



St. Paulinus Catholic Primary School

Inspiring all to live, learn and love in the light of Jesus.

(cf John 8:12)



16th November, 2017



Dear Parent / Carer,

Bikeability Balance Cycle Training

A Bikeability Balance training day is scheduled to be delivered at St. Paulinus for our pupils on the following date: **Tuesday 28th November**. This is for children who are non-riders or who are unconfident when riding a bike. Places are limited so this will be on a first come first serve basis.

Bikeability Balance uses balance bikes, which are bikes with no pedals. Children use their feet to maintain balance and to push themselves off. The bikes are easy to ride, bags of fun and are perfect for those who aren't ready for pedals just yet. Balance bikes develop motor skills, spatial awareness, balance, agility, core strength and co-ordination. They also help to increase and maintain children's confidence as they are in control of the bike. All this and not a stabiliser in sight!

This is a wonderful opportunity for your child to be introduced to the principles and benefits of cycling.

All bikes and helmets are provided.

PARENTAL CONSENT:

Please complete and sign this part of this letter and return to Miss M^cGowan by Monday 20th November

I wish for my child to take part in the Bikeability Balance Cycle training.

Child's name Class

Parent/Guardian Name Signed

Home address:

Contact telephone number during the course:

Any medical needs the instructor should be aware of:

Please give any other information which you feel is relevant e.g. behavioural difficulties, emotional difficulties:
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'An outstanding school, which is deeply committed to the Catholic mission... this school inspires all within this faith to live life to the full.' Ofsted 2017

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