



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

*Aim High*

*Never Give Up*

*Follow Your Dream*

*Lead By Example*



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Dear Parent/Carer

**FREE BIKEABILITY CYCLE MAINTENANCE TRAINING (YEAR 5/6)**

**Bikeability is a government accredited programme, designed to give the next generation the skills and confidence to ride their bikes.**

I am writing to tell you about Bikeability Fix, a new initiative to introduce children to basic bike maintenance. Bikeability Fix sessions teach Bikeability trainees how to perform basic maintenance to their bikes. By learning how to make basic repairs to their own bike, we aim for children to be more self-reliant and have a greater sense of independence and freedom.

Bikeability Fix is delivered after school for 45 minutes, and children will be taught by qualified bike mechanics. The emphasis of the course is on doing, rather than watching, so every child will get the opportunity to work on their own bike which they will need to bring to the sessions. During the course, children will learn how to:

- Fix a puncture / change an inner tube
- Adjust their saddle height
- Adjust their gears
- Carry out basic brake adjustment

**To register your child's interest in this training please fill in the slip below and return to your child's class teacher by Wednesday 6<sup>th</sup> May 2015. You will be informed by text if your child has or has not secured a place.**

Yours faithfully,

Head Teacher

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Full Name of Child (in capitals): \_\_\_\_\_

School: \_\_\_\_\_ School Year: \_\_\_\_\_

Medical Conditions or Educational Needs (eg asthma, allergies, learning needs, etc):  
\_\_\_\_\_  
\_\_\_\_\_

If you would prefer your child not to be photographed, please tick here:

I confirm that I have read all the information within and consent to my child (or the above child for whom I take responsibility) to participate in cycle maintenance lessons.

Signed: \_\_\_\_\_ (parent/guardian)

Date: \_\_\_\_\_

