



Strasbourg, 7 May 2008

Etoile Education, an association grouping together the parents of children in the Strasbourg area attending the European School in Karlsruhe or wishing to benefit from European schooling, is organising its fourth Sponsored Bike Ride on **Saturday, 14 June 2008** and we invite you, your family and friends to join in and participate.

The first Sponsored Bike Ride¹ was organised in cooperation with the **ESK Bike Programme** which began in 2005 when the school bought 30 bikes in order to give more flexible sport opportunities to the children as well as increasing their autonomy and self confidence by learning specific skills associated with bike riding. The bicycle is simultaneously a form of play, a tool of independence and a means of developing psychomotor and physical abilities.

The bicycle programme was a new element of the well established **ESK "Fit for Fun" programme** which aims to develop a healthy life-style for young children with specific weeks with additional sport lessons, information sessions about healthy food and exercises on how to maintain a healthy body. This fulfils one of the European Schools' aims and objectives which is "to develop physical skills and instil in pupils an appreciation of the need for healthy living through participation in sporting and recreational activities".²

Etoile Education's Sponsored Bike Ride is our contribution to get today's youth to look at the many different aspects of riding a bike and increase awareness about the environmental, safety, health and social consequences of how we get to school everyday, be it by bus, tram, car or walking. Money raised by this event goes to the **Bike and Bus Fund** which originally was set up to buy the school a bus but in reality is used to support such activities connected with this aim. For example, the 2008 ChoirFestival trip to the Music Museum in Bruschal costing 700 Euros and the bus needed to transport 1E OS to the Junges Museum costing 300 Euros.

In addition, this year we are organising a **Young Reporter** competition. The best journalistic report/article of the bike Ride/Festival will be published in EuroJunior (we would contribute financially for this to happen) and there will be a few other prizes such as a digital camera, etc..

¹ <http://www.eskar.org/2004/newsitem/biking.html>

² <http://www.eursc.eu/index.php?id=132>

Etoile Education Sponsored Bike Ride³. This year, as in the past, the Bike Ride starts in Strasbourg at 8:30am and cycles 28km via Kehl to Appenweier where cyclists board the train to Karlsruhe. There we meet up with many other families from the school and cycle another 8km across town, through the forest to the European School for an afternoon of food, fun, fitness and “Fahrrad” (bike) activities including the **ADAC Competition**, Bike Raffle/Tombola, bike repair, police registration and trick cycling demonstration⁴.

The **ADAC Competition** is particularly appreciated by the children. Riding a bike means you must do it safely, which is not always the case and so ADAC, in cooperation with the “**Deutsche Post**”, proposes a training session called “**getting there in one piece**” for kids between 8 and 14 years old, which allows them to also test their skills and see where there might be gaps. An obstacle course covering 200 m and including 8 obstacles will consolidate this training on how to ride safely. Helmets are obligatory and after the training the children can demonstrate their biking skills. All participants will get a diploma and/or medal and the best of them can continue to participate in the different regional competitions “Stadt- und Landesmeisterschaften” and even qualify for the European finals.

Sponsorship. Start getting your sponsors now. The Section with the most sponsorship gets a prize. The Year with the most sponsorship gets a prize. The class with the most sponsorship gets a prize. And the kid with the most sponsorship gets a prize. Ask your aunts and uncles, grandmother, neighbour and neighbourhood shops for a few euros.

Registration costs 5 Euros: Please register as soon as possible by e-mail to ana.gorey@coe.int. Once registered you will get:

- Bike Ride Registration number
- Entry to the ADAC Competition
- Raffle ticket to win a Bike

See you on Saturday 14 June 2008!!!



³ For more information about Etoile Education Association see our website: <http://www.eskar.org/etoile> or contact Ana Gorey: Tel: 00 33 6800 63687

⁴ <http://www.eskar.org/news/bike06.html>