

## Walk and Roll to Sibley Elementary and Southwest Middle School

Walking and biking to school builds kids confidence and independence, strengthens neighborhood connections, makes children healthier, gets the brain ready to learn, and is fun.

### If Your Child Walks/Bikes to School:

Work with your child to choose a good route. Try different routes together and see which one(s) feel best.

Ensure your child wears a helmet every time he or she bikes. The helmet should fit snugly and level on the head just above the eyebrows.

Teach your child he/she is driving a bike to school and needs to obey all rules of the road.

### If You Drive Your Child to School:

Stop at a safe curbside spot a few blocks or more from Sibley Elementary and Southwest Middle School, let your child out on the sidewalk side of the street, and let him or her walk or bike the rest of the way. This does four things:

- Saves you time
- Minimizes traffic near school
- Makes the entrance area safer for students
- Gives your child independence and fresh air before class

Carpool as often as possible to reduce traffic near the school.

Drive slower than the speed limit near Sibley Elementary and Southwest Middle School during busy times.

Always stop for students waiting at the crosswalks.

### If Your Child Takes the Bus:

Let him or her walk to and from the bus stop.

### Questions or comments?

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### For online maps and information visit

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[www.co.freeborn.mn.us/346/Statewide-Health-Improvement-Program-SHI](http://www.co.freeborn.mn.us/346/Statewide-Health-Improvement-Program-SHI)



*Map does not reflect school enrollment boundaries*

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