

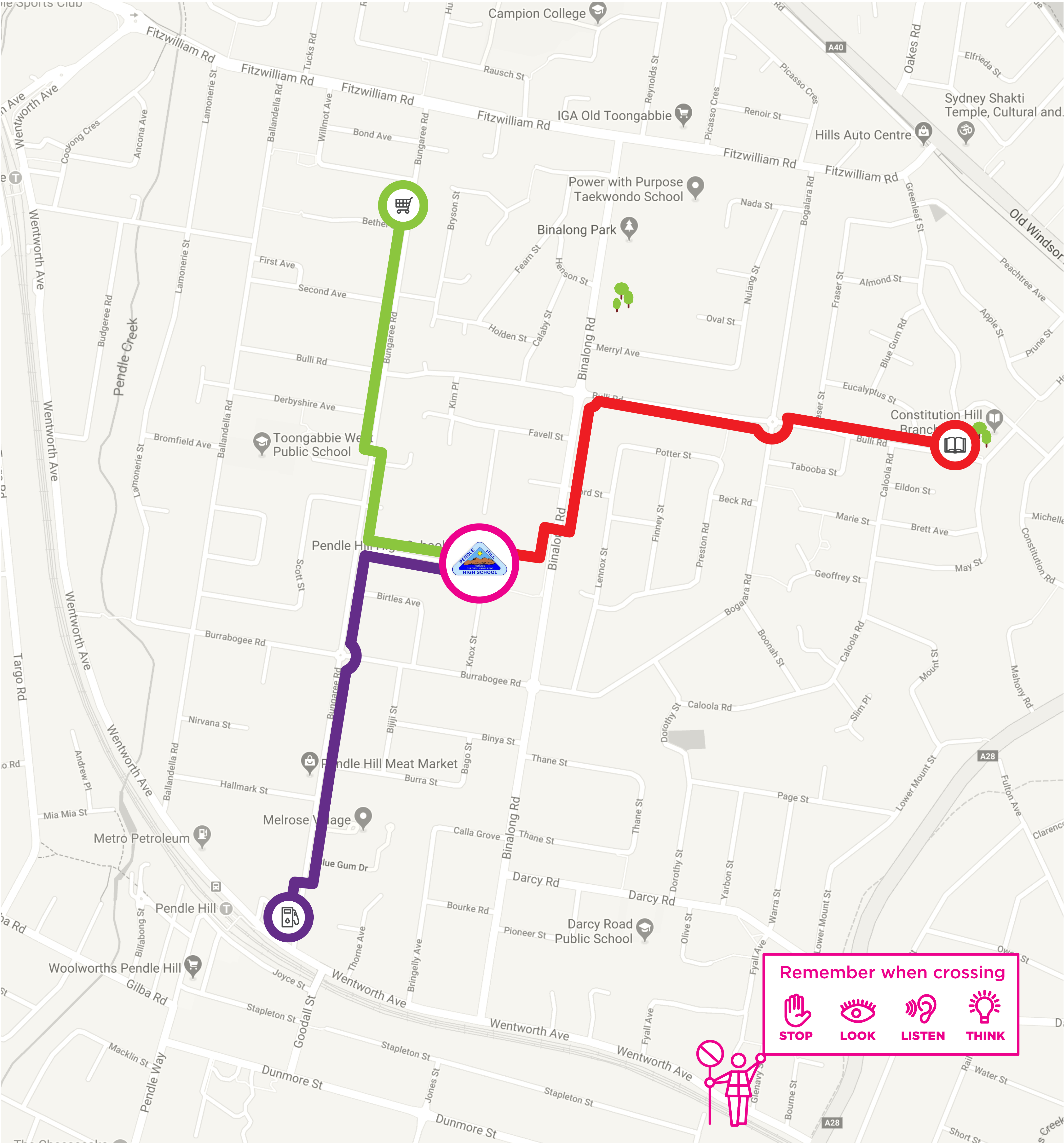


RIDE2 SCHOOL



ACTIVE MAPS

Pendle Hill High School



Paths to school

- Bungaree North Path** 950m / 12min walk
Start at the corner of Bungaree Rd and Bethel St.
- Greenleaf Park Path** 1200m / 15min walk
Start at Greanleaf Park.
- Bungaree South Path** 1100m / 14min walk
Start at the corner of Bungaree Rd and Wentworth Ave.

Map key

- Parkland
- 6 Shops
- 7-eleven Pendle Hill
- Constitution Hill Library



ACTIVE MAPS

Pendle Hill High School

Walking Wednesdays

Pendle Hill High School encourages all students to walk or ride to school every Wednesday through their “Walking Wednesdays” initiative. Walking and riding to school helps kids to achieve their required minimum 60 minutes of physical activity per day.

Active kids are happier, more socially connected and arrive at school ready to learn.

This map identifies ‘Meet-a-Mate’ points along popular walking and riding routes to school. Our ‘Meet-a-Mate’ points allow students to meet with friends and walk or ride to school together. These routes have special footpath stickers to help motivate students along the way. If you don’t live near a ‘Meet-a-Mate’ point, we encourage parents to drop children off at one of these points so students can walk the rest of the way. Remember Part Way is OK!

Walking Wednesday’s is an initiative of the Pendle Hill high school Active Travel Team. This team partnered with Western Sydney Local Health District Health Promotion Unit and City of Parramatta to encourage more students to walk or ride to school.

Thank you to the following Pendle Hill High School Active Travel team members:

Ayla Johnson-Gustowski

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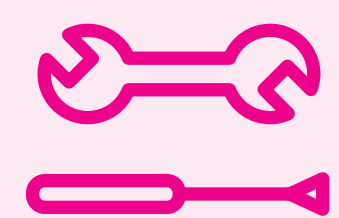
1. Helmet fit

Does your child’s helmet move around when you wiggle it on their head? Can they salute two fingers between their eyebrow and helmet? Adjust to a snug fit.



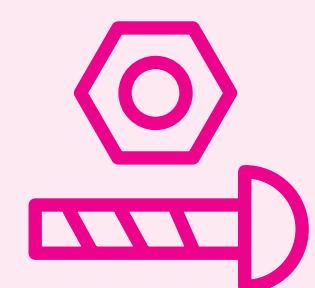
2. Firm tyres

Fully inflated tyres make riding easier and are more resistant to punctures. Check for the correct tyre pressure on the side of the tyre.



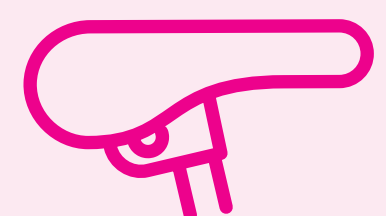
3. Check the brakes

It is important that your child is able to stop quickly. Check that the bike brakes are working before you set off.



4. Check for loose bits and bolts

Have a quick scan for any loose bolts or bits on your child’s bike before you set off. This includes bells, racks, bolts or any other attachments.



5. Wiggle the saddle

Your child’s saddle is the right height when they can sit and place the balls of their feet on the ground.

Adjust their saddle and tighten so it can’t move about while they are riding.



6. Be heard with a bell

All bikes need to have bells. Also teach your child to use their voice to alert others.



7. Be warm and visible

Dress your child in brightly coloured clothing that is weather appropriate.



Health
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