

Dear Parent/Carer,

We are delighted to announce that Princess Frederica Primary is now part of the Sustrans 'Bike It Plus' project; a project which helps schools promote cycling as a healthy, environmentally friendly and fun way to get to school.

Over the coming year, our dedicated Bike It Plus Officer, Andy Cremin, will be working with you, your child, the school and the borough to encourage safe cycling to school. There will be lots fun bike-themed activities and schemes with plenty of opportunities to get involved, so do look out for Bike It Plus events being advertised.

First Bike It Event – for Years 1 to 6

5th December: Dr Bike & Bike Breakfast (Years 1-6)

- Everyone that brings in their bike on the morning of the 5th December is entitled to a FREE light and healthy breakfast.
- Bikes will then be given a FREE safety check over the course of the day including basic maintenance.

Why Bike It?

Cycling to school is an excellent way for children to get some of the recommended daily hour of exercise. Other great reasons for schools to concentrate on cycling include:

- It is a fun way for children to develop independence and also some valuable life skills including road safety
- Reducing the number of cars around the school can make the neighbourhood a safer, less congested and less polluted space
- When asked, half of all children say they would like to travel to school by bike

What else can you expect this year?

The Bike It Plus Officer will be coming into school to...

- Run assemblies,

- Help with the school travel plan,
- Help arrange free cycle training, run playground skills and de-stabiliser sessions,
- Arrange cycling events, like Bike It breakfasts, classroom activities, and after school clubs,
- Hold bike maintenance sessions, and much more.

If you have any questions about the Bike It Plus project, cycling to school, or how to get involved, please don't hesitate to contact our Bike It Officer Andy (details below). You can also read more about Sustrans, the charity which runs Bike It, at www.sustrans.org.uk.

Best wishes,

Andy Cremin

Sustrans Bike It Officer (Brent)

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