

Families Making the Connection

Bike to School

Does your child ride his or her bike to school? May is Bike to School Month and May 8 is the 2019 National Bike to School Day. U.S. schools and communities will celebrate by forming bicycle trains to ride in groups to and from school, building skills in bicycle clinics and having contests for the greatest participation.

How to Bike or Wheel to School?

- Involve students of all abilities—students who can bike or use a wheel chair.
- Survey the route to school for safety.
- Host events on the school grounds if the route to school is unsafe or inaccessible.
- Plan for safe storage of bikes with bike racks or another designated location.
- Make sure all bicyclists wear helmets.




Why Bike or Wheel to School?

- Fun—Biking or wheeling to school with friends can be fun!
- Healthier Habits—The trip to school is a chance for kids (and adults) to be active.
- Cleaner Environment—Replacing vehicle trips with active transportation can reduce congestion and air-polluting emissions.
- Promoting Safety—Building sidewalks, creating bike lanes or crosswalks, providing education and adding traffic calming measures improve safety.
- Community Benefits—Reducing traffic congestion and improving neighborhood connections benefit the community.

Visit www.walkbiketoschool.org for more info.

After School Snack Menu for May 2019

NHCS

		Wednesday, May 1	Thursday, May 2	Friday, May 3
		Blueberry Muffin Fresh Apple	Pretzels 100% Juice	Graham Crackers Fresh Apple
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
Cheddar Goldfish 100% Juice	Jurassic Park Grahams 100% Juice	Cereal Bar Apple	Sun Chips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
Munchie Snack Mix 100% Juice	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple	Pretzels 100% Juice	Graham Crackers Fresh Apple
Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
Cheddar Goldfish 100% Juice	Jurassic Park Grahams 100% Juice	Cereal Bar Apple	Sun Chips Snack Mix 100% Juice	Pretzels Fresh Apple
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
	Cheez-Its 100% Juice	Blueberry Muffin Fresh Apple	Pretzels 100% Juice	Graham Crackers Fresh Apple

May

- Global Youth Traffic Safety Month
- National Bike to School Day (May 8)
- School Nutrition Employee Week (May 6-10)



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