

WHY PARTICIPATE IN BIKE TO SCHOOL DAY

Newsletter



**Bike to School Day is
May 3, 2023**

When kids walk or bike to school together, there is a feeling of joy and independence. As students adventure together, the shared experience strengthens friendships and builds community. What kids don't know is they are learning at the same time- learning healthy habits and safety rules associated with active transportation all while contributing to a cleaner environment.

Healthy Habits

Walking or rolling to school is considered active transportation and a great way to help students develop lifelong healthy habits. Regular physical activity helps children build strong bones, muscles and joints, and decreases the risk of obesity. Participating in Bike to School Day is one way to begin a habit of regular physical activity.

Safety Promoted

Children need to learn safe bicycle skills to reduce the risk of injury. Participating in Bike to School Day is a fun way to motivate kids to want to learn bicycle safety. Check with your school's PE teacher to see if bike safety is incorporated in the curriculum. A Bike Rodeo is another event for children to learn bicycle safety.

Cleaner Environment

Active transportation to school reduces the amount of vehicles in and around the school area. Not only does fewer vehicles make it safer for students choosing to walk or roll, but it also reduces the amount of pollutants. Vehicles emit particulate matter such as smoke, soot, dust, dirt, and liquid droplets.



Looking for a Way to Help

Schools are looking for parents to help promote and run programs to get students to school safely. Research *walking school bus* and *bike train* programs. You may be encouraged to help your school develop one or more of these programs. If you are, please reach out to our Safe Routes to School team to guide you in the process. Go to: eastcentralsrts.org and click on the 'Contact Us' link in the 'About Us' tab.

Don't have a bike?

Here are some options:

Have your child pick up some small jobs such as lawn mowing or dog walking. Working hard to earn a bike is very rewarding.

Check with your school's Resource Officer, PE Teacher, or Social Worker as they may know some local resources that offer free bicycles to youth.

Ask around. Maybe someone you know has a bike they are no longer using.

Have an extra bike?

Consider giving it to a student in need.

