



Health Promoting Schools Newsletter

Tips for Safer Cycling

Helmet - Required by law and can save your life, even in a minor fall. Wear only an approved helmet that is sized for your head and adjusted properly. Replace after five year or after a fall.

Bell - Please use your voice or bell when passing pedestrians or other cyclists.

Mirrors - Allow you to keep an eye on what is coming up behind you. Mirrors never replace shoulder checks when changing lanes or turning.

Lights - When riding at night or in the dusky hours, from 30 minutes before sunset until 30 minutes after sunrise, or in the rain, lighting and visibility are your top priorities.

The Motor Vehicle Act requires a white light on the front that is visible to 150 metres, and both a red reflector and red light on the back.

Reflective vests, arm bands and clothing with reflective strips are your best ways to be visible, even in the day time. Wrist bands are helpful when using hand signals at night.

Reflective strips - Can be attached to the frame of your bike to ensure motorists see you from the side.



Helmet Fit

Your helmet cannot protect what it does not cover. If your helmet doesn't fit snugly on your head or it tips back leaving your forehead exposed it can slide or fall off in a crash. You are twice as likely to suffer a head injury when your helmet isn't fitted properly. More children age 5 to 14 go to the hospital emergency for injuries associated with bicycles than with any other sport.

Fit your helmet properly - Snug, Level and Low

Snug - Choose a helmet that fits snugly all around your head and use the inside pads to adjust for fit and comfort. Your front and rear straps should form a "Y" just below each ear. Your straps should be pulled until tight but comfortable up against your skin (able to slide a finger under the strap).



Level - Your helmet should be level not tilted forward or backward or more on one side or the other. Look the mirror and have someone double check that it is level.



Low - Your helmet should sit squarely on your head with the front of the helmet low on the forehead, one or two finger-widths above your eye-brows.



Replace your helmet at least every 5 years and/or after any accident or fall where you hit your head or drop the helmet onto a hard surface.

Buy a helmet that fits your head now, not a helmet to "grow into."

Model Safe Behavior - Everyone, adult and child, should wear bicycle helmets each time they ride.

A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride!



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Everyday Wellness- Student Led Health Initiative Grants

We have received a \$10,000 grant from Columbia Basin Trust to promote student led health initiatives within our schools for this school year.

The objective of "Everyday Wellness" is to provide opportunities for students to use creative ideas and passion to lead a health related project to enhance the health and well being of students within their school. Projects must address any topic under the comprehensive healthy schools model which includes topics such as healthy eating, active-living, social and emotional health, and positive physical and social environments.

For applications and more information go to:

http://sd8healthyschools.weebly.com/uploads/6/0/7/0/6070307/everyday_wellness_student_led_health_initiative_grants.pdf

Move For Health Day - May 10th

Move for Health Day events bring people together in a spirit of fun, inclusivity, and support of healthy active living. Your community and/or workplace could host a walk, create a physical activity challenge or any other activity that engages people in the celebration of being active.

Notify families of Move for Health Day and encourage parents and caregivers to walk, bike, or roll with their kids to school (see www.hastebc.org)

Bike to School/Work Week – May 28th to June 1st, 2012

For more information visit <http://www.biketowork.ca/>

Breakfast for Learning – Grant Application Deadline: June 1st, 2012

Breakfast for Learning's Nutrition Program Grants provide funds directly to communities who want to start or improve the quality of a nutrition program. Grants are provided to partially fund food, equipment or staffing. For more information on applying for the grants in BC, click on www.breakfastforlearning.ca/en/british-columbia/apply-for-a-grant



Mount Sentinel Breakfast Program launch

The FCC AgriSpirit Fund

The FCC AgriSpirit Fund is about making life better for people in rural communities. Online applications will be accepted between May 7 and June 18, 2012- successful projects in the past have included childcare facilities and playgrounds, libraries, recreation centres and community gardens.

Visit www.fcc-fac.ca/en/aboutus/responsibility/agrispiritfund_e.asp for more information.

School Ground Greening Grants Next Deadline: June 1, 2012

These grants are for schools wishing to create outdoor classrooms and food gardens to provide students with a healthy place to learn, play, and develop a genuine respect for nature. Toyota Evergreen Learning Grounds - School Ground Greening Grants

<http://www.evergreen.ca/en/funding/grants/telg.sn>



Crawford Bay's greenhouse in April 2012