



## Cycle to School Week – 25-29 September



Dear Parent/Carer

Between **Monday 25 – Friday 29 September** we are encouraging as many children, parents, carers and staff to cycle to school as possible. Please do try and get involved. If cycling is not possible, please do consider scooting or walking instead. The more active travellers, the better! It would be great if your child can get involved in some of the activities at the beginning of the week.

We work really closely with **Sustrans** and are very grateful for all the support provided by Denise and Hugh, who are always ready to help and support our school.

### **Bling your bike or scooter**

Why not arrive on Monday with your bike or scooter 'blinged'? Decorate in a fun/colourful/exciting way which grabs attention! There are some examples of what this might look like in Friday's newsletter. Children will bring their bikes and scooters to the main playground upon arrival and parade. Some children will then be chosen to win cycling-themed prizes.

### **'Bike it' breakfast and security tagging**

On Tuesday, children who arrive at school on a bike will be provided with breakfast! This could include a smoothie, croissant or piece of fruit. We will check the dietary requirements of our pupils before providing their breakfast so please ensure that details are up to date on Arbor.

Additionally, we are extremely pleased to have colleagues from Dorset Police joining us to provide security tagging for all bicycles that are brought to school. All tagged bikes will have a description taken giving police a far better chance of returning them to the right place if stolen.

### **Barrack Road Bike Bus**

The Bike Bus will be travelling to school every day next week. It would be great to have as many families as possible joining in. The map of the route/timings is attached.

### **Cycle Skills sessions**

As part of the **Sustrans** schools programme to promote sustainable travel to school your child has the opportunity to take part in 'Cycle Skills' sessions which will be running on Tuesday. Each session is open to 10 children **who are able to ride a bike (without stabilisers) but would like to develop their confidence**. These fun sessions aim to develop the children's skills and increase their confidence and help them to cycle safely. Sessions will take place during the school day, on the playground, and will last approximately 45 mins. **If you wish for your child to take part, please fill out the form below, and return to the school office by Friday 22 September. Please be aware there are limited spaces so it is possible that not everyone will be able to take part this time. We hope to arrange further sessions in the future.**

The school insists that all children cycling to school wear a helmet. Your child **will not** be able to take part in 'Cycle Skills' sessions without one, so please ensure they bring a fitting helmet to the training.

Please ensure your child's bicycle is safe to ride before the session. The main things to check are that the handlebars are secure and don't twist in the opposite direction of the front wheel, wheels are secure and tyres pumped up, working brakes, seat is at its correct height. Bikes will be checked at the start of the session to ensure they are safe to ride. If bikes are not safe, then they will not be able to be used during the session.

If your child uses a lock, then please ensure they have their key with them. If your child would like to take part, but does not have access to a bike, can you please indicate below with their height as we may be able to lend bikes to other children. We may lend your child's bike to another bike to allow them to take part. If you are not happy for us to lend your child's bike please put a note on their bike.

If you have any questions, please contact the school office. We will let you know if your child is selected to take part in this.

Kind regards

Denise Thomson                  Mr S Fuller  
 Bike it Plus Officer              Headteacher

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<b>Parent's or Guardian's consent form for participation in <span style="color: green;">Sustrans</span> Cycle skills session taking place on Tuesday 26 September.</b> Name of event: Cycle Skills session				
Pupil's full name:	Class:			
My child has a bike. Please indicate their height if no access to a bike.	Yes:	No:	Height:	
My Child's current cycling ability: (please tick)	Unable to ride:	Can ride confidently:	Wobbly:	Can ride but needs more practise:
Parent's or carers signature:				
<b>Please return this completed form to the school office by Friday 22 September.</b>				