

FOR YOUR INFORMATION

BICYCLE SAFETY

Most children enjoy the opportunity to spend time riding a bicycle. As children begin to spend time riding on their own, it is important that they are aware of bicycle safety rules. Bicycle riders must follow basic rules of the road along with safety rules specific to bicycle use. Parents can help children become safe riders by discussing the following.

1. Make sure your bicycle is in safe working condition. The seat should be adjusted to the correct height, tires should be properly inflated, and brakes must work without slipping or grabbing. Safety check your bicycle periodically.
2. Dress for safety when riding your bicycle. Avoid loose pants, (or wear pant clips), long coats or skirts, and long scarves that can catch in spokes. Wear bright clothing and sneakers or sturdy shoes.
3. Obey all traffic rules when riding on the street. Bicycles should move with the traffic, not against it. Bicycles must stop at traffic signs and signals, signal when turning, and most importantly, yield to cars. Do not expect cars to see you or stop for you.
4. Always ride single file and don't show off or goof off on a bicycle. One accident could be your last.
5. Keep your eyes and ears open and anticipate obstacles or problems. Ride defensively!
6. Watch for pedestrians, especially small children and older adults. You are responsible for your actions. Be courteous when riding.
7. Beware of parked cars. Watch for doors being opened or cars pulling into or out of parking places.
8. Use common sense when riding. It is important to know your limits and capabilities when riding a bicycle. Do not get yourself into hazardous situations.

STUDY SKILLS

Good study skills can be the key to a child's school success. Study skills are the tools by which a child can increase the amount of information learned at school and establish the discipline necessary for work-related skills. Parents can help children develop good study skills by encouraging the following.

1. Know exactly what you need to do. Write down assignments, directions, and due dates before you leave class. Ask for help if you do not understand the assignment.
2. Be prepared. Make sure you arrive home with the textbook, papers, etc., to complete the assignment.
3. Plan your study time. Parents play a crucial role in this aspect of developing good study skills. Try to maintain a set study time each day but be flexible enough to allow for outside activities.
4. Select a good place to study. It is best to work in a quiet area that is free of distractions. A table or desk is best for completing written work.
5. Try to avoid interruptions when studying. Take messages for phone calls if necessary.
6. Be organized. Make sure you have pencils, paper, dictionary, etc., handy. Keep a notebook and a home file for each subject.
7. Plan ahead. Know when long term assignments are due along with tests and projects. Begin studying for a test ahead of time.
8. Be neat. Homework worth doing is worth doing well.
9. Parents and children should interact during study time. Parents can help when necessary and check work when students have questions.

***"Man's mind, once stretched by a new idea, never regains its original dimension."
Oliver Wendell Holmes***