



**Media Release  
For Immediate Release**

Friday, May 25, 2018

**Sir James Douglas Elementary students gear up for Bike to School Week**

VICTORIA BC – Students at Sir James Douglas Elementary will be pedaling to class next week during Bike to School Week (May 29 – June 1). Students are encouraged to bike, scooter or walk to school daily as part of the school’s “Walk and Wheel” initiative. The goal is to promote healthy alternatives to getting around, build and increase cycling knowledge and reduce traffic on the roads.

“In September, we were so pleased to have school-wide participation at Sir James Douglas’ first Walk and Wheel event,” shared Board Chair Edith Loring-Kuhanga. “Greater Victoria is a cycling-friendly community and Bike to School Week provides a great opportunity for students to adopt a healthy lifestyle and learn how to bike safely.”

On Friday, the school is aiming to have zero cars drive to and from the school. Students will meet at Clover Point in the morning dressed up in their favourite super hero costume and will then two-wheel it or walk to class. They will then travel down Moss Street to Sir James Douglas. Media is welcome to attend.

**MEDIA OPPORTUNITY:**

Super Hero Bike Parade  
Clover Point (starting point)  
June 1, 2018, at 8:40 a.m.

The school will be hosting various cycling events throughout the week. Here are some of the highlights:

- Bike Rodeo for Grade 3’s – Tuesday, May 29 from 9 a.m. - 11:30 a.m.
- “Decorate your Bike” Celebration – Wednesday, May 30 from 6 a.m. - 9 a.m.
- Super Hero Bike Parade from Clover Point to Sir James Douglas – Friday, June 1 at 8:40 a.m.
- School parking lot transforms into play zone – Friday, June 1 at 1:30 p.m.

Teachers will track student participation and each student who uses active travel to get to school will earn tickets for a prize draw.

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