



Mr I De N'Yeurt
Headmaster



SUMMERHILL INFANT SCHOOL
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Monday 18th September 2023

Dear Parents and Carers,

Cycle to School Week
25th September – 29th September 2023

Next week we will be taking part in 'Cycle to School' Week with an aim of promoting active travel to school. Active travel is something we encourage throughout the year - whether this is walking, cycling or scooting.

'Cycle to School' week is a great opportunity to celebrate cycling and scooting and the positive impact it has on children's health and wellbeing, as well as helping to make sure children get to school safely. In school, we will be using this week as an opportunity to remind the children about the benefits of active travel via assemblies and class based activities.

First things first; checking your cycle is in peak condition is a vital step. Use the checklist on the reverse of this letter to investigate the various parts of your cycle. If you find any problems you might be able to fix them yourself e.g. pumping tyres, oiling the chain etc. More specialist repairs should be taken to a local cycle mechanic.

May I also take this opportunity to remind you that children can leave their bikes and scooters in the designated bike shelters (below) during the school day, where they drop them off at the start of the day and collect them at the end.

Reception: Through the reception playground gate, along the path on the left hand side.

Year 1 and 2: At the bottom of the Year 2 playground on the right hand side.

We look forward to seeing more children getting involved with active travel!

Yours sincerely,

Mrs Foxfield



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Junior Doctor Bike checklist

Brakes

- Do your brakes stop your cycle well?
- Look at the brake blocks, are they worn?
- Are the brake levers tight and level?

Wheels & Tyres

- Check tyres are pumped up and feeling firm.
- Is the tyre tread on both wheels in good condition or worn?
- Do the wheels turn easily?

Steering

- Handlebars should be straight.
- Does the front tyre line up in the middle when you look down?

Saddle and seatpost

- Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.

Pedals and chain

- Spin your pedals, do they move smoothly?
- Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.

Frame

- Check over the frame for damage, dents and rust. It's important to keep your cycle clean and dry after use to keep it in tip-top condition!