



AYLESTONE SCHOOL

In federated partnership with Broadlands Primary
School and Withington C.P. School

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Executive Headteacher: Mr S Robertson

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Dear Parents/Carers,

As we strive to create a healthier and more environmentally friendly community, we encourage our students to consider cycling to school. Cycling not only promotes physical fitness but also helps reduce traffic congestion and our carbon footprint. However, ensuring the safety of our young cyclists is of paramount importance. Here are some guidelines and tips to help make the journey to school as safe as possible for everyone.

- 1. Wear a Helmet:** First and foremost, we ask that your child **ALWAYS** wears a properly fitted helmet. It is the most effective way to prevent head injuries in case of an accident. Unfortunately, there have been a number of accidents recently involving our students, none of whom were wearing a helmet and have resulted in injuries to the head!
- 2. Use the Right Gear:** Ensure that bicycles are in good working condition. This includes functioning brakes front and back (**this is a legal requirement**) well-inflated tires, and a properly adjusted seat. Wear bright clothing and use reflective gear to increase visibility, especially during early morning or late afternoon rides.
- 3. Follow Traffic Rules:** Students should be familiar with basic traffic rules, including stopping at stop signs and traffic lights, signalling when turning, and riding on the correct side of the road. Using designated bike lanes, where available, is strongly encouraged.
- 5. Stay Alert:** Cyclists should stay alert and avoid distractions like headphones or mobile phones while riding. Always keep an eye out for cars, pedestrians, and other cyclists. This is especially true when cycling to school on the cycle path on top of Aylestone Hill.
- 6. Lock Your Bike:** Make sure to use a sturdy lock to secure your bicycle in the designated bike parking areas at school. This helps prevent theft and ensures your bike is safe while you are in class.

We believe that by following these guidelines, we can ensure a safer and more enjoyable cycling experience for all students. Let's work together to promote a culture of safety and responsibility on our roads.

Thank you for your cooperation and support.

Kind Regards,

Mr Lewis
Assistant Headteacher