



Dear Parents,

Today your child participated in a Helmet Safety Workshop. The workshop consisted of a PowerPoint presentation and age appropriate supporting activities.

The workshop presented the following key points:

- Your brain is in your head and protected by the skull.
- Your brain helps you to see, hear, taste, feel, and smell.
- Your brain needs the extra protection of a helmet when you ride a bike, roller-skate, or skateboard.
- There are different types of helmets for different activities.
- A helmet must fit properly to work. A proper fit includes: no wiggle room, 2 fingers above the eyebrows, straps form a v under the earlobe, chin strap is snug allowing only two fingers between the chin and the strap.
- The New Jersey Helmet Law requires children under the age of 17 to wear a helmet when riding a bicycle, roller-skating, or skateboarding.
- Adults are not covered under the New Jersey Helmet Law but it's a good idea for them to wear a bicycle helmet too.

The only known cure for a brain injury is prevention!

