



Sport of the Month



cycling

Cycling requires good physical condition, balance, endurance, and tactical thinking. Cycling in Special Olympics includes time trial and road race events in different distances.

Dear Family,

This year, our class is working with Special Olympics to build more accepting schools and communities for people with intellectual disabilities. Each month, we'll look at a different Special Olympics sport and focus on a different idea for how students can make an impact, large or small, at school and in our community. This free program will build important character traits and enhance our students' abilities to relate to others.

You'll receive regular updates and suggestions for how you and your family and friends can reinforce what students are learning and get involved in upcoming events. We appreciate the time and attention you give to helping our school community with this important effort.



teacher signature

This month's theme: **acceptance**

As part of our getting-acquainted activities at the beginning of the school year, we're looking at

- Ways students are similar
- Ways students are different
- Ways in which our differences make our class stronger

In our discussions this month, students will recognize similarities and differences that are easily seen, as well as those that are internal (such as the way we think about things, personal preferences, and tastes). Ask your child about these activities.



What you can do:



Many children enjoy riding bicycles. Cycling is also a Special Olympics sport.

To help your child experience being a leader, take your family out for a bicycle ride. Let your child lead and decide where the family is going. If a bike ride is not possible, a walk also works. Again, let your child lead, set the pace, and point out ways in which everyone's feelings and preferences influence the group's direction.

Most importantly, however, please remember to have fun!