**POUND HILL JUNIOR SCHOOL**

Crawley Lane, Pound Hill,

CRAWLEY, West Sussex,

RH10 7EB

Tel: 01293 447000

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| Mr A T White, Headteacher  | email: office@poundhilljunior.org.uk |
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 2nd October, 2020

Dear Parents/Carers,

As you know, West Sussex Bikeability Scheme is being offered to all Year 6 pupils. This will be the **week commencing 9th November**. Further details about which day your child’s class will be taking part will be sent to you nearer the date.

We hope that all Year 6 children, who are currently able to ride a bike, will be able to participate in this scheme.

Your child will have also received extra information which has been supplied by West Sussex County Council. This includes useful information about the training schedule. It also includes a **Consent Form**, **which will need to be signed and returned** to your child’s teacher by **Thursday, 22nd October.** No child will be allowed to take part in the scheme without a signed consent form.

Please find attached a reminder sheet for all pupils as a reference when preparing their bikes.

A copy of the Bike Checklist from the booklet can also be found on our school website, on the Year 6 Webpage. In addition, there is a link to the Cycle Right Magazine <https://www.westsussex.gov.uk/media/11975/cycle_right.pdf> which provides more useful information.

If you have any queries, please contact your child’s class teacher.

Yours sincerely,

Year 6 Teachers

**Prepare yourselves- A reminder for pupils**

* Tyres should be pumped up hard. Check the tyres for worn tread or bald patches.
* Both brakes must be working.
* Check your chain for signs of rust, ensure it has been tightened and oiled if necessary.
* When you sit on the saddle, your heels should be off the ground and your toes should be able to touch the floor.
* Please ensure that the rubber grips on your handlebars are intact, if metal is showing at the ends of your handlebars, you will not be able to take part in the Bikeability training. Please tape these up or get new grips.
* You should have a white front reflector and a red back reflector.
* BMX bikes are allowed but stunt pegs **must** **be removed**.
* You must have a helmet that fits correctly. Full face helmets will not be allowed.
* You must bring in a waterproof jacket, have comfortable shoes or trainers and an extra pair of trousers/tracksuit bottoms to change into, in case of bad weather. Please make sure that your trousers are not too baggy.
* You must have a lock/padlock for your bike, if it is a combination lock, please let your teacher know your combination in case you forget it. If you have a key padlock and have 2 keys, please give your 2nd key to your class teacher in a named envelope, in case you misplace the first.
* Pupils will not be able to cycle to school under any circumstances during the Bikeabilty week.

Read your Cycle Right leaflet carefully and don’t forget to complete the quiz and bring in on your first day of training.

Have fun, be safe!