School day canceled May 8 due to staffing shortages from planned teacher walkout

Eugene School District 4J schools will be closed on Wednesday, May 8, due to a planned teacher walkout strike.

The Oregon Education Association has called for teachers to make May 8 a “Day of Action” to advocate for increased state investment in public education. Teachers’ unions in Eugene and in several other Oregon school districts are planning a one-day teacher walkout strike on May 8.

The district has determined that teacher absences and substitute shortages will exceed our ability to provide safe and adequate supervision for our students, and we must cancel the school day on May 8.

Eugene School District 4J shares the goal of improving school funding in Oregon to provide smaller class sizes, more learning time, increased health and safety services, and a well-rounded education. However, the district does not endorse or condone walkout strikes or any activity that disrupts student learning.

We know that this change will be challenging for our families, and we apologize for the disruption. We hope that knowing about the school closure well in advance will help families plan for childcare and other arrangements.

The Eugene School District’s developing plans for May 8 include:

- Free school lunch will be provided at selected school sites.
- Student transportation services will continue to non-4J programs that are open on this day.
- Athletic contests will continue as planned.
- Scheduled AP and IB tests will continue as planned.
- We are exploring options regarding Outdoor School scheduled on May 8 for three elementary schools.
- We also are encouraging local organizations to offer childcare services on May 8 as they do on regularly scheduled no-school days.

The missed school day will be an unpaid day for teachers and will not be made up at the end of the year. Make-up snow days have already extended the school year and many families have already changed summer plans due to those added days.

The needs of our students are at the forefront in considering these decisions.

More detailed information will be posted about these plans as they develop.

Kindergarten Registration

If you have a child that will be 5 by September 1st or know of someone who does – kindergarten registration for next school year is underway! Please call our secretary, Lori at 541-790-4900 or stop by the school office for an enrollment packet.

Memos from Mr. Matt

As we near the end of the school year, I am amazed by how fast this school year has seemed to fly by. Seems like seconds ago, my wife and I were expecting our daughter and now she’s already rolling around and getting into things! We did get caught up in the hustle of life and we turn on autopilot and it seems our time just passes by. Don’t you wish we could pause life and take it all in? What moment in your life would you pause if you could? The moment your child was born? The moment you fell in love? The moment you passed your driving test or the moment you climbed your first tree? Take a second to think about a moment you could pause forever if you could; a snapshot of time. What would it be? I have many. Me and my better half’s first “I love you”. The moment she said, “I do.,” my daughter’s first breath and first smile, snorkeling in Okinawa, Japan when I didn’t have a worry in the world, carrying my wife through the threshold of our first house. I can go on and on and I want to. It’s these moments we have in life that we need to hold onto. It’s what makes life worthwhile and gets us through the difficult times.

When I said my final goodbyes to my dad a year ago, I was reminded of all the magical moments I had with him. Fishing with him at the local pond, or catching a giant catfish at the shore, or playing catch were just a few of the many moments that I wish I could pause. Enjoy your moments. Cherish them when they happen. They will overpower the tough times. Take time each day to reflect on a moment you would pause if you could, then go off to create many more.

BOGO Book Fair is coming!

BOGO Book Fair is on its way! This is a great opportunity to put books into your kids’ hands for the summer! Buy one book and get another book for less or equal value for free. What a deal. I will also have a raffle basket to give away and a few other fun things for the kids.
Library News!

It’s truly hard to believe that we are winding down our school year. We have one more big event to close out our library. The BOGO (buy one get one free) book fair will be coming the week of May 28th - 30th. This provides a great opportunity to put popular titles in the hands of our children for summer reading. And, what better way than to buy one book and receive a second book for free! Also, consider donating one of your free books to a classroom teacher. Please look for a Sign Up Genius coming soon on FB for a few volunteers to help with our next book fair.

