

Our Ref: 037/16

10th March 2016

Dear Parent/Carer

At St Margaret's we pride ourselves on our commitment to promoting healthy lifestyles and the personal safety of our pupils. This is evident from the range of both curricular and extra-curricular activities that are available for our pupils and our participation in approved schemes provided by external organisations.

This term BikeRight! will be coming into our school to deliver Bikeability Level 3 Cycle Training, and we would like **as many Year 7 pupils as possible** to take part in this opportunity to take part in FREE cycle safety training. In particular if your child rides a bike to school we consider this training essential.

Bikeability: is cycling proficiency for the 21st century, the National Standard for Cycle Training accredited by the Department for Transport. Designed to give the next generation the skills and confidence to ride their bikes on today's roads, Level 3 training will develop your child's skills to make the journey to and from school, and indeed elsewhere, safely by bicycle, encouraging independence and boosting self-confidence along the way.

Bikeability helps your child STAY SAFE on the road:

Although cycling is already a relatively safe mode of transport, it is 10 to 15 year olds who have been identified as the most at risk age group when cycling on the road. Bikeability Level 3 training addresses the most common causes of accidents amongst this age group, such as negotiating junctions and joining the traffic from the pavement, and more, teaching pupils to assess risks and make judgements on the go, and so considerably increasing their safety while riding.

Bikeability scheme allows your child to develop a lifelong skill:

- Increasing confidence and knowledge on and around roads, whether as cyclists, pedestrians or even in the future as drivers
- Encouraging greater independence to make journeys further afield
- Encouraging them to cycle more and cycle more safely
- Also there are the obvious benefits of keeping fit, saving money, enjoying freedom of their own transport

The training takes place on fully risk assessed roads around the school, routes chosen according to each groups ability, under the supervision of BikeRight! instructors. BikeRight! is a Department for Transport approved Instructor Training Organisation and has been delivering Bikeability training to schools for over 10 years.

**** amend as appropriate!** The college/school will supply bikes and helmets for those that cannot provide a bike of their own. We have bike storage shelters at school, which are available for pupils to use.

Please return the enclosed consent form to Mrs Penketh, via the school office, by **Friday 18th March** to ensure that your child does not miss out on this fantastic (and free!) opportunity.

Yours faithfully

Mrs A Penketh
Deputy Principal



REPLY SLIP TO: Mrs A Penketh – Bikeability Level 3 Cycle Training

Name: _____ Form: _____

I give permission for my son to take part in the Bikeability Level 3 Cycle Training.

Signed: _____ (parent/carer) Date: _____

Bikeability is delivered by BikeRight! funded by Merseytravel, your local authority and Department for Transport.

For more information on Bikeability: <http://bikeability.org.uk/>

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