

11th October 2023

Dear Parent/Carer

Subject: Cycling to school

We are really pleased that some of our students choose to cycle to school each day as it is a mode of transport that has many benefits for students' health and wellbeing as well as the environment in general. However, we would like to take this opportunity to ask for your support, if your child chooses to ride a bike to and from school:

Safety:

We strongly advise that students wear a helmet to and from school and that all times that they are cycling. Are you aware the RoSPA (The Royal Society for the Prevention of Accidents) stated there were 85% and 88% reductions in head and brain injury respectively, for helmeted cyclists relative to un-helmeted. RoSPA, as part of its campaign to promote cycling safety, recommends cycle helmets, as wearing a cycle helmet can reduce the risk of head injury by 69% and the risk of fatal injury by 65%.

We also strongly recommend the advice given by the RoSPA and also encourage students to have their bikes regularly serviced to ensure roadworthiness, especially with the winter approaching and changing conditions on the road surfaces. With the darker evenings and nights, we would also advise reflective clothing is worn and working lights and reflectors are attached to bikes.

We have attached an informative factsheet to this letter, produced by the RoSPA which explains facts about the importance of wearing cycle helmets. Despite a strong wish from the school for students to wear cycle helmets, we know and are aware some students are routinely choosing not to do so – we would ask parents and carers to re-visit this with your child(ren).

Thank you in advance for your support in keeping our students safe.

Yours faithfully



Mrs M Goodes
Vice Principal