May:
- 6th - 10th: Children’s Book Week. Established in 1919 the longest-running national literacy initiative in the country. Celebrating its 100th year this May!
- 13th - 16th: Last week of library check out
- 20th - 22nd: Book return week (all student library books are due May 22nd)
- 23rd: Book fair set up
- 24th: Student Preview for BOGO fair
- 28th - 30th: BOGO Book Fair T-Th 8:00am - 6:00pm
- 31st: Book fair tear down

PE Updates

We are coming to an end of another school year. Here are some things happening in your child’s physical education class.

- I still have plenty of Marathon Club prizes. Spring is a great time to take your kids hiking, walking, running, etc... Please see attached Marathon Sheets. To earn a mile you must do 30 minutes of exercise. PE classes count! Please have your kids fill out the form by telling me how they achieved each mile. PE is colored blue, walking is colored green, sports practice or games are colored red, hiking is yellow. Bring back a filled form to Mrs. Lampe (make sure it has a parent signature on it). Marathon one is a T-shirt, two are shoe laces, three are shoelace deubres, and four is a wrist band. They are great prizes and high quality.
- Field day will be coming up soon. Please email Ms. Lampe at lampe_m@4j.lane.edu if you’d be willing to help out.
- I’m looking for donations of good used tennis shoes. Often students wear shoes that are not appropriate for PE. We need a couple pair of each size. If you have nice used shoes send them to school. Thanks so much!

PTO Corner

Upcoming PTO Dates:
- 5/6/2019 - 5/10/2019 – Staff Appreciation Week
- 5/21/2019 – PTO Meeting, 6:00pm
- 5/24/2019 – Family Movie Night
- 6/1/2019 – Carnival

Family Movie Night
Howard PTO invites you to Family Movie night, May 24, 2019. We will be screening “How to Train your Dragon.” Hope to see you there!

Carnival
We are excited to present the Howard PTO Carnival Saturday, June 1st, 2019 join us at Howard Elementary School for a day of fun from 11:00am to 3:00pm. Check out the detail at: https://www.facebook.com/events/432184457527374/.

Want to skip the ticket line? Follow the link to buy your discounted, presale tickets for games, food and the raffle: https://www.mkt.com/howard-elementary-pto/.

Many hands make light work and we can use your help with the Carnival. Volunteers are needed for setup, cleanup and to help throughout the event. Please follow the link to volunteer: https://www.signupgenius.com/go/30e0c45a9ab22a2fe3

Read-a-Thon
The first Howard Elementary Read-a-thon was a success. Our students read more than 85,000 minutes over the month of April. Thank you to all of our wonderful sponsors: Chris Brokopp - State Farm Insurance, Jackson Jones Law, Bricks&Minifigs Eugene, The Dancing Weasel Toy Store, J. Michaels Books, Defy Eugene, Adventure Children’s Museum, and Bounce Gymnastics. We appreciate your generous support!

Duer’s ATA Martial Arts Fundraiser
Looking for something to keep the kids busy this summer? We have partnered, year round, with Duer’s ATA Martial Arts on a fundraiser for Howard Elementary School. For $49 you receive 1 month of classes and a uniform. Not only does your child learn a fun sport but they also build confidence and learn what it means to respect themselves and others. Head on over to Duer’s ATA Martial Arts on West 11th and check it out. Don’t forget your flier so you can take advantage of this amazing fundraiser.

Popcorn Fridays
We need at least 3 volunteers to take over Popcorn Fridays next year. Please let us know if you can help. Contact PTO and learn the process so we can keep popcorn going for the 2019 – 2020 school year.

BELTLINE HIGHWAY PROJECTS – Public Open House

- Hosted by the Oregon Department of Transportation (ODOT)
- Tuesday, June 4, 2019
- 6:30-8:00 PM
- Kelly Middle School Cafeteria

Please join us to learn about the latest improvement concepts to address traffic congestion and safety on Beltline Highway between River Road and Delta Highway. Also included is an update on planned construction to reconfigure the Beltline/Delta Highway Interchange in late 2019 through 2021.

