



**PARENT INFORMATION FORM -
NATIONAL WALK SAFELY
TO SCHOOL DAY**

Dear Parents,

RE: National Walk Safely to School Day 2016

Golden Bay Primary will be participating in the 2016 National Walk Safely to School Day. This event aims to promote a healthy diet and regular physical activity. A good breakfast is vitally important to start the day well. Breakfast gets the metabolism going and helps prevent a mid morning slump in concentration.

Thanks to generous sponsorship from the City of Rockingham, we will be hosting a FREE healthy breakfast on **Friday, 20 May from 7:30am-8:30am** to celebrate everyone who walks (or rides) safely to school.

To help with catering could you please complete the form below and return it to school by Thursday, 24 April.

Trina Clayton
School Coordinator for this event.

21 March 2016

Student name: _____ Room: _____

- Yes, we will be participating in the event
 I would be available to help prepare breakfast.

Name: _____ Contact Number: _____