

MAY 2025 | ISSUE -10-

THE SCOOP

ON ACTIVE SCHOOL TRAVEL



LET'S GET ROLLING FOR WHEEL WEEK

June 1 - 8, 2025

Wheel Week is a fun way to celebrate active school travel and get your whole school community moving! For many students, wheeling (biking, scootering, or skateboarding) is a favourite way to get to school and explore their neighbourhoods.

Encouraging students and families to wheel brings many benefits. It boosts physical activity, reduces traffic congestion, lowers air pollution, and helps students build independence while connecting with friends and family.

Schools can celebrate Wheel Week in many ways—big or small!

- Share an event poster in newsletters or on bulletin boards
- Host a bike or wheel rodeo to teach safety skills
- Encourage students to decorate their wheels
- Invite a community guest (like a police officer or local cyclist)
- Plan a group ride to help students travel to and from school

Whatever your plan, every action helps build a culture of active transportation. Most importantly, it's a chance to have fun while making school zones safer, healthier, and more connected.

Want to join the movement? Register your school for Wheel Week through [SHAPE Alberta](#).



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Content to share on your social media platform including links to videos, resources and more!

SAFETY ON THE MOVE: SMART TIPS FOR BIKING AND WHEELING TO SCHOOL

Biking, scootering, or skateboarding to school is a great way for students to stay active, enjoy the outdoors, and build independence. To make sure everyone arrives safely, here are a few important tips to keep in mind before rolling out the door:

Always Wear A Helmet: Make sure it fits snugly and sits level on your head—two fingers above your eyebrows and with the chin strap secure.

Be Visible: Wear bright or reflective clothing. If it's dark out, use a white front light, red back light, and a red reflector on your bike.

Ride in Safe Spaces: Use multi-use paths, bike lanes, or sidewalks (where allowed), and ride with the flow of traffic.

Walk at Crosswalks: Dismount your bike, scooter, or skateboard and walk across the street at crosswalks. This helps keep you and others safe while crossing busy intersections.

Use Your Hand Signals: Let others know where you're going. Use hand signals when turning or stopping to communicate with drivers and other road users.

Lock It Up: Always lock your wheels to a secure bike rack, even if you're only inside for a short time. A sturdy lock helps protect your ride.

Social Media Buzz

Wheeling to school is a fun way to stay active, connect with friends, and start the day with energy! Grab your helmet and get rolling!

Ready to roll? Not without your helmet! Strap it, snap it, double check it. Safe starts begin with smart choices.

Heads up, drivers! Students are wheeling to school—on bikes, scooters, and skateboards. Slow down, stay alert, and give them space!



Soundbites

- DPA Everyday: Locking Your Bike
- DPA Everyday: Hand Signals
- DPA Everyday: ABC Bike Check
- DPA Everyday: Helmet Check
- DPA Everyday: Passing Safely



SKILLS ON WHEELS: HOW TO HOST A BIKE & WHEEL RODEO

There's no doubt about it, students love bike and wheel rodeos! These fun, skills-based events give young cyclists and wheelers a chance to practice safe riding in a playful, supportive environment. If your school hasn't hosted one before, now's a great time to try! With a few basic supplies and helping hands, a rodeo is easier to run than you might think, and well worth the effort.

A Bike & Wheel Rodeo is a hands-on event that helps students build key skills like balancing, turning, stopping, hand signalling, and shoulder checking. It may also include stations on helmet safety, bike maintenance, and bike locking.

Tips for Planning:

- Use what you have: Chalk, pylons, hula hoops, and tennis balls make great tools.
- Recruit volunteers: Parents or older students can help run stations.
- Keep it simple: It doesn't need to be fancy—just safe and fun.
- Add a twist: Try a bike wash or decorating station to keep things creative.

Need help getting started? Ever Active Schools' City Cycling Clinic Guide provides an easy-to-follow model for rodeo stations, plus planning tips and activities. Let's get rolling!



**Ever
Active
Schools**
www.everactive.org

WHEEL WEEK

JUNE 1-8, 2025

ORGANIZE A WHEEL RODEO

Host a Wheel Rodeo at your school. Give students opportunities to practise balancing, maneuvering, signalling, maintenance checks, and locking. These are all your skills that wheelers need to know.



START A SHARED PATHWAY CAMPAIGN

Teach pedestrians and wheelers alike how to stay safe when using pathways with others.



PROMOTE WHEELING TO SCHOOL



Share information about with parents and caregivers through newsletters and social media posts. Check out these videos from #getkidsout.

- Improve Your School's Bikeability
- Tips for Scooting
- Bike Safety



INTRODUCE A LEND A LOCK PROGRAM

Encourage students to keep their wheels safe at school. Have locks readily available for students to borrow for the day.



REGISTER YOUR SCHOOL

Don't forget to register your school for **Wheel Week** through our partners at Shape Alberta.



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