Bottle Drop Fundraiser
The bottle drop is continuing through the end of the year. Have bottles and cans? Coming to a school event? Coming to a PTO event? Dropping your kids off at school? Bring your cans and bottles! We will accept them in any bag, anytime. This is an exciting new fundraiser that will go a long way towards more funds for Howard Elementary School.

Have a lot of bottles and cans? Don’t want to haul them in? We’ll come pick them up. It is easy to schedule a pickup with the PTO. Call, text or email us. We’ll be there.
Want to get involved?
Howard PTO values the community we serve. Help us to be the true voice of the families at Howard Elementary School. Please join us every third Tuesday at 6:00 PM to share your ideas. Child care is provided.

We have positions open on the PTO Board and there will be more positions next year. Please come to our next meeting on 5/21/2029 to get more information on joining the PTO board.

Questions? Contact the PTO:
Email: howardelementaryPTO@gmail.com
Message: Facebook at @Howard4jPTO
Text or call: (541) 933 - 5336

Future Happenings

5/1 – Walk and Roll to School Day
5/3 – No School – Staff Professional Development
5/8 – No School – Teacher Walk Out
5/15 – Wacky Wednesday – Tie Dye Day
5/21 – PTO Meeting – Library – 6:00 pm
5/24 – PTO Movie Night, 6:00 pm
5/27 – No School – Memorial Day
5/28 – 30 – BOGO Book Fair
5/29 – Site Council – 2:45 pm
6/1 – School Carnival, 11:00 am
6/5 – Walk and Roll to School Day
6/6 – Last Day of BEST
6/12 – Wacky Wednesday – Tropical Day
6/14 – 5th Grade Graduation – 1:00 pm
6/17 – Field Day
6/18 – Last Day of School
9/4 – First Day of School for 2019-20

All school BBQ is coming!
Watch for details!
To: Parents & Families  
From: Michelle Lampe (Physical Education Teacher)  
RE: Marathon Club

Hello Families! We are continuing the Marathon Club this year! Yayy! We will be trying to complete four marathons by the end of the school year! Let’s all work together to complete that task!

The early years are crucial for creating a lifelong commitment to physical activity and adopting healthy behaviors. Research shows that by participating in the Marathon Club your kids are likely to gain huge benefits, like better performance in school, improved behavior & improved heart health!

Please support the Marathon Club by taking your children walking, jogging, and hiking! All participants who finish a full marathon will get a Marathon T-shirt. There are prizes for each marathon finished. Don’t worry...you won’t have to finish a marathon in one day. You will have several months! However, don’t waste time getting started …get your family active because prizes are limited and will handed out until they are gone.

Here's how you can earn ONE mile on your Marathon Tracking Sheet:

- 1 PE class
- 4 Laps around the track
- 15-20 minutes of walking
- 30 minutes of sports practice.
- 20 minutes of hiking. Local hikes like Mt. Pisgah are 3 miles. Spencer’s Butte hikes are 2-5 miles depending on the origin of the hike.

Students can keep track on their Marathon Tracking sheets by coloring in each mile they complete.

PARENTS PLEASE SIGN YOUR CHILD’S MARATHON SHEET BEFORE THEY TURN IT IN AND PROVIDE A BRIEF DESCRIPTION ON THE BACK HOW YOUR STUDENT HAS REACHED 26 MILES! PLEASE BRING to Mrs. Lampe at the following times:

- During scheduled PE times.
- Before school starts.
Para: Padres y Familias  
De: Michelle Lampe (Especialista de EducaciónFísica)  
RE: Club de Maratón

¡Hola Familias! Estamos tratando de hacer algo increíble durante la segunda mitad del año escolar. ¡Intentaremos completar 4 maratones para el fin del año escolar! ¡Trabajemos todos juntos para completar esta meta!

Los años tempranos son esenciales para crear un compromiso de toda la vida de actividad física y de adoptar comportamientos saludables. ¡Estudios muestran que el participar en el Club de Maratones mas probable que sus hijos obtengan grandes beneficios, como mejor rendimiento escolar, mejor comportamiento y mejor salud del corazón!

