NATIONAL RIDE 2 SCHOOL DAY 2016

Dear Parents/Guardians,

**Tuesday March 1** Baynton West PS will recognise **National Ride 2 School Day**. The aim is to encourage students to cycle or use other active transport methods to help them meet their recommended 60 minutes of physical activity every day. Children 8 years old and younger should be accompanied by a parent or a guardian. Our students will receive bike and road safety instruction during Health lessons prior to this event.

To increase interest and awareness of this event bike riding activities will be held during recess and lunch on the oval (year 1-6 only)

A healthy fruit snack will be offered upon arrival at school for all students and parents who rode to school on the day. Please come to the bike racks next to the basketball court for your healthy snack and photos.

Don’t hesitate to contact me at Courtney.Jones@education.wa.edu.au if you have any questions about this event.

Courtney Jones and Kayla Cross
Health and Physical Education Coordinators
22 February 2016