

# WOODLAWN EARLY YEARS SCHOOL

*Woodlawn School is an environment where education and culture empowers our students to grow into caring, connected and contributing global citizens.*



## Bike Rodeo May 23 and 24 at Woodlawn

On May 23 and 24 the annual Bike Rodeo will happen at Woodlawn. **Grade K-4 students will watch an assembly presentation in the gym put on by MPI and then each grade 2, 3, and 4 class will have a turn to go outside and practice safety riding through an obstacle course.** We would encourage as many students as possible to bring their bikes to school on the day their class is participating in the bike rodeo. We encourage bikes to be locked up on the bike racks. Parents may also choose to transport bikes to school in a vehicle if riding to school is not an option for your family. Please remember that helmets are now required by law and we will not be able to let students participate without a helmet.

With the warm weather upon us, many of our students are riding their bicycles to school. Please take a moment to review the safety information below provided by Southern Health.

**If your child does ride to school, please send a lock along with them to lock their bike during the school day.**

### **Did you know....?**

Research shows that 10% of all visits to paediatric emergency rooms are related to bicycle injuries. One in 60 of these children will die. A recent study in Manitoba shows bicycle helmet usage by children and adolescents in Manitoba is at a low 21%.

### **Who is injured?**

Young: Peak ages 10-14 years old, 6 out of 10 are younger than 14.

Rural: Twice as many rural hospital admissions than urban.

### **What are the injuries?**

Broken Bones: in 1-2 of 10 visits and account for 2-3 of 10 admissions.

Head Injuries: in 1 of 10 emergency room visits, account for 5 to 10 admissions and 8 of 10 deaths.

### **Where does it happen?**

Close to home, in high density, urban areas, and death occurs at intersections, on multi-lane roads and on rural roads.

### **When does it happen?**

Summer months, any day of the week, peak in daylight hours, but teens die mostly at night.

### **Why does it happen?**

The BIG FOUR causes of cycling injuries for kids under 15 years old:

- 1) Riding out of driveway without stopping
- 2) Running stop signs or lights
- 3) Turning to the left without yielding
- 4) Falling because of inexperience or equipment faults.

There is strong evidence that most cycling related injuries can be prevented. Worldwide research suggests:

1. Increase helmet use. As of May 1, 2013 anyone under 18 in Manitoba must wear a properly fitted and fastened protective helmet while cycling. Bicycle helmets have been shown to be effective in preventing head injuries by 85%.
2. Improve riding skills. "Driver education" can give children the skills to ride confidently and safely, avoiding falls, and collisions with motor vehicles.

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Bike Rodeo  
Presented by:  
Manitoba Public Insurance

<b>Time Slot</b>	<b>Wednesday, May 23 Day 5</b>	<b>Thursday, May 24 Day 6</b>
9:08	<b>Assembly - All Classes</b>	<b>Set Up</b>
9:40- 10:10	Set Up	
10:10-10:40	2PR	2LR
10:40-10:55	<b>RECESS</b>	<b>RECESS</b>
10:55-11:25	3R	2G
11:25-11:55	2MF	2KF
11:55-12:55	<b>LUNCH</b>	<b>LUNCH</b>
12:55 - 1:25	3/4D	4B
1:25-1:55	4G	2P
1:55-2:25	4M	3TR
2:25- 2:40	<b>RECESS</b>	<b>RECESS</b>
2:40- 3:10	3/4B	4K
3:10-3:40	3P	