

**Principal: Adrian Esch**

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Our ref: KBR

9<sup>th</sup> October 2025

Dear Parents/Carers,

We are pleased to offer FREE Bikeability Level 3 on-road training to our Year 7 and 8 students in November.

We have booked training on 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> November, with our local provider, Life Cycle. Level 3 is advanced on-road training giving students the skills and confidence to ride independently. The training takes place on roads local to the school, with qualified instructors, and involves negotiating more complex roads and junction, such as they would encounter when cycling to school. Students should have already completed their Level 2 Bikeability training before tackling Level 3.

Each student needs a **roadworthy bicycle**, with front and rear working brakes, tyres fully pumped up and a helmet to take part in the training.

Places are limited so if you wish your young person to take part in this training, please complete your consent online via the link/QR code below. Please do this as soon as possible to allow us to confirm the training dates with Life Cycle.

Once you have submitted your consent you will receive helpful information by email about Bikeability training and how to prepare your child, how to fit their helmet and to ensure their bicycle is roadworthy. We will let you know nearer the time what day your child's training will take place on. If your child has not done much cycling recently, we'd recommend that you encourage them to practise on their bike before the training and do check the saddle in case it needs to be raised.

URL: <https://consent.bikeability.org.uk/hog-plane-let>

QR code:



Yours sincerely,

**Mrs K Bradley**  
**Administrator**



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