

Habits you teach your children from an early age help to shape how active they are for years to come.



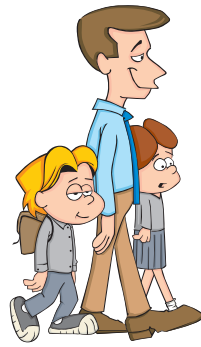
Children aged between 5 and 12 need at least 60 minutes of physical activity every day.

Actively supervise your child if riding or scooting up until they are at least 10 years old.

How to cross the road safely



When the road is clear or all traffic has stopped, walk straight across the road. Keep **LOOKING** and **LISTENING** for traffic while crossing.



Mona Vale Public School Active Travel Guide

The majority of families live within a reasonable (2km) walking or cycling distance from school. The map over the page provides suggested safe and accessible walking, cycling and bus routes in your local area.

B Bus to school

Forest Coach Lines and Keolis Downer Northern Beaches bus routes connect the school with:

| Destination | School buses | Public buses |
|-----------------------|---|---------------|
| Bayview | 131 (AM), 202 (PM), 643n, 646n (PM) | 155, 156 (AM) |
| Church Point | 643n (AM), 646n (PM) | 156 (AM) |
| Elanora Heights | 162 (AM), 201 (PM) | 182 |
| Ingleside | 131 (AM), 162 (AM), 201 (PM), 202 (PM) | 196, 197 |
| Narrabeen Park Parade | 635n (AM), 643n (PM), 712n (AM) | 155 |
| Newport | 644n (AM), 770n (PM) | |
| Warriewood | 162 (AM), 635n (AM), 636n (AM), 637n (AM), 643n (PM), 646n (AM), 652n (PM), 673n (PM) | 182, 185 |
| Waterview Street | 634n (PM), 635n (AM), 770n (PM) | |

If you need help on deciding which transport services will help you on your journey, please visit transportnsw.info/travel-info/school-travel

We value your feedback. Please complete the short survey at: transportaccessguide.questionpro.com

REMEMBER: The 3 C's of cycling safety



Clip on your helmet and check it is fitted properly



Check your brakes are working

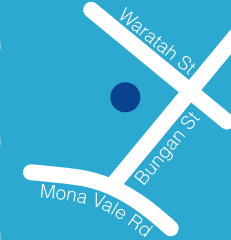


Chime your bell to ensure it works



Mona Vale Public School

Active Travel Guide



School hours from 8.50am until 2.45pm
 Telephone (02) 9999 3481
 Email monavale-p.school@det.nsw.edu.au
 Web www.monavale-p.schools.nsw.gov.au



The information contained in this guide is correct at the time of printing. For up-to-date information visit transportnsw.info. TG22230 version 1 - MAY '22

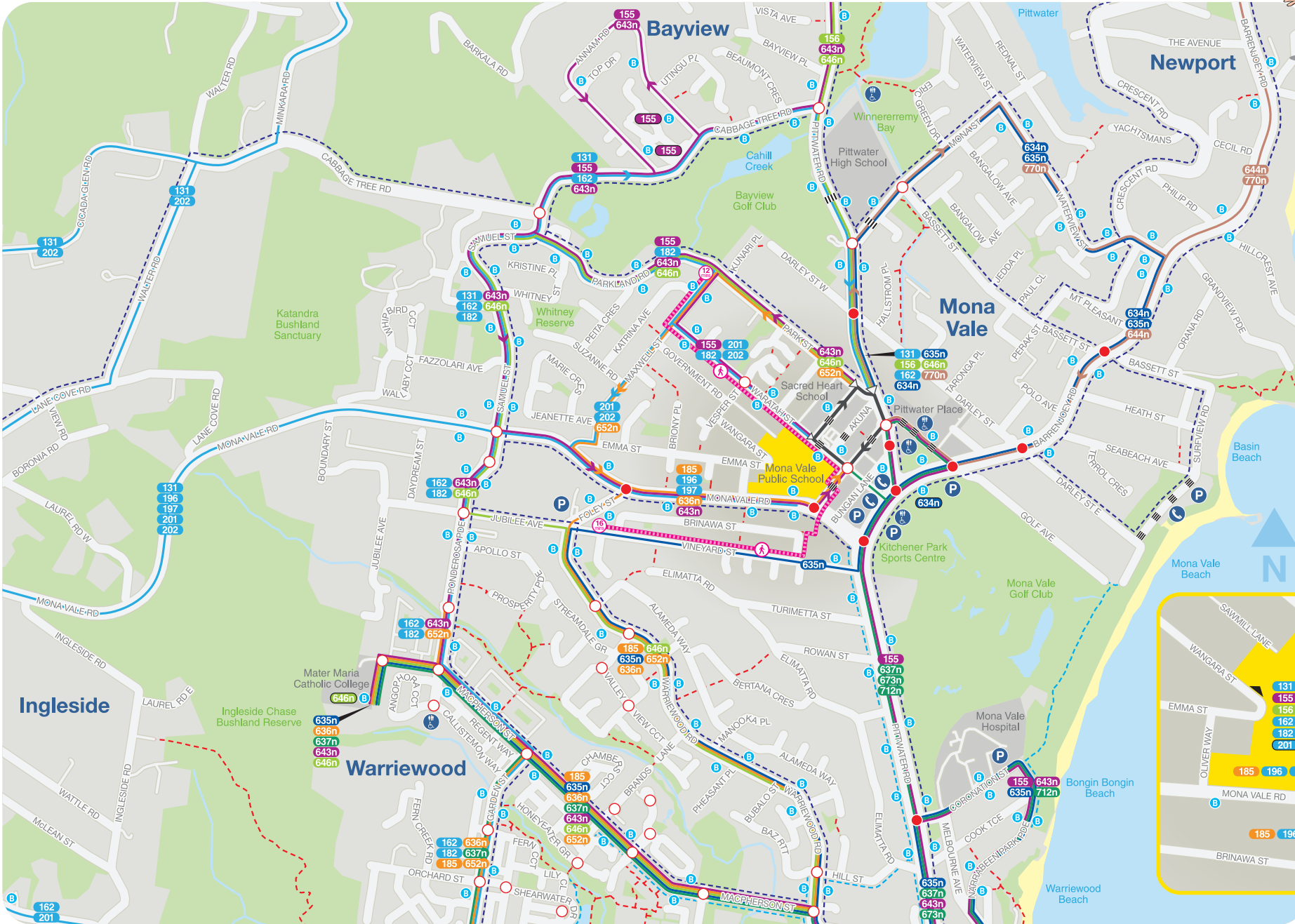


northern beaches council



Mona Vale Public School Active Travel Guide

Scan the QR code to learn more about helmets and safety gear



Legend

- Pedestrian Entrance
- On road cycle path
- Shared path
- Walking track
- Suggested walk route
- Approx. walking time from school to end point
- Traffic Light Crossing
- Roundabout
- Pedestrian Crossing
- Bus Route
- Bus Terminates
- Bus Stop
- Accessible Public Toilet
- Public Telephone

