships.

[www.healthnetworks.health.wa.gov.au/abhi/project/school\\_community\\_based.cfm](http://www.healthnetworks.health.wa.gov.au/abhi/project/school_community_based.cfm)  
Ph: 08 9323 6663 or 08 9223 8572

## Western Australian School Canteen Association (WASCA)

The WA School Canteen Association can provide support in maintaining a healthy canteen at your school.

[www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)  
Ph: 08 9264 4999

## Advocacy Organisations

### The Western Australian Council of State School Organisations Incorporated (WACSSO)

WACSSO was established in 1921 and is directed by affiliated Parents and Citizen's Associations to represent the combined voice of parents and citizens associated with government schools.

[www.wacssso.wa.edu.au](http://www.wacssso.wa.edu.au)  
Ph: 08 9264 4000

### Public Health Advocacy Institute of WA (PHAIWA)

The PHAIWA aims to promote, support and develop public health advocacy in Western Australia. The PHAIWA focuses on priority areas such as obesity, alcohol, environment, injury, child health and Indigenous health.

[www.phaiwa.org.au](http://www.phaiwa.org.au)  
Ph: 08 9266 9078

### The Parents Jury

The Parents Jury is an online network of parents, grandparents and guardians, who are interested in improving the food and physical activity environments of Australian children.

[www.parentsjury.org.au](http://www.parentsjury.org.au)  
Ph: 08 9667 1742



*The information in this guide was correct at the time of printing. If you have difficulties contacting the above agencies, please contact the Heart Foundation.*