



St. James-Assiniboia School Division
Great Schools for Growing and Learning

J.M.T. Moffatt
Acting Superintendent

C.M. Melville
Secretary-Treasurer / Chief Financial Officer

Parents,

The St. James-Assiniboia School Division (SJASD) is steadfast in its commitment to encouraging and providing safe opportunities for exercise and healthy movement. In this commitment and back by popular demand it the SJASD Wheel Challenge for 2023.

Winnipeg has seen an increase in outdoor activities like cross country skiing, hiking, walking and biking. Building on these trends SJASD will be encouraging students to get "rolling"!

The SJASD "Wheel Challenge" will take place from May 19 to June 12, 2023. It is a chance to celebrate and encourage students to "wheel" on a regular basis. So, roller-skate, roller-blade, bike, scooter, use your wheelchair or bike your way to wellness. These activities can be enjoyed as a young child and through adulthood.

The SJASD 'Wheel Challenge' is an optional opportunity and independent of the school day. As such, parents and guardians assume the responsibility for supervision and supporting your child in this opportunity. No expectations, just an invitation. No need to register or sign up.

To add some extra motivation, we are offering a Wheel Challenge Bingo Card for some suggestions and simple ways to promote 'wheeling'. Bingo Cards can be downloaded here. <https://bit.ly/3NFtGEJ>

If you can't download and print the card, physical copies be picked up at the St. James-Assiniboia Board Office 2574 Portage Ave, Winnipeg, MB R3J 0H8 or at your school.

Simply:

- Fill in your full name legibly with grade and school on the card.
- Sign the card.
- Hand it back in at school before the official draw on June 12 2023
- Or submit virtually before with student June 12 2023.
- Just use the SJASD student account (same as Teams login and email account) to submit the Bingo Card here: <https://bit.ly/3nDAJAq>
- One submission per student.

When wheeling remember:

- We encourage you to get a basic inspection of equipment.
- Ensure items are roadworthy, safe and the right size for your child.
- Wear a proper fitting helmet.
- Use proper safety gear including knee pads elbow pads and wrist guards where necessary.
- Obey all traffic rules and signals.
- It's always best to wheel with your household.
- More information visit MPI <https://www.mpi.mb.ca/Pages/cycling-101.aspx>

Many of us are embracing walking and biking to stay healthy and it's a great habit to maintain.
Let's get Rolling!

Sincerely

JJ Ross/ Andy McKiel - Wheel Challenge Coordinators