



# walk and talk

Here at the Vale, we are starting to take the 'walk and talk' approach. Any student standing stationary will be encouraged to 'walk and talk' with their friends during all breaks. Even the staff must keep moving! Our yard is signposted to remind everyone of the importance of exercising!



Above are some of our 6<sup>th</sup> class ASF committee members explaining the importance of 'walking and talking' during break times.