



Get Up and Go:



A Safe Routes to School (SRTS) Series by the City of Garfield, in partnership with *The Record's* Newspaper In Education program.

Activity #3

SRTS is a joint effort by schools, parents, communities and governments to improve the health of kids by enabling and encouraging them to walk or bike to school when appropriate.

On the Move

Bicycle Word Search

Biking is a fun way to get to school. Try and find the following bicycle related words:



Safety Zone

You should always use a helmet that fits and is adjusted properly when riding your bike to school.

Proper fit for a helmet:

- ☺ It must stay on your head and not slide around
- ☺ It should fit snug and feel good
- ☺ It should cover most of your head, including your forehead
- ☺ It shouldn't pull off when buckled
- ☺ The chin strap should be snug but comfortable
- ☺ You should be able to fit 1 or 2 fingers between the strap and your chin



You should always:

- ☺ Buckle the chin strap
- ☺ Adjust the side buckle straps to ensure a proper fit
- ☺ Use a helmet with a label from CPSC
- ☺ Buy a helmet that looks cool and has bright colors
- ☺ Replace your helmet after a crash
- ☺ Wear a helmet



Calculation Corner

For proper helmet fit, measure your head size. Use a tape measure to find the circumference of your head about 1 inch above your eyebrows. List all of the measurements for your class on the board. Create a line graph for all measurements. Can you find the following for all of the numbers?

- Average
- Median
- Mode
- Mean

If you don't have a tape measure, use a string to go around your head. Now use a ruler to find the length of the string.

F	C	A	B	L	E	L	N
B	S	A	F	E	T	Y	T
F	A	S	L	T	U	I	U
R	O	L	I	A	F	N	B
A	R	R	M	G	N	M	E
M	I	R	K	I	N	G	O
E	M	F	A	U	D	A	I
V	A	H	R	L	C	L	L
I	C	P	E	L	E	A	R
S	F	I	G	P	S	D	L
E	Y	F	L	E	E	E	U
K	T	I	R	E	A	P	Q
O	P	U	M	P	T	R	S
P	T	E	M	L	E	H	D
S	D	F	W	H	E	E	L

- Cable
- Chain
- Fork
- Frame
- Gear
- Helmet
- Pedal
- Pump
- Rim
- Safety
- Seat
- Signal
- Spokes
- Tire
- Tube
- Wheel
- Yield

Now search through the paper for the same words found in the word search. How many can you find? Can you find them all in one story? Don't forget to use the entire paper.



Did you know...The New Jersey helmet law requires: anyone under 17 using a bicycle, skateboard, or roller/inline skates MUST wear a helmet.



Navigation System

- www.saferoutesinfo.org
- www.bikeleague.org
- www.helmets.org
- www.bikewalk.org



Teachers!

If you would like to receive complimentary classroom copies of the newspaper during the **Get Up and Go** series, please contact us at **201-646-4713/4384** or email your order request to **NIE@northjersey.com**.

Some content of this series was provided by the **YMCA of Garfield** and **Bike New York**.

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