

# Bellevue Elementary

## Students Learn About Walking & Biking to School Safely!

**Walking or biking to school is good for your health, the environment, your wallet, your connection with the community, and the safety in front of our school.**

### In-Class Education

Bicycle Colorado instructors, in collaboration with your P.E. teachers and schools, taught Bellevue students pedestrian safety skills, cause and effect of traumatic brain injury, how to correctly fit a bicycle helmet, how to perform a bicycle safety inspection prior to riding, rules of the road, bicycle signals, and important decision making skills so that students could understand how to ride more safely.



### Bicycle Rodeos

Upon completion of the in-class education, Bicycle Colorado put on a bicycle skills course for all Bellevue students in grades 2-5 to practice their bike handling skills. The Rodeo includes stations that develop students' skills at crossing intersections, riding in a straight line, practicing turns and controlling/stopping and signaling. All of these skills are key in preventing the most common crashes among children.



### How Can Parents Get Involved?

#### Safe Routes to School

encouragement programs are essential to keeping the walking and bicycling momentum going once the education component is completed.

**Parent and teacher involvement is integral to a successful**

**encouragement program.** On the following page, you will learn more about how you can help to get your kids involved in this special week in Cherry Creek schools.



## Walkin' and Wheelin' Week November 1-4, 2011

### What is Walking and Wheeling Week?

As a part of a federal grant with CDOT and the Cherry Creek School District, Bicycle Colorado works with schools and their communities to plan encouragement programs (e.g. "Walkin' and Wheelin' Week") in each school to encourage students, teachers and parents to continue biking and/or walking to school. Students are encouraged to walk and/or bike to school to improve health, decrease traffic congestion, help the environment, and earn incentive prizes—all while having fun!

Students who participate in *Walkin' and Wheelin' Week* will be entered to win prizes, including  
**A New Bike!!!**

# Bellevue Elementary's Walkin' and Wheelin' Week

## Walking School Buses and Bicycle Trains

A walking school bus is a group of children walking to school with one or more adults. It can be informal (two families taking turns walking their children to school) or structured (route with meeting points, a timetable and a regularly rotated schedule of trained volunteers). A variation on the walking school bus is the **bicycle train**, in which adults supervise children riding their bikes to school. These are both great options, but we rely on all of you (parents) to make it happen at your school!

**Bellevue is not responsible for lost or stolen bikes, so please bring your bike locks!**



## Ideas for the Week

- Join us after school on **Wednesday, November 2** and **bring your bike for a free evaluation by a bike mechanic.**
- Ask your kids what they learned about biking/walking to school.
- Review tips for biking and walking to school safely.
- Ride with your kids to school and/or after school!
- Guide your kids at intersections and crosswalks to reinforce safety.
- Visit a local bike shop to look for safety supplies or to tune-up your child's bike.
- Spend time with your child checking his/her bike over and work together on basic maintenance (Does the chain need oil? Are the tires flat?).
- Use a map to find out how many trips to school it would take to bike/walk across Colorado.

### Free Bike Mechanics!

Mechanics from Bicycle Village will be at Bellevue after school for 1.5 hours on Wednesday, November 2. Bring your child's bike for a free evaluation.

## About Bicycle Colorado

Bicycle Colorado (BC), a state-wide nonprofit bicycle advocacy agency, led the charge for Safe Routes to School in Colorado by creating and passing a bill in 2005, which enabled state entities to access Safe Routes to School funds. Since the passage of the bill, Bicycle Colorado has successfully educated more than 25,000 students, trained over 50 teachers and continues to expand their programs each year.

### Special offer from Bicycle Village!!!

(please cut out and take coupon into the bike shop with you)

**Bicycle Village**  
Your Ultimate Online Bike Resource  
bicyclevillage.com

Thanks for Supporting Bicycle Colorado's Safe Routes to School Program

**10% OFF**  
Any Single Bicycle  
One coupon per person only. Excludes Corsets

**20% OFF**  
Any Bicycle Accessory  
One coupon per sponsored team member only.

**25% OFF**  
Labor in the Shop or a Static or Dynamic Bike Fit  
One coupon per sponsored team member only.

One coupon per customer. Coupon not valid with any other offer and limited to inventory on hand. Select items and brands not included. Must print to redeem offer. Coupon valid at Bicycle Village. Must present coupon at time of purchase to redeem. Excludes special orders, rebates, components, electronics, wheels, car racks and toolboxes. Offer valid through 9/30/12

EVERECO2012

Contact Bicycle Colorado today to learn about supporting our work in schools!



1525 Market St, Suite 100  
Denver, CO 80202

Phone: 303-417-1544 x 13  
Fax: 303-825-1038  
email: [Jenna@bicyclecolorado.org](mailto:Jenna@bicyclecolorado.org)  
[www.BicycleColorado.org](http://www.BicycleColorado.org)