¡Favor de apoyar el Club de Maratón al llevar a sus hijos a caminar, correr, y excursionismo! Todos los participantes que terminan un maratón completo obtendrán una camisa de Maratón. Hay premios para cada maratón que completan. No se preocupen...no tienen que terminar el maratón en un día. ¡Tendrán varios meses! Pero, no se esperen mas para empezar...ayuden a su familia a estar activos porque los premios son limitados y se darán hasta terminarse.

Aquí encontraran como conseguir una milla para su Hoja de Medir para Maratón:
• 1 clase de PE (EducaciónFísica)  
• 4 vueltas alrededor de la pista  
• 15-20 minutos de caminar  
• 30 minutos de practica de deportes.  
• 20 minutos de excursionismo. Excursiones locales como Mt. Pisgahson 3 millas. Spencer's Butte son 2-5 millas dependiendo el origen de su caminata.

Estudiantes pueden medir sus millas al colorear cada milla que completan en la Hoja de Medir.

PADRES FAVOR DE FIRMAR LA HOJA DE MARATON ANTES DE ENTREGARLO a la Sra. Lampe en las siguientes horas:
• Durante su hora programada de PE (Educación Física)  
• Antes de empezar la Escuela.
Community Equity Forum
Celebrating the historical perspective and traditions of the Native Hawaiian Community

Opportunities for the community to learn the history, cultural values & traditions of native Hawaiians and to try your hand at Hawaiian arts such as: Hula dancing, Lei making and playing the 'Ukulele!

Thursday, May 2nd
Eugene SD 4J District Office - Auditorium
200 North Monroe Street, Eugene 97402

Doors open at 5:30 p.m. | Presentation at 5:40 p.m.
ASL Interpretation will be offered & Spanish translation provided via headset system.
Light Snacks Provided

FREE EVENT!

Planning Team: Kris Galago, PI Club Advisor, community elder; Tiny Galago, PI Club Advisor, community elder; Kelsey Galago, PI Club Hula Teacher, community advocate

Eugene School District Office of Equity, Instruction & Partnerships: equityevents@4j.lane.edu
Foro de Equidad
Celebrando la perspectiva histórica y las tradiciones de Nuestra Comunidad Hawiana

Esta es una oportunidad para aprender la historia, cultura, valores y tradiciones de nuestra comunidad Hawaiiana. Usted va a tener la oportunidad de participar de una sesión y aprender la historia y como bailar Hula, como hacer Leis y como usar un 'Ukulele!

jueves, 2 de mayo
Oficina del Distrito de Eugene - Auditorio
200 North Monroe Street, Eugene 97402

Las Puertas abren a las 5:30 p.m. | La presentación será a las 5:40 p.m.
Habrá interpretación en el lenguaje de señas (ASL) y interpretación en español.
Habrá cuidado de niños y unos bocadillos

¡Este evento es gratis!

El equipo de planificación: Planning Team: Kris Galago, Pi Club Advisor, community elder; Toniy Galago, Pi Club Advisor, community elder; Kelsey Galago, Pi Club Hula Teacher, community advocate
Office of Equity, Instruction & Partnerships: equityevents@4j.lane.edu
Enjoy the joyful spring vibes at our open air Multicultural Festival

MASLENITSA

Get carnival dressed and join us rain or shine at Alton Baker Park, Eugene, OR

• Costumes & masks Parade!
• Life-size puppets animation and games for kids and adults
• Folk craft workshops and vendors
• Multicultural performances: dancing, singing, art theater
• Live music and dancing evening till 10pm
• Delicious food-court: borsh, pirogi, plov, pelmeni, kompot and so much more!

