

4 Hobart Observer June 2017

fall
real estate

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Thinking of selling?
JUST LISTED: 28a Rialannah Road Mount Nelson

Are you aged 60 - 64 years young, living independently and would like to venture out on activities offering a range of new experiences?

If your answer is 'yes', we would love to hear from you. Chats provides the opportunity to rebuild social independence by connecting you with others, and in particular assists anyone who lives alone and is feeling isolated.

FREE to join and we provide transport which costs only \$5 per activity (subject to change).

Previous trips have included travelling to Huonville, Cygnet, Richmond, Op Shopping and many more. We may stop to have an enjoyable lunch along the way and wander around at leisure **(at own cost or BYO pending activity).**

We understand and are always looking at affordability for our Participants. It's a fun day out and is a great way to meet others while "embracing life".

Chats is open to anyone aged 60 years and over and who is seeking social assistance.

Chats South: 03 6282 1555
Email: sandra.rowe@lifelinetasmania.org.au
Website: <http://chats Tasmania.org.au/>

Community News

Students pound the pavement for National Walk Safely to School Day



From left, Molly Brown, Maya Bearman, Sophia Agnos and Harriet Nattey, all in year two at St Mary's College, participating in National Walk Safely to School Day on Friday 19 May.

JUNIOR School pupils at St Mary's College took National Walk Safely to School Day (WSTSD) in their stride on Friday 19 May.

Now in its 18th year, the national awareness-raising day is aimed at teaching primary school-aged children the importance of pedestrian safety and the benefits of regular exercise.

This year, parents and carers in the St Mary's College community were encouraged to join children and their teachers bright and early as they took to the streets to take part in a 'Walk Safely' double block walk event.

After working up a serious appetite, the year one to six students gathered on the College green to enjoy a healthy fruit break, before returning to the classroom for a productive day of learning.

With only 19 per cent of Australian five to 17-year-olds reportedly meeting the national physical activity guidelines (which recommend 60-minutes of heart pumping physical activity per day), St Mary's College Director of Junior School Brigid Knight said it had never been more important to make walking part of the everyday

routine.

"As St Mary's is an inner-city school, a number of our students are unable to walk to school, so we thought we would simulate the experience by completing a double block walk around the school perimeter," she said.

"This walk was supported by discussions in classrooms around safety guidelines for pedestrians."

Mrs Knight said WSTSD endeavoured to promote and inform parents, carers, teachers and children of the significant physical, mental and social health benefits that

can be achieved through regular walking.

"As a Move Well, Eat Well school, physical activity and good nutrition are part of our everyday program," she said.

"For our older students and in response to a veritable epidemic of pedestrians using mobile devices when walking, we also highlighted some of the dangers of this practice."

WSTSD is a national initiative run by the Pedestrian Council of Australia.

For more information about National Walk Safely to School Day, visit walk.com.au

Guilford Young College

ENROLMENTS for 2018 are due on FRIDAY 30 JUNE

Guilford Young College has an outstanding record of academic and vocational training achievement. We accompany students as they create their own future and aspire to make a positive contribution to our world.

WE WELCOME STUDENTS FROM ALL SCHOOLS AND COLLEGES

GYC enrolment enquiries
6238 4367 enrolments@gyc.tas.edu.au

Your Hobart family snap could reap rewards

If there are places in Hobart your family loves going to, get out your camera and take a snap or video and you could go in the running for some great prizes.

The City of Hobart's 'Your Favourite Place' competition runs until 17 June and is inviting photographs and videos of up to 30-seconds in length.

Entries will be posted to the Hobart City Guide Facebook page where people can vote for them in the People's Choice Awards, which has a pool of 22 prizes.

The best video will win one night's family accommodation at the Old Hobart Woolstore, valued at \$549, and the



Photo credit: Alastair Bett.

best photograph will win a family pool pass to the Doone Kennedy Hobart Aquatic Centre worth

\$400.

Entries should capture family spirit and their enjoyment of a place in the

Hobart municipal area.

To enter, fill out the form at hobartcity.com.au/hobartkids.