



sustrans
JOIN THE MOVEMENT

17/10/2016

Bike It Breakfast and Dr Bike 21/10/16

Dear Parent/Carer,

On Friday 21st October Sustrans will be organising a Bike Breakfast followed by a Dr Bike maintenance check to continue the promotion of cycling as a more sustainable mode of transport. Breakfast, which consists of a croissant / pain au chocolat, yoghurt, fruit and fruit juice, will be provided for everyone that cycles/scoots to school on the morning of the event. After breakfast bikes will be checked by a qualified CYTEC cycle mechanic and will be making minor repairs to bikes which need some TLC.

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

Nationally, we know that about 40% of children say they would like to cycle to school, but only about 2% do. The Bike It project aims to bridge this gap and allow children to enjoy the benefits of cycling. During this year, there will be lots of opportunities for parents to get involved in the activities. If you're interested in helping out, please contact me by email or phone, or speak to the school's Bike It Champion, **Mr Campbell**.

We have lots of great activities taking place throughout the rest of the year, with opportunities for pupils from all year groups to be involved.

I look forward to meeting you soon, and if you come by bike, even better!

Best wishes,

Dave Atherton

Sustrans Bike It Officer Barnsley
In partnership with Barnsley Metropolitan Borough Council

Email: david.atherton@sustrans.org.uk
Mobile: 07833 057600
Web: www.sustrans.org.uk

Bike Breakfast

Cycle or scoot to school on Friday 21st October and you can have a **free healthy breakfast!** This is for pupils who come on their bikes, as well as parents and siblings.

Please return the slip below to say whether you will be attending, and let us know about any allergies so that we can do our best to cater for everyone.

Best wishes,

Dave Atherton

Sustrans Bike It Officer Barnsley
In partnership with Barnsley Metropolitan Borough Council

Email: david.atherton@sustrans.org.uk

Mobile: 07833 057600

Web: www.sustrans.org.uk

Name of child: _____ Class: _____

Bike Breakfast

How many people will your child be attending with? _____

Please give details of any dietary requirements or allergies we need to be aware of:

Also Please tick the box below if you give permission for the bike mechanic to service your child's bike.