

Yes, the Bicycle Safety Unit is Back Again this Year

Your child's PE Class will be participating in the bike safety unit during the weeks of October 19th to November 12th. If your child is a 4th-6th grade student, your child can ride their bike to school on these days as long as they obtain a bicycle safety permit from Mrs. Paribello in the office. 3rd grade students are NOT permitted to bring their bikes to school.

I encourage all students who own their own bike helmet to bring their helmets to school during the weeks of October 19th to November 12th . See picture on the back to properly fit your child's helmet.

I can store personal, labeled bike helmets, but I do NOT have room to store individual bikes, so if they do come with their bike, they need to bring a bike lock and lock it on the playground bike rack.

The Basics of Bicycling curriculum is new unit and is generously sponsored by the Cascade Bicycle Club. This unit included 30 bikes and helmets, plus a basic curriculum to teach kids to, "Bike safe, and bike smart. Students are encouraged and allowed to bring their own helmets. Students may also bring/ride their own bikes as long as they have applied for a "Bike to School" permit from the office that you must sign. Students who bring their own bikes are responsible for their own bikes.

Weather permitting; the lessons will take place outside on the black top behind the school during your child's PE program. If it is rainy or stormy the bike unit will take place in the gym.

This program runs most successfully with a minimum of 2-3 volunteers per day class; 1 to help kids who are learning how to ride ('learners') and 2 to assist teacher with running the bike safety stations.

If you're interested, please call me or email me with the dates and times you can volunteer and/or go to my website and click on the bicycle to get more information and download volunteer forms and basic information. My website address is <http://schools.lwsd.org/juanita/staff/kohlwes/>

Mrs. Lynn Kohlwes: Juanita Elementary PE Teacher lkohlwes@lwsd.org 425-823-8136 ext 55715



BIKE UNIT SCHEDULE: Monday October 19th to Thursday, November 12th
Each Class will get to do the Bike Unit 5-6 PE classes over a 4 week period.

Week 1	October 19	October 20	October 21	October 22	October 23
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	MALLOY 6	STEELE 6		MALLOY 6	WINDUS 4
9:50-10:30		MIERA 5	NIGGEMEYER 5	MIERA 5	
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4	GURRAD 3	NEUPERT 3	WINDUS 4	NEUPERT 3

Week 2	October 26	October 27	October 28	October 29	October 30
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	STEELE 6	STEELE 6		MALLOY 6	WINDUS 4
9:50-10:30		NIGGEMEYER 5	MIERA 5		NIGGEMEYER 5
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4	GURRAD 3	NEUPERT 3	IRWIN 4	GURRAD 3

Week 3	November 2	November 3	November 4	November 5	November 6
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	MALLOY 6	STEELE 6		MALLOY 6	WINDUS 4
9:50-10:30		MIERA 5	NIGGEMEYER 5	MIERA 5	
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4	GURRAD 3	NEUPERT 3	WINDUS 4	NEUPERT 3

Week 4	November 9	November 10	November 11	November 12	Bike Unit Gone
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
9:05-9:45	STEELE 6	STEELE 6	No school	MALLOY 6	
9:50-10:30		NIGGEMEYER 5	Veteran's Day		
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4	GURRAD 3			