The event is FREE! Donations are highly appreciated 💌❤️❤️

ArtLinks: 5039198273, oregonartlinks@gmail.com
Schedule of spring Multicultural Festival Mасленица 05.04.19

1:00 Bhangra & Bollywood dancing “Eugene Bhangra”
1:30 Mexican dances “Alma de México”
2:00 “Vesna Krasa” – ArtLinks theatrical performance & games for kids & adults
3:00 Mask contests winners’ award. Parade of Masks and costumes! Khorovod
3:30 Katie Sontag guitar
4:00 African Drummers - West African Cultural Arts Institute, UO
4:30 Masha Telesheva - Russian harmonica & accordion & “Lubava” Slavic vocal ensemble
5:10 Belly Dance – Middle Eastern Dance Guild of Eugene & Tribalation
5:35 Calvary Creek band
6:25 Gumbo Groove band
7:10 Deerspirit band
9:00 DJ Roman Safarov, Ukraine

The event is FREE! Donations are highly appreciated

ArtLinks: 5039198273, oregonartlinks@gmail.com
Masks contest “Spring Spirit”
By BQQMZJOHGPSUIFQBSUJDJQBUJPOJO

The main prizes for our Mask-Making contest „Spring Spirit” – a bycicle for the Ist place in each age category; prizes are provided by our Generous Sponsor – Walmart. The results of the competition and the winners will be announced and awarded during the Spring Festival „Maslenitsa” held in Eugene on May 4, 2019 at Alton Baker Park.

Artlinks Jury will determine a winner in each category; work that gets the most likes on Facebook will get special People's Choice Award.

Winners will be announced at our official Facebook page Artlinks. Work that collects the most likes will be used by Artlinks in future promotional purposes.

Requirements for Contest

The competition is held from March 11 to April 30, 2019.

The competition is open to all participants of 4 age categories:
- 2 groups – 4 - 6 years
- 3 groups – 7-10 years
- 4 groups – 11-13 years
- 5 groups – 14-18 years

All participants can demonstrate their mask making skills. Each participant will need to create a mask made of recycled materials. Masks have to be made with recycled materials.

By applying for the participation in contest „Spring Spirit”, you agree to donate your mask to Artlinks nonprofit organization as a part of art program with the aim to create local art museum-exhibition after the end of contest.

After the contest and after the event for future promotional purposes, you grant Artlinks the permission to use any photos/videos taken during the contest and make exhibitions with the aim to create local art museum exhibition after the end of contest.

We will upload the photo of your work to our album „Masks contest „Spring Spirit” Hipsters // www.facebook.com/pf/artlinks/photos ?
Emergency Water Station Grand Opening

Howard Elementary School
700 Howard Ave.

Saturday, May 11 • 10:30 a.m. - 1 p.m.

Eugene Water & Electric Board and 4J School District will host a ribbon-cutting for the River Road community’s new emergency water station. After a brief ceremony starting at 10:30 a.m., the public is invited to fill water containers at the station.

- Receive a free 3-gallon emergency water storage container – one per person while supplies last
- See how the emergency water station works
- Learn more about how our community is preparing for emergencies
- Get emergency preparation info and enter a raffle for prizes

The station is second of at least five that EWEB is building to supply water in case of natural disaster or other emergency. This partnership uses the school’s solar array and a new battery storage system to provide back-up power to the well/pump.

See the new emergency water station and get a free water container to fill-up!
Gran Inauguración de la
Estación de Agua para Emergencias

Escuela Primaria Howard
700 Howard Ave.

Sábado 11 de mayo • 10:30 a.m. - 1 p.m.

Eugene Water & Electric Board y el Distrito Escolar 4J organizarán un corte de listón para la nueva estación de agua para emergencias de la comunidad de River Road. Después de una breve ceremonia que comienza a las 10:30 a.m., se invita al público a llenar contenedores de agua en la estación.

- Reciba un contenedor de almacenamiento de agua para emergencias de 3 galones gratis - uno por persona hasta agotar existencias
- Vea cómo funciona la estación de agua para emergencias
- Aprenda más sobre cómo nuestra comunidad se está preparando para emergencias
- Obtenga información sobre la preparación para emergencias y participe en una rifa de premios

La estación es la segunda de al menos cinco que EWEB está construyendo para suministrar agua en caso de un desastre natural u otra emergencia. Esta asociación utiliza los paneles solares de la escuela y un nuevo sistema de almacenamiento de baterías para proporcionar energía de respaldo al pozo / bomba.

