

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 Oct. 19th to Nov. 12th. 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."

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 attached pictures on pages 3& 4 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. *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 NEED MORE PARENT VOLUNTEERS. FOR THIS PROGRAM TO BE PRODUCTIVE

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 for the 1st time, and 2. to assist teacher with running the bike safety stations.

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.

If you're interested, please call me or email me with the dates and times you can volunteer and/or write your name below the class/date/time you can volunteer in the table below

Sincerely,

Mrs. Lynn Kohlwes; Your Child's PE Teacher at Juanita Elementary

Phone: 425-823-8136 ext 55715

Email: Lkohlwes @lwsd.org



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.

Name in red are parents who have all ready signed up. This was updated **Monday, October 26**

Week 1	October 19	October 20	October 21	October 22	October 23
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	MALLOY 6 Tara Eason Monica Ortega	STEELE 6 Lisa Boeggeman Sharon Langlois Amy Lofquist Julie Camilleri		MALLOY 6 Monica Ortega	WINDUS 4 Nicole Snyder Suzy Richards Sharon Langlois
9:50-10:30		MIERA 5 Sharon Langlois Amy Lofquist Azra Grcic	NIGGEMEYER 5 Michelle Clark	MIERA 5 Michelle Clark	
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4 Dottie DiGuilio Tina Frost	GURRAD 3 Patt Hagenbuch Azra Grcic	NEUPERT 3 Tobi Ellis Lori Knerr	WINDUS 4 Sharon Langlois	NEUPERT 3 Tobi Ellis Sharon Langlois

Week 2	October 26	October 27	October 28	October 29	October 30
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	STEELE 6 Tara Eason	STEELE 6 Lisa Boeggeman Julie Camilleri Azra Grcic		MALLOY 6 Sharon Langlois	WINDUS 4 Nicole Snyder Sharon Langlois Seana Holt
9:50-10:30		NIGGEMEYER 5 Amy Lofquist	MIERA 5 Michelle Clark Sharon Langlois		NIGGEMEYER 5
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4 Dottie DiGuilio Angelica Varela	GURRAD 3 Patt Hagenbuch Azra Grcic	NEUPERT 3 Tobi Ellis Lori Knerr Sharon Langlois	IRWIN 4 Dottie DiGuilio Seana Holt	GURRAD 3 Patt Hagenbuch Seana Holt


See page 2 for Weeks 3 and 4

Week 3	November 2	November 3	November 4	November 5	November 6
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:05-9:45	MALLOY 6 Tara Eason	STEELE 6 Lisa Boeggeman Julie Camilleri Jamie Claypool		MALLOY 6 Azra Grcic	WINDUS 4 Nicole Snyder Sharon Langlois
9:50-10:30		MIERA 5 Azra Grcic Jamie Claypool	NIGGEMEYER 5 Michelle Clark Sharon Langlois	MIERA 5 Michelle Clark Sharon Langlois	
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4 Dottie DiGuilio	GURRAD 3 Patt Hagenbuch Azra Grcic	NEUPERT 3 Tobi Ellis Lori Knerr Sharon Langlois	WINDUS 4 Tammy Larson Sharon Langlois	NEUPERT 3 Tobi Ellis Lori Knerr Stacia Loo Sharon Langlois

Week 4	November 9	November 10	November 11	November 12	Bike Unit Gone
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
9:05-9:45	STEELE 6 Tara Eason	STEELE 6 Lisa Boeggeman Julie Camilleri	No school Veteran's Day	MALLOY 6 Azra Grcic	
9:50-10:30		NIGGEMEYER 5 Amy Lofquist			
10:30-10:45	Intermediate Recess (for specialists & 3 rd -6 th)				
10:45-11:25	IRWIN 4 Dottie DiGuilio Angelica Varela	GURRAD 3 Patt Hagenbuch Azra Grcic		Get Bikes Ready to Be picked up by Thursday	



YES, I CAN VOLUNTEER FOR THE BIKE SAFE! BIKE SMART UNIT
Beginning October 19th and ending November 12th

Your Name	Email	Phone
Child's name	Classroom Teacher	
Dates and Times You can volunteer		
		

Please return this bottom half of the form to school with your child ASAP