

Media Release

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MAGICAL 'MATILDA' STARS LAUNCH 2016 WALK TO SCHOOL CAMPAIGN

'Matilda the Musical' cast members Dusty Bursill and Marika Aubrey have partnered with VicHealth to launch this year's Walk to School campaign.

Dusty is one of the four girls who play the brilliantly bright school girl Matilda and Marika plays her on-set mum Mrs Wormwood.

'Matilda' and 'Mrs Wormwood' took the first official steps of Walk to School 2016 outside their stage home, the Princess Theatre, yesterday.

Registrations are now open for VicHealth's Walk to School month, which starts on 3 October. The annual event encourages Victorian primary students to walk, ride or scoot to and from school for one month. In 2015, 108,997 students at 620 schools walked 1.2 million kilometres.

An advocate for a healthy lifestyle, Marika Aubrey believes Walk to School is a great way to get kids moving.

"Walk to School is a great way to help kids and grown ups! Get active whilst having fun, and I'm thrilled to be a part of such a positive initiative.

"I love walking through beautiful Melbourne to work each day at 'Matilda the Musical', and I'm lucky that I get to dance and ride a scooter in the show! A fit and healthy lifestyle means I can be the best I can be, in life and on stage every day," she said.

VicHealth CEO Jerril Rechter said: "Unfortunately, Australian children are now among the world's least active. The most recent data shows that around one in five children met the physical activity guidelines of at least 60 minutes of moderate to vigorous physical activity every day.

"Children who take part in Walk to School not only increase their daily physical activity, but spend more quality time with their parents, siblings and friends," Ms Rechter said.

Participating schools will be provided with certificates to celebrate students' achievements, as well as being in the running for regional prizes.

To get involved, go to www.walktoschool.vic.gov.au

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