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6<sup>th</sup> June 2019

Dear Parents/Guardians

Re Bikeability

Please find attached an information sheet on the Bikeability Levels 1 & 2 cycling scheme, which is a free scheme, currently offered in the first half of the summer term to our Year 5 pupils.

In order to offer the scheme I need to book the instructors (in the not too distant future) for the sessions for the summer term of 2020. In the past, the scheme ran as four weekly sessions in the afternoon of the school day, but as of academic year 2019-2020, when your child will be in Year 5, the scheme will be run on 2 full school days. At this stage I am not sure if they will be consecutive days or up to a week apart for example.

The scheme is offered on a first come first served basis to groups of a minimum of 9 and a maximum of 12 pupils.

At this point in time I am trying to ascertain the level of interest for this scheme from our current Year 4s, in preparation for their next academic year's activities. Your responses will enable me to decide if we would meet the necessary criteria to be able to continue offering Bikeability to our pupils.

Please could I therefore ask you to complete and return the below slip by the very latest Monday 17<sup>th</sup> June 2019 if you would like to register your child for this opportunity.

Yours sincerely

Mrs H. Horner  
LSA/Administrative Assistant

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([www.st-andrewscofe.essex.sch.uk/gdprnotices.html](http://www.st-andrewscofe.essex.sch.uk/gdprnotices.html))

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PLEASE RETURN THIS SLIP TO MRS HORNER BY THE VERY LATEST MONDAY 17<sup>TH</sup> JUNE 2019 – thank you.

I would like to register my son/daughter \_\_\_\_\_ for the free, school-time Bikeability Scheme for the summer term 2020 (when my child will be in Year 5)

Name: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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## BIKEABILITY INFORMATION SHEET

**WHAT IS BIKEABILITY?** Bikeability is the national cycle training programme supported and funded by the Department for Transport. Bikeability can not only help make children better cyclists - potentially for the rest of their lives – it can also help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for more information on how to help prepare your child for the course.



**Level 1** takes place in an off road environment and teaches riders how to control and master their bikes



**Level 2** gives participants on-road experience in residential traffic to help them prepare to make short journeys by bicycle



**Level 3** teaches individuals the skills to ride effectively on more complex roads and in further challenging traffic situations



**FURTHER INFORMATION FOR PARENTS.** The course starts in a playground or similar off-road environment and will progress to local roads. If your child doesn't reach the requirements in the Level 1 section of the course (the ability to ride in a straight line whilst looking behind or riding with one hand) they will not progress to Level 2 the road training part of the course. The course aims to develop the children's confidence to cope with cycling in traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety.

It is essential that the children wear a cycle helmet (not full face), the bicycle is a suitable size, and in a roadworthy condition with two working brakes. A cycle inspection takes place during the first lesson, children with un-roadworthy cycles will not be able to continue.

Each child will be continually assessed and will either achieve a Level 1 or Level 2 certificate depending on whether they are able to apply the outcomes being taught independently thus reaching the required standard.

To benefit from Bikeability, your child must attend every session and practice what they have learnt after the course has finished. Bikeability skills and confidence will be lost without regular cycling. Bikeability encourages enthusiasm while building skills to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

Bikeability places are limited and places will be booked on a first come basis.

