

# **Bike to School Week (B2SW)**

## **Planning Kit**

### **Explore Peel on Wheels!**

#### **What is in your kit?**

- Why Bike to School?
- Bike to School Week checklist
- Videos to share with your school community
- Resources to share with your school community
- Sample announcements
- Sample newsletter for school community
- Sample tweets to help promote B2SW
- Bike to School Week School Certificate
- Bike to School Week Student Certificate
- Bike to School Week Pledge Poster
- Bike to School Week Bingo
- Bike to School Week Bike Bib/Colouring Sheet
- Bike to School Week Tracking Sheet

#### **Why Bike to School?**

- Cycling to school helps students with their learning and increases alertness.
- Physical activity improves attention in the classroom.
- Cycling improves mental health, reducing stress, depression, and anxiety, and increases positive emotions.
- Students become familiar with their community when they explore on a bike.
- Decreases congestion from traffic and students being dropped off by vehicles.
- Creates safer school zones when more students choose to walk, roll, or cycle.
- Cycling helps tackle Climate Change (less vehicles on the road emitting Greenhouse Gases (GHGs)) and saves time and money.

## Bike to School Week Checklist

Congratulations on signing up your school to participate in Bike to School Week (B2SW). This kit will guide you through planning and executing fun bike events for your school community.

- ☐ Mark the week of your event in your calendar: B2SW happens from the end of May to the end of June.
- ☐ Plan your events: Promote your events using our sample announcements, tweets, and newsletters to get the word out in the school community. Promote your school bike pledge. Hold a kick-off assembly to promote B2SW, have contests, activities, art projects, tune-up sessions, group rides, information table at your school, and more.
  - ☐ If you would like additional support with planning your school's Bike to School Week festivities to encourage active transportation, please reach out to your School Public Health Nurse at [PublicHealthSchoolSupport@peelregion.ca](mailto:PublicHealthSchoolSupport@peelregion.ca).
- ☐ (If applicable) Use the promotional package that your School Public Health Nurse will deliver as incentives or prizes for students that participate in B2SW. This package may include helmets, bike locks, bike lights, bike bells, reflector strips, bike tools, cycling guides, maps, stickers, bike pins, and other bike themed items.
- ☐ Invite the school community: Parents & guardians, school board trustees, local bike groups, and secondary school students to support your B2SW activities.
- ☐ Highlight your events using: #BikeMonthPeel #ExplorePeelOnWheels #B2SWPeel and @regionofpeel and share all your epic events during your week.
- ☐ School Bike Pledge - make sure a staff member or student tracks the number of rides during B2SW, and tag @regionofpeel when you meet your pledge.

## Videos

Please share these videos with your class and the school community.

- [Vision Zero: Safer roads in Peel](#) (Peel Region)
- [Safety is Everyone's Responsibility](#) (Peel District School Board)
- [Get Fit!](#) (Peel District School Board)
- [Academic Benefits](#) (Peel District School Board)
- [Bike Helmets 101](#) (CAN-BIKE)
- [Bike Handling Skills 101](#) (CAN-BIKE)

## Resources

Please share these resources with your school community before and during your B2SW event.

- [Bike Safety Presentation Teacher Guide and Script](#): A teacher guided presentation about bike safety to encourage students to cycle. It includes information on safe riding and activities to keep students engaged.
- [Walk and Roll Skills and Drills Guide](#): A guide for teachers and school communities to running their own cycling and pedestrian skills event.
- [Walk and Roll to School guide for parents and guardians](#): Helps parents/guardians feel secure and confident in encouraging students to use active transportation during their commute to school.
- [Peel Region Cyclist Handbook](#): Teaches about your bicycle, traffic laws, and safe cycling habits.
- [Family Cycling Handbook](#): Tells you all you need to know about cycling as a family in Peel Region.
- [The 10 Step Handbook for High School Bike Projects](#): Get more students and staff cycling with these 10 steps.
- [Young Cyclist's Guide](#): Kid-friendly handbook of cycling tips and rules for young riders.
- [City of Brampton](#): Check Brampton's calendar of events and activities for Bike Month.
- [City of Mississauga](#): Check out Mississauga's cycling page for local resources.
- [Town of Caledon](#): Check out Caledon's cycling page for local resources.
- [Cycling in Ontario](#): Learn how to get around on your bike and find out how we're making it easier for you to cycle in Ontario.
- [Guide to Ride](#): Physical and Health Education Canada
- [Project 2050](#): Climate-friendly habits to change the world. National movement powered by Earth Rangers in partnership with EcoSchools Canada, is about connecting youth with the knowledge and skills needed to tackle climate change.
- [CAA - Ontario Road Safety Resource](#): Lessons, tools, and teaching aids to educate students about road safety.

