



Friday 17th October 2025

Dear Parents/ Carers,

Every year as part of our Physical Development curriculum, children in Year 5 take part in a cycling awareness programme provided by Sunderland Council called Bikeability.

Year 5 children will be able to take part in Bikeability **from Monday 3rd November – Thursday 6th November**, however in order for your child to take part in the full programme you must complete the Parental Consent Form online by selecting the following link, **by Wednesday 22nd October** - <https://consent.bikeability.org.uk/say-adopt-tight>. Children need to be competent in riding their bike, however your child can still access the theory aspect of the course if they are not confident.

As per the attached letter from Sunderland City Council children's bikes should be in a reasonable condition. Please ensure all bikes are checked before being brought into school to make sure they are road worthy and are safe. Unfortunately, any bikes found to be unsuitable may mean your child might not be able to complete the course.

We would like to remind you that bikes cannot be left at school overnight - they need to be brought in everyday (Monday to Thursday), and taken home every night. If children are in breakfast club or after school club they should come in as normal and arrangements will be made to bring their bikes to the bike shed. Bikes must be secured with a lock and labelled with each child's name. A bike helmet MUST also be brought in to school.

During the course of the programme, children must come to school wearing their outdoor PE kit and trainers on the specified days for each group; children will be made aware of their groups after the first day. Please ensure your child brings a pair of gloves and a warm, waterproof coat to school, as well as a change of clothes, including shoes and socks, to change into afterwards if needs be, as Bikeability will go ahead regardless of the weather.

If the instructors feel that some children are not confident enough to ride on the road they will only complete activities on the yard.

Yours sincerely,

Mr Allison
Senior Assistant Headteacher