



SEAHAM HIGH SCHOOL

Engaging minds, broadening horizons

Seaham High School
Station Road
Seaham
Co. Durham
SR7 0BH

01915161600

Head Teacher: Mr D.A Shield

Deputy Head: Mr G.W Lumsdon

Deputy Head: Mr J.E Henderson

2nd October 2017

Does your child cycle to and from school?

Dear Parent/Guardian

Cycling is a very good form of exercise and travel. It is fun, keeps you fit and gives you independence. The number of cyclists in school is growing exponentially and it is wonderful to see our students exercising on a regular basis.

Please take a moment to read the following advice. We would like you to discuss this letter with your child and encourage them to be responsible and safe cyclists.

Your child is ready to cycle to school if:

- They are an experienced cyclist with a high degree of road awareness.
- They know how to ride their bike with confidence.

They shouldn't cycle to school or on public roads if:

- They are new to cycling.
- They feel nervous and lack confidence on their bike.

To improve cycling, your child should try:

- A Durham County Council Bikeability proficiency scheme - <http://www.durham.gov.uk/article/6549/Cycling-road-safety-schemes>
- To stick to safe areas such as cycle paths.

Seaham High School asks that all cycle users carry out the following checks:

- Brakes are working properly.
- Tyres have a good tread and are inflated to the correct pressure.
- Gears and chain are properly adjusted.
- Handlebars and saddle are at the correct height and position.
- Front and rear lights and reflectors are working and clean.

They should also:

- Have a bell fitted and use it with consideration to alert other road users to their presence
- Wear fluorescent or reflective clothing
- Wear a cycle helmet. Nine out of ten cyclists who are involved in road accidents suffer head injuries.

Once your child arrives at school with their bike we ask that cyclists:

- Park safely and considerately; never leave a bike in a place where it will be a danger or obstruction to others.
- Always lock their bike when leaving it, even if it is only for a few minutes.
- Secure their bike in the school bike area. Lock their bike through the frame, not the wheels
- Remove smaller parts and accessories that can't be secured, especially lights, pumps and quick-release saddles

Finally, as we head towards the winter months we ask that students no longer bring their bikes to school after the October break. The early dark nights and winter road conditions can make cycling hazardous to our students.

The school will lock the bike sheds from Friday 20th October and they will reopen once spring weather arrives.

Yours sincerely,

A handwritten signature in cursive script, appearing to read 'D. Shield', written in black ink on a light-colored background.

Mr DA Shield
Head Teacher