



# Ryecroft C.E. Middle School

Headteacher: Mrs A Grattage  
Telephone: 01889 590394  
E-mail: [office@ryecroft.staffs.sch.uk](mailto:office@ryecroft.staffs.sch.uk)  
Website: [www.ryecroft.staffs.sch.uk](http://www.ryecroft.staffs.sch.uk)

Ryecroft C.E. Middle School  
Ashbourne Road  
Rocester  
Staffordshire  
ST14 5PB



Dear Parent / Carer

2<sup>nd</sup> May 2023

## Year 5 - Bikeability Level 2 Training

Cyclist Training Ltd are providing **ALL** Year 5 students the opportunity to take part in Bikeability Training. This training will take place on **Monday 19<sup>th</sup> and Tuesday 20<sup>th</sup> June 2023**. The training will take place within the school day and will be provided by experienced trainers who coach young people in vital skills that will stay with them for life. This is a valuable opportunity to learn about local road safety on foot and bike.

Bikeability Level 2 teaches students how to grow more confident with each turn of the pedal. Expert instructors will lead riders onto quiet roads, to experience “real” cycling. This may feel like a big step for both you and your child but with our instructors on hand, your child will feel confident and safe.

This is a **FREE** national scheme funded by the Department for Transport and provided through Staffordshire County Council. We teach students to **start and stop** a bike with more confidence, **pass stationary vehicles** parked on a road, **understand the road**: signals, signs and road markings, **negotiate the road**: including quiet junctions, possibly quiet roundabouts and simple crossroads with a road safety awareness in the school locality. And **share the road** with other vehicles Participants will receive a certificate and badge.

Knowing how to cycle safely provides an increased independence as they visit friends and transition to secondary school. Cycling also offers physical and mental health benefits, is an essential alternative to public transport, reduces congestion and is always a popular leisure activity.

Students **must be able to ride confidently** to take part. They also **need their own roadworthy bike** (we strongly recommend a helmet), signed parental consent and PE kit clothing (warm waterproof coat & gloves essential) or sunblock subject to conditions. **Parental permission must be given if no helmet is being worn**. Bicycles need to be in a road-worthy condition for this course, which means a front and back working brake. Ideally please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child’s seat is secure and pointing forward ([www.bikeability.org.uk](http://www.bikeability.org.uk))

### To take part on these courses, your child requires;

- It is preferred that your child uses their own bike for the required two days – Please ensure that the bike is in good condition. If you would like your child to borrow a bike and/or helmet from school, please enter it on the consent form.
- A completed and signed online parental consent form.
- Students are required to wear their school PE kit for the two days. Your child can come to school on the required two days wearing their PE kit, however, due to the changeable weather, could your child also bring a change of suitable clothing with them and depending on the weather a coat, gloves and sun cream may also be required.

### UTTOXETER LEARNING TRUST

Part of the Uttoxeter Learning Trust

Company Number:

Registered Office Address:

Uttoxeter Learning  
Thomas Alleyne’s High  
Dove Bank, Uttoxeter,  
ST14 8DU  
T: 01889 561820



**Staffordshire County Council strongly recommends that a correctly fitted cycle helmet should be worn by all students participating in the Bikeability training.**

If you would like your child to take part in this valuable training, could you please complete the online consent form, under the following link, **no later than Friday 12<sup>th</sup> May 2023**:

<https://forms.office.com/e/s4DRzuiTp6>

If you would like any further information regarding the above, please do not hesitate to email me on [nbannister@ryecroft.staffs.sch.uk](mailto:nbannister@ryecroft.staffs.sch.uk).

Yours sincerely



**Mrs N Bannister**  
Lead for PE