Bike to School Day – Sample Text

## **Please customize text below to accommodate for transportation procedures that are in place for your school or district.**

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**Newsletter**

**Bike to School Day is May 7th!**

The annual Bike to School Day is coming up on **May 7th, 2025!** This is the perfect opportunity to ditch the drive and join the ride. There will be a variety of events happening at **[NAME OF SCHOOL]**, including:

* **[xx]**
* **[xx]**
* **[xx]**

Encourage your child to grab a bike and roll to school on **May 7th** or participate in a bike train. Better yet, volunteer to help with a bike train in your neighborhood! For more information about Bike & Roll to School Day and volunteer opportunities, please contact:

**[NAME], [PHONE NUMBER], [EMAIL]**

Find out more about Bike to School Day at [www.walkbiketoschool.org](http://www.walkbiketoschool.org/), or learn more about the Minnesota Safe Routes to School program at [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org/).

**Facebook Posts**

The following Facebook posts can be used to promote Bike to School Day. Customize the text in the **[brackets]**, then delete the brackets before posting.

**Example Post 1**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

**Skip the bus, grab a bike!** National Bike & Roll to School Day is coming up on **May 7th**! Join thousands of students across the country in choosing active transportation to school. Let's start **Bike Month** on a good foot (or pedal!).

To volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

Learn more about the Minnesota Safe Routes to School program at: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org/)

**Example Post 2**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

Biking to school provides exercise before the school day and enhances children’s learning. Join us on **May 7th** for Bike to School Day, an annual celebration that promotes biking to school as a fun and safe activity for students. Activities at **[NAME OF SCHOOL]** include:

* **[xx]**
* **[xx]**
* **[xx]**

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 3**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

**Why drive when you can roll?** Biking and rolling to school is a fun, healthy, and eco-friendly way to start the day. On **May 7th**, let's reduce traffic congestion, get moving, and enjoy the ride! Find out how to participate: [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org).

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 4**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

Biking to school improves students’ focus in class, gives them daily exercise, allows them to have fun with their friends, and helps reduce traffic congestion near schools. Join us on **May 7th** for Bike to School Day! Activities at **[NAME OF SCHOOL]** include:

* **[xx]**
* **[xx]**
* **[xx]**

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 5**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

Did you know that biking to school can boost students’ ability to learn? Studies show that physical activity stimulates brain function and supports academic success. Plus, it’s a fun and easy way to help kids get their recommended 60 minutes of physical activity per day!

Join us on **May 7th** for Bike to School Day at **[NAME OF SCHOOL]**, an annual event that promotes biking to school with fun activities for students and families.

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 6**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

**Ditch the drive, join the ride!** National Bike & Roll to School Day is May 7th, and we're encouraging everyone to make the shift to active transportation. Ride with a friend, start a bike train, or roll with your family. How will you get to school on May 7th?

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 7**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

May is **Bike Month**, and what better way to kick it off than by rolling to school? Celebrate **National Bike & Roll to School Day** on **May 7th** by hopping on your bike, scooter, or skateboard. Let’s make active transportation part of our daily routine!

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 8 (To be posted 1-2 days before Bike to School Day)**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

**Gear up and roll out!** National Bike & Roll to School Day is almost here! On **May 7th**, join students across the country in making the trip to school fun, active, and car-free. Are you ready to ride? #BikeAndRollToSchool #BikeMonth

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Example Post 9 (To be posted 1-2 days before Bike to School Day)**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

**Pledge to Bike!** Bike to School Day is this Wednesday, **May 7th**. Don’t miss out on fun activities at **[NAME OF SCHOOL]**, including:

* **[xx]**
* **[xx]**
* **[xx]**

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Twitter Post (140-character limit)**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

#BiketoSchoolDay is **May 7th** at **[NAME OF SCHOOL]**! Encourage kids to bike to school and volunteer to help with activities.

To learn more or volunteer, contact **[NAME]** at **[PHONE NUMBER]** or by email at **[EMAIL]**.

**Walk Zone/Bike Zone – Letter/Email to Parents**

**[ACCOMPANYING SOCIAL MEDIA IMAGE HERE]**

**Dear Parent,**

National Bike & Roll to School Day is **May 7th**, an annual event that encourages children to walk, bike or roll to school while participating in fun activities. Your home is close to **[NAME OF SCHOOL]**, meaning your children do not receive bus service. This is a great opportunity! Living near school allows your child to regularly participating in Safe Routes to School initiatives, including:

* Neighbor led walking school bus with identified walking routes
* Bike train with identified biking routes
* Park and Walk
* Participation in SRTS event days (Fall, Winter and Spring)

Does your child already bike or roll to school? That’s great! Encourage them to keep it up. If not, consider biking or rolling to school with your child to teach them the safest route and active transportation safety tips. This will help them gain confidence to ride independently or with friends.

Want to do more? Volunteer on National Bike & Roll to School Day by leading a bike train or assisting with activities at **[NAME OF SCHOOL]** on **May 7th**. For more information about Bike & Roll to School Day and volunteer opportunities, please contact:

**[NAME], [PHONE NUMBER], [EMAIL]**

Find out more about Bike & Roll to School Day at [www.walkbiketoschool.org](http://www.walkbiketoschool.org), or learn more about the Minnesota Safe Routes to School program at [www.mnsaferoutestoschool.org](http://www.mnsaferoutestoschool.org).