

Resilience
Empathy
Self-Awareness
Positivity
Excellence
Communication
Teamwork



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7th February 2024

Dear Parent/Carer

Bikeability Cycle Training 5th – 8th March 2024

New Delaval has arranged for Bikeability Cycle Training to take place in school from **Tuesday 5th March to Friday 8th March.**

This training is designed to give year 5 and year 6 children the skills and experience to cycle safely and confidently. It is Cycling Proficiency for the 21st century and involves cycling in both an off-road playground environment and on roads around the vicinity of the school.

Year 5 & Year 6 Training

Your child will start with a two hour Level One refresher in the playground on Tuesday 5th March before being taken on roads around the school.

Level 2 training will be taking place from Tuesday 5th March to Thursday 8th March, Level 2 training takes place on roads close to the school. Children who achieve the Level 2 standards by the end of the week may then cycle to school on their own.

Any children not passing Level 2 will be able to re-sit the test during the next set of Level 2 cycle training. By completing the cycle training, your child will become a safer cyclist, with an understanding of road rules.

At the end of the training course they will either have achieved Level Two or Level One. If they achieve Level One you will receive a feedback form highlighting what your child did well and what they need further practice in to achieve Level Two at a later stage. On the very rare occasion where a child does not come out onto the road they will receive a Certificate of Attendance and feedback form.

Cycle Requirements

Children need to bring their bikes to school on the days of their cycle training. Bikes should be in good working order and are of the correct size for the rider. If children have a cycle helmet they should bring this too.

What if you don't own a bike?

Owning a bike or safety helmet need not be an obstacle if you would like your child to take part. We have a small number of bikes and helmets in school, please complete the consent form indicating your child's requirements and we will do our best to provide a bike/helmet for the training.

Who will do the training?

Training will be carried out by "Cycle Experience" a national training organisation who has been appointed by the County Council to deliver the cycle training programmes. All instructors are fully qualified and have been Police checked.



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What to Wear?

- **School uniform** to be worn while taking part.
- **Sufficient warm clothing** including **gloves** on colder days. Each session is between one and two hours long and outside.
- **Please provide wet weather clothing** e.g. a shower or waterproof jacket as a minimum. The training will continue in light to moderate rain.
- **A cycle helmet must be worn.** This must fit properly and must not be a full faced helmet.

Please complete both the school consent form below and the Cycle Partnership one attached return both to school by **Wednesday 14th February**.

If there are any further questions, please contact the school office.

Yours sincerely



Mr P Struthers
Headteacher

Bikeability Cycle Training 5th March – 8th March 2024

CHILD'S NAME:

YEAR GROUP:

☐ I **DO** GIVE PERMISSION FOR MY CHILD TO TAKE PART IN THE BIKEABILITY CYCLE TRAINING SCHEME

☐ I DO **NOT** GIVE PERMISSION FOR MY CHILD TO TAKE PART IN THE BIKEABILITY CYCLE TRAINING SCHEME

☐ MY CHILD NEEDS TO BORROW A BIKE

☐ MY CHILD NEEDS TO BORROW A HELMET

SIGNED:

DATE: