

Timbold Drive, Kents Hill Park, Milton Keynes, MK7 6BZ Headteacher: Mr. James Pilgrim

Dear Parents and Carers,

We are really pleased that so many of our pupils are taking the opportunity to cycle to school, it promotes physical exercise, wellbeing and independence. It is important that in doing so they cycle to and from school safely. Since the start of term we have had two incidents of pupils falling off their bikes, and so I would like to draw your attention to the following advice found on <a href="https://www.getsmartertravelmk.org/school/cycle-to-school">www.getsmartertravelmk.org/school/cycle-to-school</a>

## Top tips for cycling to school:

- A small backpack is sufficient to carry books and equipment. To carry more, panniers fitted to a rack on the bike are the best solution.
- Your child should be as visible as possible to other road users and pedestrians. Lights, reflectors, high visibility clothing and confident road positioning are great ways to do this. (A white front light and red rear light are legal requirements when cycling in the dark).
- Cycle helmets are designed to give protection from a fall and are particularly recommended for young children. Parents should make that choice for their children.
- Set a good example and follow the Highway Code. <a href="https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82">https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82</a>

I would also like to add that pupils ensure that they carry all their belongings in a back pack. Some pupils are choosing to carry their PE kit in a separate bag which can cause a hazard whilst cycling. I would like to thank you for your help and support in ensuring that all pupils that choose to cycle to school do so in a safe and sensible manner.

Kind Regards

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