



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
Windermere Road, Southend on Sea, Essex, SS1 2RF
Phone: 01702 414200
Email: office@sacredheart.southend.sch.uk



-Dear Parent/Carer

7th September 2026

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 2 training to all pupils in year 6.

This training takes place on the following dates

- Monday 19th October
- Tuesday 20th October
- Wednesday 21st October
- Thursday 22nd October

On the first day of the course, training will take place on the school playground. During the following three days, the children will have the opportunity to ride on local quiet roads under the careful supervision of qualified instructors. If, after the first day, the instructors feel that a child is not yet ready to ride on the roads safely, they will be unable to continue with the course and will remain in school instead.

If your child has their own bike and helmet, please ensure they bring them into school on the first day of the course. Bikes should be in good working order, with properly inflated tyres and two fully functioning brakes. The school will be provided with a number of bikes and helmets for the duration of the course to ensure that children who do not have access to their own equipment are still able to take part.

For your child to take part in the upcoming Bikeability course please follow the link below which will take you straight to an online consent form. **You must register your child before the 19th September.** 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/bug-year-party>

Kind Regards,
Mr.Jarvis

Headteacher: Mr C Beazeley
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