

Harrisfield Primary School “Community Walk”

Background



The Community Walk at Harrisfield Primary School was an outcome of *Activate Primary* an initiative coordinated by the team at [Healthy Together Greater Dandenong](http://HealthyTogetherGreaterDandenong.org.au).

Harrisfield Primary School representatives decided to coordinate and host a “Community Walk” that aimed to:

- ♦ provide an opportunity for the school community to get to know each other in a relaxed enjoyable atmosphere
- ♦ increase family participation in physical activities
- ♦ make parents aware of some of the physical activity services in their local community
- ♦ showcase teachers and parents as walking role models
- ♦ encourage students to walk to and from school by getting to know their neighbourhood
- ♦ generate and survey support for the creation a [“Walk Together Group”](#)

Victoria Walks and Smart Steps Workshops

[Victoria Walks](#) offered two workshops for senior students based on the *Smart Steps* resource [“Walks Around My School”](#). The student leadership team were chosen to participate.

The first session was held prior to the Community Walk. Students were introduced to and explored the functions of Walking Maps. During this time students were encouraged to consider the chosen route for the community walk, discuss possible “walkability” issues such as traffic and road safety and to suggest possible points of interest along the way.

The students very quickly gained the skills required to use Walking Maps, and also really enjoyed studying their area in map view, making connections in their local neighbourhood and locating places of interest – shopping centres, other schools and their own house for example. By the end of this session the students were able to locate and map any chosen route and had created a practice map in readiness for the actual walk.



In the second session, after the walk, the students completed their map by including details for the chosen points of interest and upload photos taken on the day. The resulting map [Harrisfield PS Community Walk](#) was then shared with the school community.

As a testament to the success of this initiative Harrisfield Primary School is now looking to hold a Community Walk on a regular basis.

Opportunities for Schools

Victoria Walks is able to provide similar workshops for schools in Healthy Together Communities or those registered for the Achievement Program. These workshops can be tailored to suit the schools’ requirements.

Contact Leigh Cawood (9662 3975 or htc@victoriawalks.org.au) for more information.