

Dear Families

We have organised for our Year 3 & 4 pupils to undertake the Bikeability Level 1 course on Tuesday 15th & Wednesday 16th September. The consent form is now online please go to this link: [Bikeability Link](#) to complete. Please return before Monday 7th September.

Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit, travelling to and from school.

Bikeability is cycling proficiency for the 21st century, giving riders the skills and confidence to cycle in today's traffic conditions. Riders will complete cycle training at the school using roads nearby. Riders are given high visibility vests to wear during the sessions. For further information on Go Velo's Bikeability training visit www.govelo.co.uk/bikeability-training/

All instructors are fully qualified Bikeability instructors, cycling coaches and ride leaders. We are all DBS checked and first aid qualified.

In order to participate, the rider needs access to a bicycle (in good working order, including 2 working brakes), a helmet (we can provide these) and suitable clothing. Please allow for bad weather and bring a change of clothing and waterproofs if you have them. If the rider would like to take part but does not have a bike and/or helmet Go Velo can supply one for a small fee - see the online link to request whilst providing consent.

Please contact the School Office if you have any questions.

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Know, Grow, Show:

In knowing God, we grow as He intended. We show His love for others as we go through school and life with Christ by our side

Philippians 4 v 13

I can do all this through Christ who gives me strength

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