



## 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 activities at the beginning of the school year, we're looking at:

- Ways students may judge each other or be judged by their peers and the consequences these have on the individual and community
- Ways students can take a stand for what is right, even when their friends may not agree
- Ways in which students can reverse trends of intolerance toward those with intellectual disabilities

Students will be urged to take a leadership role within our school community. We'll discuss practical tools that young people can use for making difficult decisions that impact their ability to do what is right. These skills will serve them well, not just in our efforts to support the rights of those with intellectual disabilities, but throughout their lives.



## What you can do:



The decision to take a stand against injustice is not an easy one. Throughout human history, it has been the strong voices of just a few that have been heard by many. And the hardest thing is to speak out against intolerance exhibited by friends and acquaintances.

As a result, we are urging you, as a primary role model for your child, to support us in our efforts. The most significant thing you can do is reinforce for your child the moral importance of standing for justice and tolerance. If you demonstrate your support for our efforts, your child will take a huge step in the right direction—a step toward helping eliminate intolerance.