



Ryecroft C.E. Middle School

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Ryecroft C.E. Middle School
Ashbourne Road
Rocester
Staffordshire
ST14 5NW



Dear Parent / Carer

7th March 2019

Year 5 - Bikeability Bike Fix & Level 2 Training

Cyclist Training Ltd are providing **ALL** students the opportunity to take part in Bikeability Training. This will involve **Bike Fix Training on Thursday 11th April 2019**, to be followed by **Level 2 Training on Monday 10th and Tuesday 11th June 2019**. The training will take place within the school day and will be provided by experienced trainers. This is a national scheme funded by the Department of Transport and provided through Staffordshire County Council. It is designed to help our children stay safe whilst riding their bikes on the local roads and it is **FREE** of charge.

Bikeability Fix is a basic bicycle maintenance session taught by qualified competent mechanics. Every student will have the opportunity to work on their own bike (preferably), or one provided by the school (adjusting saddles, repairing punctures, adjusting brakes and learning about gears) becoming self-reliant and enabling a greater sense of freedom.

This session is being delivered before your child's Bikeability Level 2 Training, to enable full participation as students will be able to check their own bikes at home and ensure they are in a roadworthy condition for the course. Bikes and helmets will be provided by Ryecroft for both courses for any students who are unable to bring their bikes from home. **Every child will receive a puncture repair kit to take home.**

The benefits of my child taking part in Bikeability

For greater independence; practical life skills; active health; sustainability; fun.

To take part on these courses, your child requires;

1. The use of their own, a friend's or a borrowed school bike – Please refer to the attached leaflet regarding the required condition of the bike.
2. Completed and signed parental consent forms for both the Bike Fix and the Level 2 Training.
3. Suitable outdoor clothing e.g. PE kit. Your child can come to school wearing their PE kit, however, due to the changeable weather, could your child also bring a change of suitable clothing with them.

Students taking part will need to bring in a bicycle on both days. However, if your child does not have a bicycle, you will be able to borrow a bicycle and / or a helmet from school, if this is the case, then please contact Mrs Whitehall in the school office as soon as possible.

Staffordshire County Council strongly recommends that a correctly fitted cycle helmet should be worn by all students participating in the Bikeability training.

Could you please complete the attached Level 2 parent information / consent form and return it to the school office by **Wednesday 27th March 2019**. This form provides consent for both the Bike Fix and Level 2 training.

Yours sincerely

Miss R Baramuszcza
Headteacher

UTTOXETER LEARNING TRUST



Part of the Uttoxeter Learning Trust

Company Number: 10547353

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