¡Vea la nueva estación de agua para emergencias y obtenga un contenedor de agua gratis para llenar!
The City of Eugene presents its:

COMMUNITY PUBLIC SAFETY FORUM

SAVE THE DATE FOR THIS FAMILY EVENT IN SPANISH

TUESDAY, MAY 21, 2019
5:30PM-7:30PM
PRAIRIE MOUNTAIN SCHOOL
5305 ROYAL AVE.

New date!

OPPORTUNITY TO ASK QUESTIONS ABOUT PUBLIC SAFETY RESOURCES

ENJOY FOOD, KIDS’ ACTIVITIES AND TABLING FROM ORGANIZATIONS

FREE CHILDCARE PROVIDED

Everyone is welcome!

Alex Reyna
Moderator
La Ciudad de Eugene presenta su:

FORO COMUNITARIO
SOBRE LA
SEGURIDAD PÚBLICA

ANOTE LA FECHA
PARA ESTE EVENTO FAMILIAR
EN ESPAÑOL

MARTES, 21 DE MAYO, 2019
5:30PM- 7:30PM
ESCUELA
PRAIRIE MOUNTAIN
5305 ROYAL AVE.

¡Fecha nueva!

OPORTUNIDAD PARA HACER PREGUNTAS SOBRE
RECURSOS DE SEGURIDAD PÚBLICA

DISFRUTE DE COMIDA, ACTIVIDADES PARA NIÑOS Y
PUESTOS DE ORGANIZACIONES

CUIDADO DE NIÑOS DISPONIBLE

¡Todos son bienvenidos!
Getting to School Safely

By Walking — Crossing the Street

1. Walk to school with a group of kids and always have a responsible adult walk with you.

2. Always walk on the sidewalk if one is available.

3. If no sidewalk is available, walk facing the traffic.

4. The safest place to cross is at a street corner or intersection.

5. If you are 10 years old or younger, you need to cross the street with an adult. You should not cross by yourself. Ask an adult to tell you who can help you cross the street.

6. Before you step off the curb to cross the street, stop and look left-right-left to see if cars are coming. Do you know your left from your right? If you do, that is great! If you don’t, here is a hint: when you hold your left hand up, your thumb and first finger will make the letter “L,” and that stands for “left.”

7. When no cars are coming, it is safe for you and an adult to cross. But look left-right-left as you do it, and hold the adult’s hand.

By Riding Your Bicycle

1. The best and smartest bicycle riders always wear their bicycle helmets! They know that bicycle helmets will keep their heads and brains safe. Are you one of the best and smartest riders?

2. Ask an adult to make sure that your helmet fits correctly. The helmet should fit low on your forehead so that two fingers fit between it and your eyebrows. Another way to check is to put the helmet on your head and look up. If you can’t see your helmet, it is too far back.

3. To ride safely, you need to know the rules of the road. Do you know what “the rules of the road” are for bicycles? If you don’t, then you should not ride in traffic or without an adult.

4. When you ride your bicycle, wearing a helmet helps to keep you safe. You should also wear bright colors during the day, and right before the sun rises or sets. This makes it easier for drivers to see you, and that helps to keep you safe, too.
5. Riding at night can be dangerous. If you have to ride your bicycle at night, you should ride with an adult. You should also have a white light on the front of your bicycle and a red reflector on the back. You can also get lights and reflective materials to put on your shoes, helmet and clothing. When light hits this material at night, it glows and makes it easier for a driver to see you!

