

BACK TO SCHOOL



Bicycle safety

Preparations for returning to school have already begun. If your child has decided to ride his or her bike to school, don't overlook an over-all bike check before school starts.

Bob Millett, of The Bike Shop in Midland, suggests parents start with the tires. Check to see they are not worn. Replace them now if need be. Also check the inflation of the tires. The correct poundage is written on the side of the tire.

Shake the bike to be sure there are no loose parts. All nuts and bolts should be tight. All bikes must have four reflectors, one on each wheel and one on the front and rear of the bike.

If your child's bike has a cable brake system, check the brakes to make sure the bike stops in a reasonable distance. If need be, replace the pads. The same check is needed for a coaster brake system, but check to see if the wheel skips. If it does, the wheel has to be re-packed. This is not a do-it-yourself repair, but must be done by a professional. For gear bikes, check cables to see if they are rusty or worn.

A simple lubrication of the bike is needed using WD-40. Apply the lubrication to cables, brake, gear and chain. Millett advises it is very important that you do not put lubricant where grease is used. If you do, the lubricant will dissolve the grease and you will end up with no lubrication at all.

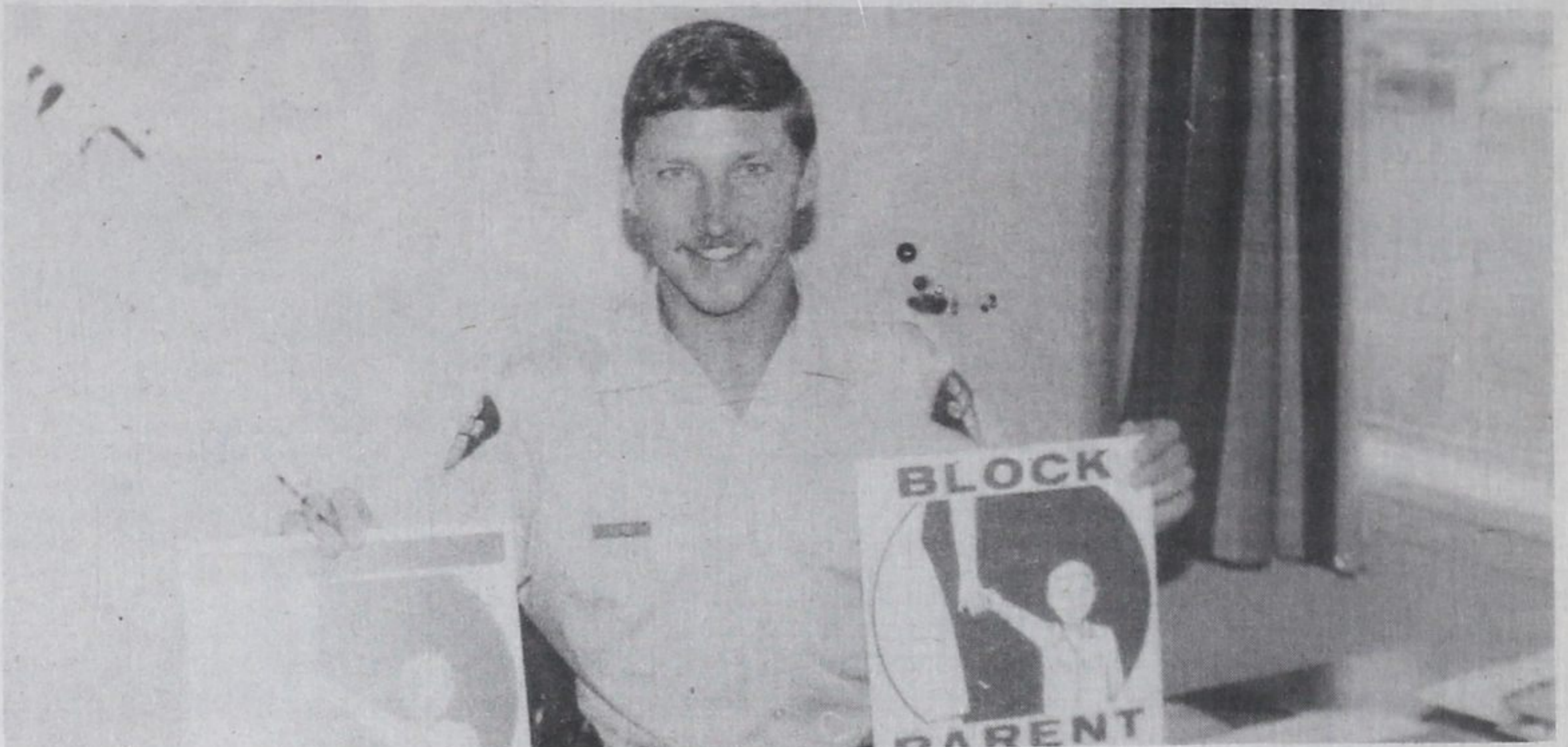
Give the bike a good cleaning and your youngster will be ready to ride to school.