## Announcements (Sample)

*School announcements are a great way to promote B2SW and to keep the entire school engaged. Please modify the content in the <> parentheses and fill in the blanks to adapt the announcements for your school.*

*We encourage students and staff to create their own announcements to promote B2SW events.*

### **Before B2SW**

Good morning staff and students. This Spring, <School Name> is participating in Bike to School Week. During the week of <B2SW dates>, we are encouraging students and families to cycle, roll, scooter or walk to school. Dust off your bike seat, pump up your tires and take your bike for a spin.

<School Name> is also participating in the Bike to School Week Pledge of committing to ride a total of <#> trips. Are the <School Mascot> ready for this challenge?

So, who's excited for Bike to School Week this year? When we ride, roll, and walk to school, these active modes of travel to school helps reduce traffic congestion in our school parking lot, improves air quality around our school, and it promotes a healthy lifestyle. <School Name> is excited to participate and we look forward to seeing students cycling and rolling to school.

### **First day of B2SW**

Good morning staff and students. Today is our first day of Bike to School Week at <School Name>. It was great seeing students cycling, rolling and walking to school this morning. Don't forget for the rest of this week, let's get moving so we can reach our Bike to School Week Pledge of <#> rides. Let's see what a difference our school community can make by riding, rolling, and walking to school!

### **After B2SW**

Good morning staff and students. We did it <School Mascot>, we reached our target pledge of <#> rides. Way to go! Although Bike to School Week has ended, students and staff can still continue riding, rolling, and walking to school. Congratulations to all the students that participated for the entire week during Bike to School Week!

## School Newsletter (Sample)

*To update the school community on B2SW events at your school, please find below, a newsletter template that you can include in your school newsletter or website.*

*Please complete the newsletter by modifying the highlighted content within the <> parentheses:*

Get ready <School Name> as we kick off our Bike to School Week <Dates>.

**Explore Peel on Wheels!** What a great time of year to walk, bike, or roll to school. Using these active modes to travel to school helps reduce traffic congestion at your school, improves air quality, and promotes health. Students and families who travel to school on a bike, scooter, walk, or roll, arrive at school alert, focused and ready to start their day to learn.

<School Name> is participating in Bike to School Week (B2SW) by organizing the following event(s). We invite the entire school community to participate.

- B2SW falls on <week> so let's all cycle, walk and roll, or scooter to school!
- Event details <include school events>
- School Bike Pledge <include details>
- Incentives if any <include details>

<School Name> will be participating in a School Bike Pledge to ride a total of <#> bike rides to school during B2SW. Help us reach our goal by cycling, rolling, scootering and even walking to school. <School Mascot> are we ready to take on this challenge?

Families can prepare for this special week by participating with your child and getting on your bike, walking, or rolling to school.

Visit [peelregion.ca/environmental-education/transportation/](https://peelregion.ca/environmental-education/transportation/) or contact <school contact information> for more information about your school's event.

## Bike to School Week Tweets (Sample)

*Use the following **#BikeMonthPeel #ExplorePeelOnWheels** and share your epic adventures and events that your school is doing/hosting. We would love to hear how students are celebrating B2SW. Get out and cycle Peel!*

We encourage staff to create their own announcements to promote B2SW events.

- Bike to School Week is only <#> days away. Let's go <School Mascot> and ride our bikes to school! #BikeMonthPeel #BikeMonth2026
- Happy Bike to School Week! Pump those tires, grab your helmet and ride, roll, scooter or walk to school. Let's meet our goal and commit to cycling, rolling, and walking a total of <#> trips. #BikeMonthPeel #BikeMonth2026
- Happy Bike to School Week! This week let's explore Peel on wheels and bike to school or around the neighbourhood. #BikeMonthPeel #BikeMonth2026
- <School Name> Dust off your bike seat, pump up your tires and take your bike for a spin for Bike to School Week, as we kick off #BikeMonth2026 in Peel! Share your adventures with @regionofpeel!