6. Practice makes you more skilled at riding your bicycle. The more skilled you are at riding, the less likely you will be to crash. Practice riding skills in an empty parking lot or a place with no traffic. Practice such things as: riding in a straight line, looking over your shoulder, signaling with your hands, and starting and stopping.
BICYCLE SAFETY
What Every Parent Should Know

Bicycling is fun, it helps us keep fit, and it gives us mobility. For kids, the bicycle is their first vehicle, a source of pride — and an important way to get around. In addition, bicycling is generally a safe activity. But, when bicyclists make basic mistakes, they’re the ones most likely to get hurt. For this reason, the attitudes you instill in your child now will determine how he or she will ride for years to come. If your child gets a good grounding in safe riding techniques, he or she will be able to enjoy the benefits of bicycling for many years.
By and large…

…bicycling is a safe activity. But, like many activities, one has to learn a few things before safely taking part. This brochure points out common problems kids have while bicycling and suggests some solutions. But just reading it, or having your child read it, isn't enough. You and your child should go over the topics and do the exercises suggested. If possible, you should ride with your child. This will be valuable for both of you. And fun, too!

How old is old enough?

Before the age of 10, few kids understand how traffic works. Children have trouble judging speed and distance. They can't locate sounds — like a car’s engine or a siren — very well. They think that if they can see a car, the driver can see them. They certainly can be taught skills and rules, but may have trouble with confusing traffic situations.

Are you an experienced cyclist? Take your child out for training rides. This can work with young kids. If you aren’t a skilled cyclist, lay down iron-clad rules and help your child learn specific lessons. First, the rules:

1. No playing in the road.
2. No riding on busy streets.
3. No riding at night.
4. Stop for all stop signs.
5. Ride on the right, with traffic.
6. Make your own decisions.
7. Always wear your bike helmet.

Next, let’s look at four common bicycling myths in the next column…

A major danger!

Many drivers cut through neighborhoods to avoid busy main streets. They often go faster than the 25 mph speed limit, and may even be talking on a phone. These people aren’t paying attention and can kill your child. For help fighting fast traffic in your neighborhood, contact your city’s traffic engineer.

Four common bicycling myths

The following myths can lead to big problems for young riders.

Myth #1: “Bicyclists should ride facing traffic.”

This myth causes about 25% of car/bike crashes. At intersections, few drivers look for traffic coming the wrong way. Ride where folks will expect you!

Myth #2: “A child needs a bike to grow into.”

Wrong. On a big bike, kids wobble and weave down the road. They won’t be able to react quickly in an emergency. Your child should be able to stand over his or her bike with both feet flat on the ground.

Myth #3: “My child needs a 21-speed mountain bike.”

Probably not. Leave the fancy bike for later. Few young kids can work standard-sized handbrakes or confusing shifters while steering and pedaling. Ask 10-year-olds how they stop a high tech bike: “I drag my feet.” “I don’t stop.” “I run it into something.”

For your child’s first bike, choose a sturdy one-speed with a coaster brake.

Myth #4: “Our neighborhood is quiet, so we don’t have to worry.”

Many bike crashes involving children happen on quiet two-lane residential streets with 25 mph speed limits — largely because that’s where kids bicycle. Sound like your street? We often forget safety in familiar surroundings, and that can lead to trouble.
THREE COMMON BIKE/CAR CRASHES

The following are the most common crashes for young children. Each one can lead to serious injury.

**CRASH TYPE #1: THE DRIVEWAY RIDE-OUT**

A child rides out of the driveway and is hit by a car. This scenario accounts for about 8% of all car/bike crashes and it gets kids early: the average age is less than 10.

*What you can do:* If bushes or trees block the view, trim them back. And teach your child these safety rules:

1. Stop before entering the street.
2. If parked cars block the view, edge out to see beyond them.
3. Look left, right, and left for cars.
4. See any? Wait until it’s clear.
5. No cars? Cross with care.

**CRASH TYPE #2: RUNNING A STOP SIGN**

One car/bike crash in ten involves a bicyclist running a stop sign. The average age is about 11.

