



BEAUTIFUL BLUE BIKE CHALLENGE

An Invitation to Renfrew County Schools

May 3 to May 9, 2015 has been identified as Children's Mental Health Week. Pedal Forward!, Renfrew County's Mental Health Coalition, a collaborative of local agencies, businesses and individuals across has been created on the wheels of the Bell Let's Talk initiative, Clara's Big Ride. Pedal Forward! Intends to carry on Clara Hughes' efforts to reduce the stigma and increase awareness of mental health.

During Mental Health Week, there will be a number of events and activities that take place throughout the county that will promote mental health and well-being. Pedal Forward! invites all schools across the county to consider a very special activity to demonstrate the need for increased awareness of mental health in our own communities.

The Beautiful Blue Bike has become a symbol of Clara Hughes' ride across Canada, remains the symbol that Pedal Forward! will use in our mental health awareness efforts. We are asking each school to consider participating in the Beautiful Blue Bike Challenge.

Here's how the challenge works:

- Work cooperatively with schoolmates, or create a team. Find a bicycle to paint the color blue. Next, find a location to display the bike either in, or outside of the school, as recognition of your commitment to continue sharing Clara's message to reduce the stigma and raise awareness for mental health.
 - * If you choose to accept this challenge, please use a dark, royal blue paint that is definitively blue.
- Once the bike is painted, and displayed, arrange to take a picture with the project team, the class or the whole school and send it to us at pedalforward@phoenixctr.com along with your school name. We will post your picture on our Pedal Forward! website (<http://www.physicalactivitynetwork.ca/pedal-forward>) to inspire others to be part of this movement. Photos to be submitted by Friday May 1, 2015.

We are hoping to collect dozens of pictures by the start of Mental Health Week 2015 to share with our County and raise awareness for mental health and we hope you'll join the challenge!

Pedal Forward! is a community initiative and welcomes new members and input. If any child, youth, teacher, administrator, parent, etc. is interested in becoming a member or participating in this exciting collaborative to raise awareness for mental health, please visit our website for more information and learn how to join.

Thank you for helping us raise awareness for mental health in our County. Let's "Pedal Forward" together!

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