

Dear Parents,

To promote good health through exercise and to reduce energy use, we are teaching safe walking and biking information to all 1st-6th grade students during the first nine weeks of school. We want many more of our students to begin walking and biking to school. Currently only 10% of our students do so in spite of the fact that 98% of our population lives within a short 2-mile walk to school, and 85% live within 1.5 miles of the school. Students could be burning calories getting themselves to school while socializing with friends. They would start the day awake with extra energy.

Those biking, skating or scootering to school will be much safer if they wear helmets. If your child plans to bike/scooter/skate to school, and does not have a well-fitting helmet, we can place an order for a helmet for him or her. **Just fill out the attached form and return it to Mitch Craib by FRIDAY SEPTEMBER 13TH.** These sturdy bike helmets normally cost \$35.00 and are available to us for \$6.25. And, if price is an issue, please don't hesitate to let me, Mitch Craib, know.

Thank you for supporting our effort to keep your child healthy and safe.

Mitch Craib
Wellness Coordinator
St. Albans City School