

## Standens Barn Primary School

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Headteacher: Amie James



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Monday 16th October 2023

Dear Parents and Carers,

It is wonderful to see many of our children cycling or scootering to school and, whilst we actively encourage them to keep physically active, we want to ensure that all children understand how to keep themselves safe when doing so.

We strongly encourage all our children to wear helmets whenever they ride their bikes, regardless of their age or riding experience. Wearing a helmet reduces the risk of head injuries by up to 85%. It only takes a moment to put on a helmet, but it can make a world of difference in preventing serious injury.

At Standens Barn Primary, we prioritize the safety and well-being of our children and are currently investigating how to access the support of 'Bikeability' and discussing how to be safe on our bikes /scooters within our PSHE and assembly times. However, it is crucial for parents to reinforce these safety practices and educate their children at home and I have included a couple of online links to support you with this:

Cycling with children | Brake

We Love to Cycle animation - Road Safety Week 2018 - YouTube

Bike helmets play a vital role in protecting your child's head in case of any accidents or falls. and it is therefore crucial to ensure that all children are wearing a properly fitted and secure helmet.

From Monday 30<sup>th</sup> October, if your child would like to bring their bike or scooter into school they must wear a helmet. We would therefore like to encourage you to use the following guidelines and use the time next week to purchase a helmet if your child does not already have one:

- 1. Always wear a properly fitted bike helmet that meets safety standards.
- 2. Make sure the helmet covers the forehead and sits level on the head.
- 3. Secure the helmet straps snugly under the chin.
- 4. Replace the helmet if it shows any signs of damage or has been involved in a crash.

By following these simple guidelines (and using the resources in the links above), we can ensure that our children stay safe while enjoying their outdoor activities.

Thank you for your understanding and co-operation with this matter and your ongoing support in keeping our children safe. We look forward to seeing them wearing a helmet and enjoying their bike rides responsibly.

Yours faithfully

Mrs Amie James

Head teacher