*Tip: If you “roll” stop signs, your child will learn your bad habit.*

*What you can do:* Teach your child that running stop signs could lead to a bad crash. Take him or her to a stop sign near home. Emphasize the following:

1. Stop at all stop signs.
2. Look left, right, and left for cars.
3. See any? Wait until it’s clear.
5. And *never* run a stop sign even if a friend just did so.

**CRASH TYPE #3: THE “NO LOOK” LEFT TURN**

In 10% of crashes, bicyclists turned left without looking back for traffic. If they had looked, they would have seen the cars coming and likely waited until it was clear.

*What you can do:* Teach your child to walk across busy streets. Period. For residential streets, a 9- or 10-year-old can be taught to make safe turns:

1. Look back.
2. Yield to traffic coming from behind.
3. Yield to traffic in front or to the side.
4. Signal before moving or turning left.
5. Confused or worried? Pull to the curb and walk your bike in the crosswalk.

**SERIOUS CRASHES ARE RARE**

It’s important to teach your child how to bicycle safely and avoid crashes. But serious bicycling crashes are rare, and the “heart healthy” benefits of bicycling far outweigh the risks.

America’s childhood obesity epidemic will kill many times more kids than bicycling will. By teaching your child safe bicycling, you not only help prevent crashes, but you start him or her on the path to an active and fun life. And by bicycling *with* your child, you, too, can benefit from the exercise.

*A good idea:* Contact your local bicycle club or recreation department and find out what opportunities they have for kids to learn — and enjoy — bicycling.

**DO YOU KNOW YOUR SIGNALS?**

Here they are!
THREE IMPORTANT BICYCLING SKILLS
Everyone should learn the following skills.

SKILL #1: RIDING A STRAIGHT LINE
This skill is basic but very important. Take your child to a park, playground, or empty parking lot for practice and find a straight paint stripe on the pavement. Have your child practice riding on the stripe without veering to one side or another. It may take some practice but your child will get better at it each time he or she tries, and that’s good!

Tip: To ride straight, don’t look down at the stripe. Look ahead to where you’re going!

SKILL #2: LOOKING BACK WITHOUT SWERVING
Have your child ride the same stripe while you hold a cardboard picture of a car. As he or she rides past, hold the “car” up or hide it behind your back and say “LOOK!” Your child should look back and say “CAR!” or “NO CAR!”

SKILL #3: STOPPING AND SPEED CONTROL
On the playground, have your child practice riding slowly toward a wet sponge and stopping just before hitting it. Gradually increase the speed and watch for skidding (not good). As your child speeds up, he or she will need to start using the brakes sooner.

Tip: Going downhill, a bicyclist should brake gently and often to keep from going too fast and losing control. Stick to level ground until your child is ready for a bike with hand brakes.

RIDING AFTER DARK
Some serious crashes happen when it’s dark. Example: a motorist comes up from behind and hits a bicyclist. These crashes often involve higher car speeds and make up about 25% of all fatal car/bike collisions.

Rule out riding after dark for your youngster. It requires special skills and equipment that few kids have. If your child gets caught out after dark, he or she should call you for a ride home. For more info on riding at night, contact your local bicycle club or bike shop.

WHAT ABOUT HELMETS?
In a word: YES! Your child should use one every time he or she rides. Helmets can prevent head injuries and save lives. And, about 75% of all bicyclists killed each year die from head injuries. Many more are injured seriously.

The cost ($20-30) is very small, compared to the medical bills and grief caused by a head injury.

Go with a “CPSC-approved” helmet; there are many available in different styles and colors.

THREE IMPORTANT TIPS
1. Let your child pick out his or her helmet.
2. Follow the helmet instructions for a proper fit.
3. Wear one yourself!

This brochure was developed by the Active Living Resource Center, a program supported by the Robert Wood Johnson Foundation. Additional materials for child education and making your neighborhood more bicycle friendly and walkable are available through the ALRC at: www.activelivingresources.org.

Author John Williams, of the National Center for Bicycling & Walking (NCBW), has worked in bike safety for over 35 years. A special thanks goes to Marti Daily of the City of Indianapolis for her help and encouragement on this brochure.