



Washington Area Bicyclist Association

GETTING THERE BY BIKE

(Date)

Dear Parents of (School Name) ES,

Children are victims in more than their share of bicycle and pedestrian accidents with cars. In response, the District of Columbia Department of Transportation is sponsoring a safety education program now being brought into local schools by the Washington Area Bicyclist Association. In a few weeks, (*date range*), we will be teaching Pedestrian (grades kindergarten through second) and Bicycle (grades third through fifth) safety to your children.

There are other reasons why getting our children outside and moving is important. Child obesity is now epidemic and accounts for enormous expense and suffering as heart disease, diabetes, and many more problems manifest themselves throughout our communities. The lifestyles we learn in childhood are the ones we are most likely to continue to follow afterwards- children need to have safe ways to play and travel outdoors.

(*School name*) will be teaching the program in the Physical Education classes. We can use more help from volunteers to help set up equipment, fit bicycle helmets or perhaps help a child learn to ride a bike. Please contact (*P.E.teacher*) at the school (*phone number and email address*) if you can help.

Whether or not you can offer your own time, you can help make the program a success. Please ask your children about the program and what they learned (or hope to learn) from us. If your children have helmets, they should bring them for the classes so we can help fit them properly. And please call or email me with any questions or comments. With your help the program will be expanded throughout the Metropolitan Area in coming years. The result will be a community of healthier and safer people, leading more physically active lives.

I hope to see you at the school,

Dorcas Adkins
Safety Education Program Manager
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