Northern Territory students will embrace a fun and healthy start to their day by riding or walking to school as part of National Ride2School Day.

Minister for Education and Transport Peter Chandler said students and their families are encouraged to get involved and choose an active form of transport today.

“National Ride2School Day is a great way to keep fit and raise awareness about the benefits of active travel to and from school,” Mr Chandler said.

“I am pleased that 18 schools across the Territory have registered to take part in this initiative that aims to promote a healthy lifestyle for Australian children.”

Ross Park Primary School in Alice Springs is one of the schools that will be taking part in this year’s initiative to promote cycling as a healthy way to get to school.

Minister for Sport and Recreation Nathan Barrett said active transport, including cycling and walking, is a great way to encourage a healthy lifestyle among students and the wider school community.

“Students that are able to exercise on their way to school arrive energised, alert and ready to concentrate in classes,” Mr Barrett said.

“Choose to walk or ride to school with your friends and family, and build confidence and self-esteem along the way.

“It’s a great way to get active and improves our health, the environment and our communities.”

National Ride2School Day is also a platform to educate students on the importance of road safety for cyclists.

“Educating our students on the safe behaviours for cycling on Territory paths and roads is of vital importance today,” Mr Chandler said.
“Always remember to check your bicycle is in good working order, your helmet is secure and to cross roads using pedestrian crossings where possible.

“I ask all road users to be aware of children riding or walking to school and to share the road responsibly.”

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