

Moving Cockburn - Getting to school Video Transcript

Hi, I'm Chantal and I'm from Beeliar. What got us into riding to school was the fact that to get the children into the car, drive to school, find a car spot and then get them out was too much whereas it's just so much easier to pop the baby into the pram now, put the kids on their bikes or scooters and walk in the same amount of time.

What are the benefits of riding to school?

The benefits of riding to and from school for myself and my children is the fact that we actually get some time in the morning to focus on what we're doing for the day talking about the plans and things that might be happening. And then when we get home or when I pick them up from school we actually get to reflect on what's happened during the day for each of the children and then even for the baby as well. My son really loves to go ahead a little bit and I think he really enjoys that alone time before getting to school and focusing for the day. I get to actually talk with my children and spend some time with them before the madness of bedtime routine at the end of the day. It's been really great walking to and from school because we've managed to meet a lot of new friends, or classmates as well as their mums, dads, grandparents and carers as well this year so far. So we've really got a great sense of community happening as well. I've only got a couple of parent friends that actually ride to and from school as well. It's lovely in the morning when we all get together and we say hi and talk about what's going on. It's a lovely time to catch up.

For more information please visit:

www.cockburn.wa.gov.au/moving