



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 Student,

We have embarked on the important task of working with Special Olympics to do what we can in school and in the community to reverse discrimination against people with intellectual disabilities. This provides you with an important opportunity to become a leader in our school and among your friends.

Standing up against prejudice and intolerance isn't easy. You will need to find the strength and conviction to do what is right. Together we can discuss these difficulties and look for ways to overcome them. Making these decisions is critical to your development as an individual.



teacher signature

This month's theme: **acceptance**

As part of our activities at the beginning of the school year, we're looking at:

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



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 of all is speak out against intolerance exhibited by friends and acquaintances.

Take action Work with me and with your classmates to start planning a "Spread the Word to End the Word" campaign using resources found at <http://specialolympics.org/educators/>. The goal of this campaign is to end the use of terms that are offensive and hurtful to those with intellectual disabilities. Special Olympics has made it easy for us to get started with our campaign—both in school and through social media—and provides materials to help every step of the way.