

Dear Parent/Guardian,

## **Bike It Plus comes to Cuckoo Hall**

I'd like to introduce an exciting project that is starting at your child's school this year. Bike It Plus is run by Sustrans, the country's leading sustainable transport charity, and helps more pupils to be able to walk, scoot or cycle to and from school.

My name is Rachel and I am the Bike It Plus officer for Enfield. Cuckoo Hall Academy School has been chosen as one of 12 schools in the local area, and I will be working closely with you, your child, the school and the borough to encourage Active Travel – that is walking, scooting and cycling. Your child has already been introduced to the project in an assembly I recently ran.

At Bike It, we think walking, scooting and cycling is an excellent way for children to travel to school; it is good for their health, good for the environment, and it helps to develop independence and road safety skills. We focus on making Active Travel as safe as possible and, by reducing the number of cars around the school, we can help to make the neighbourhood quieter, safer, and a less polluted and congested place.

### **What happens at A Bike It school?**

Over the year I will come into your child's school to:

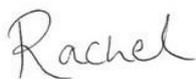
- Run FREE cycle and scooter training, including playground based cycle/scooter skill sessions for KS2 and Ditch the Stabilisers/Learn to Ride sessions for KS1.
- Arrange FREE cycling and scooting events, like safety checks, bike breakfasts, classroom activities linking active travel to the curriculum, and after school clubs.
- Teach about air pollution and ways we can keep the air around the school cleaner to benefit our health and the environment.
- Run competitions and cycling incentive schemes.
- Hold kit sales including opportunities to buy bikes, helmets, lights, etc at a discounted price.
- Hold free bike maintenance sessions for children and adults, and much more.

To launch the project we will be holding a **FREE Dr Bike on Thursday 7<sup>th</sup> December** and giving your child the chance to **WIN A BIKE** (details overleaf).

Bike It always thrives with the support of parents. If you would like to get involved in the project, or find out more please contact me on the email address or phone number below.

I look forward to meeting you, especially if you come by bike, scooter or foot!

Best wishes,



Rachel Porter

Bike It Plus Officer – Enfield

[Rachel.porter@sustrans.org.uk](mailto:Rachel.porter@sustrans.org.uk)

07917 084 858

# Banner competition – Win a Bike!

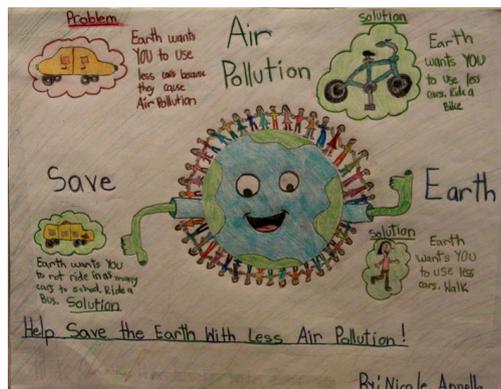
At Bike It we educate children about air pollution and encourage active travel to make the air around your school cleaner to breathe.

For the competition we want you to **Design a Banner** to go outside school that informs people about air quality or gives advice on how to reduce pollution.

You could advise people to:

- Cycle, walk and scoot more
- To turn off car engines while waiting
- Avoid driving short journeys

Make sure it is **Big, Bold** and nice to look at! Have a catchy message about keeping the air around schools clean!



**The winning design from the Enfield Bike It schools will be made in to a real banner and hung outside school!** As well as the top three entries in each school receiving a prize and there is **a brand new bike to be given away** for the best entry in London so it's well worth entering!

We are looking for entries that are **imaginative, exciting** and **persuasive!** The art-work will need to be made into a banner so please draw it as big as possible, using the whole piece of A4 or A3 paper.

Hand it into your class teacher with the info required below.

## Terms and conditions:

One entry per child, on A4 and A3 paper only!

Entries must include child's full name, age and name of school

Entries must be handed in by **5<sup>th</sup> of January 2018**.

**Winners will be contacted by 19<sup>th</sup> January 2018**



## FREE safety checks with Dr Bike

### Thursday 7<sup>th</sup> December

Bring your bike to school on 7<sup>th</sup> as **Dr Bike** will be carrying out free safety checks and basic bike maintenance on children's bikes. This is a great opportunity to get your child's bike checked out and make sure it's roadworthy. Dr Bike will be testing every part of the bike and also carrying out minor fixes, such as adjusting brakes and gears and repairing punctures (if there is time).

A typical check will involve pumping up tyres, checking brakes, handlebars, the saddle & pedals. If there is time left, we may also be able to make minor adjustments to brakes and handlebars, but put simply this is **not** a substitute for a full service. Any bikes which are identified as needing a lot of work will **NOT** be checked.

On the day, please bring your child's bike to the bike sheds before school starts, **and don't lock it up!** If you don't think the bike is safe to ride, please wheel it to school.

**We look forward to seeing you on Thursday 7<sup>th</sup> December!**