

# Ghyllside Primary School

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**18<sup>th</sup> April 2018**

## **Year 5 'Go Ride' cycling sessions**

Dear Parent/Carer,

We have an exciting opportunity to offer the children in Year 5. This term, a cycling coach from British Cycling is coming into school to deliver some bike handling and racing skills sessions. There are four sessions spread through April and May. All children will take part in the sessions as long as they can ride a bike and have their own helmet. The sessions are on the following days:

Thursday 26<sup>th</sup> April

Thursday 3<sup>rd</sup> May

Thursday 17<sup>th</sup> May

Thursday 24<sup>th</sup> May

Children who do not have a suitable bike with working brakes and inflated tyres are welcome to borrow one from the course providers although they can only bring 8 bikes so for your child to bring in their own bike is preferable! There should also be a small number of helmets to lend also.

Things to check on your bike:

- Working front and back brake
- Saddle at appropriate height (legs slightly bent with toes touching the floor when sat on saddle)
- Fully inflated tyres

Other things your child will need:

- PE kit and coat in case it is wet

If your child is unable to do the sessions, there may be the opportunity for them to learn to ride a bike with another adult in school. This will be confirmed next week. Your child should bring their own lock (or share with a friend). If you have any questions please ask us in school.

## **Derwentwater reminders**

Can we please remind parents that the remaining balance for this visit (£65) is due in on Friday 27<sup>th</sup> April. Many thanks also for the offers of help for the hill walk day on Thursday 10<sup>th</sup> May. Any further helpers will need to complete the slip and medical info by Friday this week (20<sup>th</sup>) at the latest. Those who have offered to help will receive further information nearer the time, however you will need to be at the hostel for 9.20am on that morning and should be finished by 4pm.

On the reverse of this letter is another copy of the kit list for the visit. Please make sure that your child has everything on the list. It is still possible to borrow certain items in school.

Many thanks,

The Year 5 Team