## Bike to School Week School Certificate

- A certificate that schools can print and proudly display to show visitors they participated in Bike to School Week.
- Refer to **Appendix A** for an example of the certificate. This will be provided as an attachment that you can edit and print.

## Bike to School Week Student Certificate

- A certificate for students who participate in Bike to School Week events.
- Refer to **Appendix B** for an example of the certificate. This will be provided as an attachment that you can edit and print for students.

## Bike to School Week Pledge Poster

- Your school can participate in a 'School Bike Pledge' to ride a predetermined number of rides that your school community will decide on. It can be 10, 20, 50, 100 rides.
- Hold a friendly contest with neighbouring schools in seeing who can get the most rides in during Bike to School Week (bragging rights is always a good incentive).
- Refer to **Appendix C** for an example of the Bike to School Week pledge poster. This will be provided as an attachment for you to print and post at your school.
- Get students to create their own Bike to School Week poster that highlights events that your school will be hosting.

## Bike to School Week Bingo

- Print and share the Bike to School Week Bingo card for students.
- Refer to **Appendix D** for an example of the Bike to School Week Bingo card. This card will be provided as an attachment for you to print for your students.

## Bike to School Week Bicycle Bib

- Refer to **Appendix E** for an example of the Bike to School Week bicycle bib. This will be provided as an attachment for you to print and provide to your students.
- Print and share with students to attach to the front of their bicycles! We encourage them to personalize them with their name and drawings of where they ride their bike!
- These can also be used as colouring sheets to hang on the wall and showcase where students are riding their bikes.


## Bike to School Week Tracking Sheet

- **Appendix F** shows an example tracking sheet that can be used to track the number of walking, rolling, and riding students. Please track either using this sheet or your own method as you will be asked to report back in a post-event survey.

**Appendix A - Bike to School Week School Certificate - Template** (print from attachment)

**This certifies that**

  
(School Name)

walked, rolled, and cycled during  
**Bike to School Week !**



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**Appendix B - Bike to School Week Student Certificate - Template** (print from attachment)

# Bike to School Week

May – June

Certificate of Participation  
is awarded to



\_\_\_\_\_  
For participating in Bike to School Week

Date: \_\_\_\_\_



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**Appendix C - Bike to School Week Pledge Poster - Template** (print from attachment)

# Bike to School Week



(School name)

has pledged to ride, roll, and walk a total of

trips during Bike Month

**#BikeMonthPeel**



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## Appendix D - Bike to School Week Bingo - Template (print from attachment)



# Bike to School Week

# Bingo

Pack a reusable water bottle	Ride 2 days in a row	Ride with a friend	Use a bell/horn during a ride	Ride to your favourite park
Go to a community biking event	Go for a ride with your family	Wear a helmet	Bike up a big hill	Clean or decorate your bike
Name 5 different parts on your bike	Take a picture of your bike	<b>FREE space</b> 	Give your bike a name	Ride to a friend's house
Discover a new bike trail	Do an ABC Check to make sure your bike is ready	Ride 3 days in a row	Spot an animal during a ride	Check your helmet fits with the 2-V-1 check
Draw a picture of your bike	Ride at least 5 days during Bike Month (June)	Park at a bike rack	Learn and practice bike hand signals	Have a front and back light on your bike






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**Appendix E - Bike to School Week Bicycle Bib - Template** (print from attachment)

**I rode my bike during  
Bike to School Week**  



Draw where you went on your bike!



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## Appendix F - Bike to School Week Tracking Sheet - Template (print from attachment)

### Bike to School Week Tracking Sheet

Use this sheet to track how many students walk, bike, or roll to school during Bike to School Week. You can track skateboards, scooters, and other active transportation methods under 'Rolling' too!

Date	Walking	Biking	Rolling

For more information visit: <https://www.peelregion.ca/environmental-education/transportation/bike-month.asp>

