

# SOCK WEEK 2023

*Monday 26 June – Sunday 2 July 2023*

SOCK Week 2023 started on Monday, 26 June with the pool noodle activity. Year 5/6 students from the Narembeen District High School (NDHS) put some very important road safety messages using pool noodles along the fences of the school. The messages read DRIVE SAFE, DON'T SPEED, TAKE CARE & BE AWARE. Thank you to Miss Chitty and the Year 5/6 students for all their hard work in the cold!

The following day local police officer Adriaan and Shayne from the Wheatbelt Youth Policing Unit attended the school for a road safety presentation and Q & A. While the Year 5-9 students had the opportunity to ask questions, the PP-Year 3 students participated in a 'Pedal Party' - a fun way to learn about bike safety and how to stop, look, listen and think when crossing the road. Thank you to all the teachers involved for their hard work with this.

On Wednesday, guest speaker Michael from the Paraplegic Benefit Fund (PBF), shared his personal story with the Year 9 students challenging these young people to think about making the right choices now, before it's too late and educating them on the long-term effects of unsafe driving. Michael's life changed in an instant when as a passenger in his mate's car fun turned to tragedy and his mate lost control and hit a tree. Not wearing a seatbelt left Michael paraplegic.

On Thursday, Cycle Sense visited NDHS to deliver a bike education and safety workshop. During the 90-minutes educational and interactive session, two AusCycling accredited coaches introduced students of all ages to the knowledge and skills required to ride safely in traffic and non-traffic environments and focuses on three key components of bike safety:

- Preparing to ride (understanding your bike, basic bike check, helmet and equipment check)
- Understanding how to ride (identifying the skills of riding, rules and etiquette of riding on paths and roads)
- Improving your riding (skill development and fitness)

In the evening, Rose Power—Regional Coordinator Road Safety and Drug Education Branch Statewide Services—visited the NDHS for a Keys4Life information session for parents and new young drivers.

On Friday, a special SOCK Story Time session, with special guest Izzy the Lizard from SDERA, took place at the local library. After singing, rhyming and reading road safety related stories, Izzy was teaching the kids how to safely cross the road. We concluded the morning with road safety related craft activities and face painting.

Since the SOCK week initiative started in 2017, FLUORO FRIDAY has been a significant part of the week long campaign. The message: Be seen and be safe with bright clothes and lights and reflectors when eRiding or cycling at night. It was awesome to see so many different business and other members of the public dressed in fluoro to support such a great cause. At the Narembeen District High School EVERY student was dressed in fluoro and they had a fashion parade where Student Councillors judged the best fluoro costume. The Narembeen police cooked a sausage sizzle, donated by our local IGA. A big THANKS to both!!

Following lunch, all students as well as teachers at the school participated in a colour run, they all received a SOCK t-shirt as well as yellow sunnies and bandanas. As they walked around the lake they were sprayed with yellow chalk. Thank you to all the volunteers who helped us out. The kids all had a

great time!

In the evening, approximately 80 community members as well as volunteer emergency services came together at the Narembeen Recreation Centre where we heard from Jodie, also a guest speaker from the Paraplegic Benefit Fund. Jodie's life changed forever when she was struck by a car while cycling. The driver was over the legal alcohol limit, fatigued and using their mobile phone whilst driving. The crash left Jodie paraplegic.

This was followed by everyone gathering on the oval as we lit candles in memory for those we have lost.

Throughout the whole week, local police officers Adriaan and Dan were making the rounds through town issuing positive driving awards to drivers who were doing the right things on the road. Each day one person was awarded a gift voucher. Thank you to everyone who was doing the right thing and setting a great example.

Furthermore, we provided The Narembeen Co-Op with SOCK Cookies which were given out with each take-away coffee to promote to stop and take a break when driving. For each coffee purchased, the Co-op donated 0.50c back to the CRC for SOCK Week activities in 2024. In total the café sold 400 coffees during the week - that's \$200 for SOCK Week next year!! Thank you to the Co-Op for your donation.

With SOCK messages also on GWN and Triple M Radio, it is great to see SOCK and its important messages spreading nationwide!

This year, we had 15 other communities (Beverly CRC, Bridgetown Hub, Bruce Rock CRC, Corrigin CRC, Cunderdin CRC, Gascoyne Junction CRC, Hyden CRC, Kalannie CRC, Kondinin CRC, Kununurra Neighbourhood House, Nungarin CRC, Quairading CRC, Toodyay CRC, West Arthur CRC and Trayning Primary School) who also ran SOCK Week activities in their community. We have loved seeing all the activities they have done and how they are raising awareness about road safety to their very own community. Thank you to each and everyone of you for supporting this important campaign.

Thank you also to the Narembeen police for their collaboration this year and organising the Main Roads Transport Inspection Wardens to visit Narembeen during SOCK to target heavy haulage vehicles to ensure road rules and safety requirements were being followed. 30 vehicles and 10 trucks were stopped: 17 RBTs. 6 Drug Wipe Tests. All negative. Main Roads Inspectors were pleased with that number of heavy vehicle inspections, they gave out a few cautions but most of the heavy vehicles were in compliance with the vehicle standard regulations. Good job Narembeen!

Thank you to everyone for participating and continuing to support SOCK Week. Although SOCK Week may be over for another year, we cannot stress enough the importance of road safety EVERY DAY. Please remember to do the right thing and drive safe!

Thank you to the Road Safety Commission who are our biggest supporter - this week could not happen to its extent without you.



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#SaveOurCountryKids

