



## Bike to School Week May 28 – June 1, 2018

Bike to School Week is a free and fun week-long celebration of biking! It's a chance for schools in Penticton and throughout BC to encourage and celebrate cycling.

There are several ways to get involved and encourage your students to cycle. Here are some ideas (or be creative and come up with your own!):

- 1) **REGISTER A CYCLE-TO-SCHOOL TEAM** – It can be a classroom team, sports team, staff team, or even the whole school! To register a team, go to our website and [register](#) your class in early May. Encourage your students to cycle to school, and keep track of the number of students riding. We are happy to support you in the registration process if you have any problems. We will provide you with posters and other materials, and prize incentives!
- 2) **ORGANIZE A “BICYCLE TRAIN”** - It's always fun to cycle together! A Bicycle Train is like a “walking school bus”, but on a bike. Kids meet, along with participating teachers and parents, and everyone cycles together a few blocks to school. Click [here](#) for more information.
- 3) **SET-UP A CELEBRATION STATION** – Celebration Stations are set-up in the morning to hand out snacks to the students who cycle to school. We'll provide the snacks, as well as a draw for prizes.
- 4) **PLAN A BIKE EVENT** – Be Creative! Organize a lunch-time ride, a bike obstacle course in the yard, or a learn-to-bike day!
- 5) **BE A CHAMPION!** Regardless of how you choose to participate, every school or team needs a local champion or Team Leader. A champion can be a teacher, other staff members, parent or student.

### WE'RE HERE TO HELP!

To get involved, or to ask any questions, please contact me at [trishakaplan@gmail.com](mailto:trishakaplan@gmail.com).