



## Porters Grange Primary School & Nursery

Part of the Portico Academy Trust

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PORTICO  
ACADEMY TRUST

opening doors, unlocking potential

CEO - Mrs C. Woolf

Dear Parents,

At Porters Grange Primary School we are very keen to help pupils learn to live healthy lifestyles. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit. We are keen for pupils to learn about the health and environmental benefits of cycling and to become safe independent travellers.

We are keen to encourage as many pupils and parents as possible to cycle to school. As well as the health benefits, cycling with your child can help to reduce congestion in the local area, especially during the school run.

Therefore, we are offering Bikeability Level 1 training to all pupils in Year 4, Porpoise class on Wednesday 28<sup>th</sup> April. If the children have their own bike and helmet they should bring it in on this day, if not they will be able to share one. The children will be riding their bike in the playground, we will not be leaving the site.

Bikeability is cycling proficiency for the 21<sup>st</sup> century. Level 1 is for cyclists that can already ride a bike unaided to develop their skills and so be able to control their bikes safely and competently. There will also be a group for children who cannot ride yet where they will learn some riding skills. If you would like more information on this initiative please visit the Bikeability website at [www.bikeability.org.uk](http://www.bikeability.org.uk).

As a parent, would you like to find out more about the cycle training skills your child will learn? Under the ForwardMotion programme they can offer FREE 1:1 cycle training to help you become a safer more confident cyclist. To book or find out more details contact:  
Email: [hello@forwardmotionsouthessex.co.uk](mailto:hello@forwardmotionsouthessex.co.uk) Phone: 01702 212727

Mrs Chaabi



We are a **good** school in all areas

*"The school's work to promote pupils' personal development and welfare is Outstanding"*

