



BIKE TO SCHOOL DAY, MAY 7th

Are our kids getting enough exercise?

In order to establish healthy lifestyle habits in our children, regular physical activity should be part of their daily routine. Biking is an easy way for you and your children to get the needed exercise. Encourage your children to bike and set a great example by biking with them.

In an effort to promote physical activity, through biking, we would like to invite you to participate in this year's Bike to School day on Wednesday, May 8th. This is the first annual Bike to School Day. Last year there were over 900 schools that participated, Valley View is helping to increase this number. Let's try to make this year a banner year for healthy children!

Families may bike to school; or bike or walk 20 minutes around your neighborhood for the event. If you don't have a bike you may walk. Students biking at home should turn in their slip to Mrs. Patzke or Mr. Kryzanski. All slips turned in will receive a free voucher to Ashwaubomay Park. Let's show Brown County that Valley View Students are Healthy!



Return slips by Wednesday, May 14th will get a Ashwaubomay Park Free voucher

*Return to Physical Education Teacher

"Participation Biking Slip"

The _____ family biked (or walked) to school **or** biked (or walked) 20 minutes at home to support the Bike to School program.

The following child participated:

Grade & Classroom _____

Parent's Signature _____



What can I do to get – and keep – my child active?

As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.
- Participate in local school related fitness activities such as **Walk to School Day**, Fuel Up To Play 60, Family Fun and Fitness Day, Movin' & Munchin' Challenge and the Bellin Run.

This information was taken from the Centers for Disease Control and Prevention web site. Visit their web site at <http://www.cdc.gov/physicalactivity/everyone/getactive/children.html> for more information.

Some of the benefits of walking/biking

- ♥ Children should get 60 minutes of exercise every day. A 15-minute walk to and from school is a perfect fit.
- ♥ Less cars and congestion on the streets before and after school makes it safer for all the children and saves energy.
- ♥ Movement burns calories. Children today are heavier than they were 20 years ago. One of the reasons is they do not walk and ride bikes as much as children did then.
- ♥ Children who do not exercise start developing adult health problems at earlier ages. This includes type 2 diabetes, high blood pressure and high cholesterol levels.
- ♥ Exercise helps brain development in children and facilitates learning.

Teach Safety on Bike to School Day

Children learn by watching others, so your own safe pedestrian behavior is the best way to teach these valuable skills. Consider these tips as you walk or bicycle with kids on Walk to School Day:

1. Obey all traffic signs and signals.
2. Choose routes that provide space to walk and bicycle and have the least amount of traffic and lowest speeds.
3. Look for traffic at all driveways and intersections.
4. If possible, cross at a crosswalk or at an intersection with a walk signal.
5. Stop at the curb and look for traffic in all directions (left, right, left, to the front and behind). At an intersection, it is important to look in front and in back to check for turning vehicles. The second look to the left is to re-check for traffic that is closest to you.
6. Wait until no traffic is coming and start crossing: keep looking for traffic as you cross the road.
7. Walk across the road. Do not run.
8. Wear reflective gear if it is dark or conditions limit visibility, such as rain or snow.
9. Talk with your child about what you're doing and why as you walk and bicycle.