



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

15th October 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 2 training to all pupils in year 6.

This training takes place on the following dates

- Monday 8th December
- Tuesday 9th December
- Wednesday 10th December
- Thursday 11th December

On the first day of the course, the training takes place on the school playground. On the following three days the children will get out on the local quiet roads under careful supervision from qualified instructors.

If the instructors do not think your child is ready to go out on the roads after the first day, then they will not be able to complete the course and will remain in school.

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 the 8th of November. 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/delay-wild-whole>

Kind Regards,

Mr Jarvis

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