If you purchase a new bike for your child choose the correct size. Have the child sit on the bike. The tips of your child's toes should touch the ground on both sides. If feet reach lower, the seat should be raised or try the next size.

Once the new bike is bought or the old one is in tip-top shape, review bicycle safety rules with your child. Constable Roy Tyo, Community Services Officer for the Midland Ontario Provincial Police detachment reminds children riding their bikes to obey all road signs, ride as close to the right hand curbs as possible in the same direction cars are going, avoid riding double, always ride single file and learn and use hand signals. Constable Tyo points out the hand signals for a bicycle are the same as for a car.

The Elementary Safety Book for Children Constable Tyo hopes to hand out to many area children includes a few more pointers. These include keep both feet on the pedals, unless using hands to signal, keep both hands on the handlebars, get off the bike and walk it across intersections and be a courteous bike rider.

This safety booklet reminds children to never leave their bikes unattended if not locked, not to ride a bike unless it is properly equipped with lights, reflectors and a horn, not to ride where bikes are not allowed, not to follow vehicles too closely, to find an alternate route if road is busy and not to ride at night unless absolutely necessary.



Sign means help available

Constable Roy Tyo, Community Services Officer with the Midland detachment of the Ontario Provincial Police displays the new Block Parent sign. This new sign is without words so that people of all languages will recognize its meaning. Displayed in front of the Block

Parent sign is a new booklet called the Elementary Safety Book for Children which Constable Tyo distributes to many students in the area.

Important safety rules for children

With the excitement of returning to school this fall, children may momentarily forget important safety rules. Parents need to remind their children how important these rules are and stress they must always be used.

Constable Roy Tyo, Community Services Officer for the Midland Ontario Provincial Police Detachment, urges parents to remind their children the police officer is their friend.

Constable Tyo says most schools in the area are visited by Community Services Officers who teach safety pro-

grams suited to the age of the student.

One excellent example is the Values, Influences and Peers (V.I.P.) program aimed at the grade 6 level. Problems such as vandalism, handling peer pressure, lying and drug abuse are discussed. The hope is that by exposing children to these problems early, many problems later on can be avoided.

Another neighborhood program Constable Tyo encourages both parents and children to be aware of, is the Block Parents Program. If your neighborhood has this

program make sure your child recognizes the Block Parents Sign displayed in windows around your town.

A good idea is to take your child for a walk around town before school starts and talk about various road signs and review the safety rules. This might be done with a new kindergarten student over several days as you practise walking to school on the designated route.

Make sure your child is aware that safety patrollers, whether on the bus or helping children who walk to school, have a job to do.

If your child travels to school by bus make sure they know and obey the rules. These include proper behavior prior to boarding the bus, while riding the bus and upon leaving the bus. Teach your child the importance of listening to the bus driver.

Another important subject every child should know about is strangers. Tell your child never to go with strangers, no matter how nice they seem. If

Constable Tyo also urges motorists to be aware of students returning to school. Remember to stop for school buses and watch for students

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The Guidance Department of Ecole Secondaire Penetanguishene Secondary School will be open for "New Student Registrations" and Adult Student registrations during the week beginning

Monday, August 31, 1987

**Please call 549-7446
to make an appointment**

Le bureau d'orientation à l'Ecole Secondaire Penetanguishene Secondary School sera ouvert pour l'inscription des nouveaux élèves ainsi que pour l'inscription des élèves adultes durant la semaine du

lundi, août 1987

**Veillez signalez 549-7446
afin de fixer un rendez-vous**