

School walk pays extra dividend

The National Walk To School Safely Day was a success throughout the Illawarra.

The annual event was held right across Australia last Friday.

It also enabled organisers to promote the Transition to School Project, which aims to help new school starters practise walking to their new schools.

Illawarra Children's Services Transition to School project officer Kath Smith said the project helped school starters feel confident about taking that next important step.

"Research shows that positive transitioning into the first year of school is a good grounding for allowing children

to reach their full potential and future endeavours," she said, "and developing a sense of self."

Log on to www.transitiontoschool.com.au for handy tips and important dates, - especially if your child will be one of those who is starting school in 2010.