



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
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Dear Parent/Carer

19th March 2025

Bikeability

At Sacred Heart we are very keen to help pupils learn to live healthy lifestyles. Cycling is one of the easiest and most enjoyable ways of keeping fit. Therefore, we are offering Bikeability Level 1 training to all pupils in year 4 on Friday 9th May. Level 1 training takes place on our school playground with training delivered by qualified instructors. On this day your child will learn how to glide, pedal, control their bike and some basic bike maintenance.

Your child will need to bring their bike and helmet into school on this day if they have one.

- Please make sure the bike is in a good working condition, with good tyres and two working breaks.

The school will be getting a delivery of bikes and helmets for the course, to allow those without a bike to participate.

For your child to take part in the upcoming Bikeability course please follow the link which will take you straight to an online consent form. You must register your child before Friday the 4th of April. Once you have signed your child up to take part, you will receive emails from the Bikeability Trust, giving you reminders about the booked session, reminding you to get your child's bike ready for riding, and other handy tips for the session.

<https://consent.bikeability.org.uk/rid-king-sells>

Kind Regards,
Mr.Jarvis

Headteacher: Mr C Beazeley
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