

# St Francis' Catholic Primary School



Station Road  
Nailsea, North Somerset  
BS48 4PD

Tel: 01275 855373



**Headteacher: Ms Caroline Hostein**

*Ensuring for all an excellent child-centred education within a Christ centred philosophy*

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8 January 2018

Dear Parent / Carer

All Year 6 pupils have the opportunity to participate in "Bikeability" training at the end of the month. Bikeability training replaces the old cycling proficiency and is being funded by the North Somerset Sustainable Travel Team so is free for pupils. This training aims to equip pupils with the knowledge, confidence and awareness to ride more safely and also give them the opportunity to achieve level 2 of the national standard for cycling on the road. The course is split over 3 sessions so there is plenty of time for reflection, practise and discussion. The attached Bikeability poster explains the aims and course content.

The course will take place from **Monday 29<sup>th</sup> January - Thursday 1<sup>st</sup> February** and will be facilitated by two trained coaches, who will work with the children in small groups. Training on day one will begin in the school playground and all children will be taught the key skills for riding on the road – doing bike checks, helmet checks and basic skills. Children who are able to demonstrate they are able to ride competently with one hand off the handlebars (for signalling) by the end of the first session will take part in the two subsequent road training sessions, which take place on quiet roads surrounding the school area. All areas the children will visit have been risk assessed and approved. The Bikeability coaches ask that a school representative is in attendance during all road training sessions so **if you are interested in volunteering to attend one or more of the sessions, please come and see me as soon as possible.**

Children will complete the training using their own bicycle, which must be in a safe, roadworthy condition. Bikes should be brought to school on Monday morning. When children have been placed in groups, we will be able to inform them of which other days they will need to bring bikes into school. If children are unable to provide their own bike, we ask that they borrow one from a classmate; these children can then be placed in separate groups and still access the bike as necessary.

If you are unsure whether or not your child's bike will be deemed roadworthy, the Bikeability team may be able to offer a bike 'service' on **Monday 22<sup>nd</sup> January**. If there is sufficient interest, the coaches will come to school and give the bike a tune up (checking and adjusting tyres, brakes, chains, handlebars etc.) for a fee of £10. This service would normally cost around £30 in the shops. If you are interested in this service, please indicate on the reply slip below. All reply slips must be returned to school by **Monday 15<sup>th</sup> January**. Please do not feel pressured into paying for this service – the vast majority of bikes brought into school are completely roadworthy.

Children will need to wear tracksuit bottoms and trainers and bring a coat with school shirts and jumpers / cardigans as normal. They should also bring a cycling helmet if they have one, otherwise helmets will be provided by the Trainers. Normal dinner arrangements will operate.

This is a wonderful opportunity for all Y6 pupils to receive training in a valuable life skill and we are really pleased to have been able to access this course. We look forward to all pupils being able to participate and achieve either their level 1 or level 2 in cycle training.

Yours sincerely

S Groves

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Email: [stfrancis.pri@n-somerset.gov.uk](mailto:stfrancis.pri@n-somerset.gov.uk)  
Website: [www.st-francis.n-somerset.sch.uk](http://www.st-francis.n-somerset.sch.uk)

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Please return to school by **Monday 15<sup>th</sup> January**.

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**BIKEABILITY TRAINING: Monday 29<sup>th</sup> January – Thursday 1<sup>st</sup> February**

My child \_\_\_\_\_ has his / her own bike and will bring it to school

OR

My child \_\_\_\_\_ will need to borrow a bike for the training course

Signature \_\_\_\_\_

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## BIKEABILITY SERVICE OPTION

I am interested in paying £10 for a bike service and will be able to bring the bike into school on Monday 22<sup>nd</sup> January.

I understand that servicing may not take place if there is insufficient interest.

Signature \_\_\_\_\_