



Bruche Primary School Academy

Seymour Drive, Padgate, Warrington, WA1 3TT

Tel: 01925 815772

Executive Headteacher: Mr C Jones

School: www.bruchepriamry.co.uk

Multi academy trust: wpat.warrington.sch.uk

Bruche.office@wpat.uk

[@Bruche_P_School](#)

Welcome to our latest newsletter!

Thank you for your support today in our non-uniform day – it was lovely to see our children in their non uniform clothes and your generosity in bringing in toys was very much appreciated.

In the next couple of weeks, we will be launching a new feedback system to help us gain your thoughts/ experiences and views of when you have been in school for meetings, talks or performances etc. After your interaction with school, we will text out a simple question such as 'Please rank us on a scale of 1-5, with 5 being the highest how satisfied you are with your meeting today.' It is intended to provide us with more rapid feedback on your interactions with our school.

Have a lovely weekend everyone!

Mr Jones

Communication Corner

Diary Dates

25.11.2024 Christmas Performance tickets available to collect from the office

28.11.2024 Flu Immunisations Nursery-Y6

29.11.2024 Own Clothes Day- bring in sweets/ chocolate donation for the Christmas Fair

06.12.2024 Own Clothes Day- bring in a bottle donation (pop, alcohol, toiletries) for the Christmas Fair

~~**07.12.2024** Christmas Fair 12.00-15.00~~

CANCELLED DUE TO LOW VOLUNTEER NUMBERS

09.12.2024 Catch up flu immunisations

11.12.2024 14.00 EYFS dress Rehearsal Grandparent invite (see info below)

12.12.2024 14.00 EYFS Performance

13.12.2024 14.00 EYFS Performance

16.12.24 09.30 KS1 Dress Rehearsal Grandparent invite (see info below)

16.12.2024 14.00 KS2 Dress Rehearsal Grandparent invite (see info below)

17.12.2024 School Christmas Dinner (turkey and all the trimmings)

17.12.2024 09.30 and 15.30 KS1 performances

18.12.2024 09.30 and 15.30 KS2 performances

18.12.2024 15.30 -17.00 Christmas stalls, hot drinks and raffle

20.12.2024 Toy day/ party day/ Christmas Jumper day

20.12.2024 School dinner- Christmas party plate (sausage roll, sandwiches, crisps, Christmas themed desert)

20.12.2024 School Closes for Christmas

06.01.2025 School re-opens

14.02.2024 School closes for the half term break

24.02.2024 School reopens

Abcd = New addition to the diary dates

Abcd = parents attendance

Abcd = PTA events

Christmas Fair Cancelled.

Unfortunately, due to a lack of volunteers, we are having to cancel our planned Christmas Fair on 7th December. We completely understand how busy everybody is at this time of year so have decided to scale back our original plans and go to plan B!

On Wednesday 18th December we will have a few stalls outside such as hot drinks, Christmas crafts, tombola's (bottle, toy and chocolate) and a raffle. We do have a sum up machine but cash will be welcomed for ease and speed. We hope to see you there to support our school and PTA.

Christmas Costume donation

With our Christmas rehearsals in full swing, we are asking anyone who has any unwanted nativity costumes to donate them to school so that we can re-distribute them for this year's performances. Any donations would be greatly appreciated! Please either send them in with your child or hand in to the office staff!



Christmas Performance tickets

We are excited to announce that our Christmas Performance tickets will be available to collect from the office from 25th November.

EYFS- 2 Tickets per child for each performance
KS1 - 2 Tickets per child for each performance
KS2 -1 Ticket per child for each performance (due to larger numbers)

Christmas Dress Rehearsals

Last year, we trialled inviting Grandparents in to watch our Christmas dress rehearsals after suggestions from yourselves to invite the wider family community into our school.

We are pleased to announce that we will once again be welcoming our Grandparents/ extended family to come to watch our Christmas performance dress rehearsals.

As the dress rehearsals are also a wonderful opportunity for the rest of the school to watch their peers, space in the hall is limited. Therefore we will offer each family one grandparent ticket, per child.

These tickets will be available from the office from 25th November alongside the Performance tickets.

As always, if there are any tickets left over, we will communicate this to yourselves and hand them out on a first come, first served basis.



DONATE YOUR POTTED CHRISTMAS TREES - OUR NEW EVERGREEN ECO FOREST PROJECT

We will be starting a new exciting project in January where we will be aspiring to develop a new forest of evergreen trees around our main playground

Our ambitious target is to create a forest of 1000 trees before 2030 in order to promote the fight against climate change. Along with our commitment to creating clean energy with our school solar panels, this further venture will display Bruche's dedication to safeguarding the future of our planet.

Our goal is that every child from the school will plant a tree per year and each section of the forest will be allocated a plaque in recognition of the trees planted that year.

We hope to use money raised from our yearly readathons to fund this.

With this in mind, Christmas is fast approaching and we would like to invite people who buy potted Christmas trees to donate them to the school to begin our forest project once Christmas is over; these trees will make up the first trees in the forest.

We are blessed with vast grounds at our school and would love to enhance this area further by ensuring the environment is green all year round.

Any support with this project would be gratefully received.

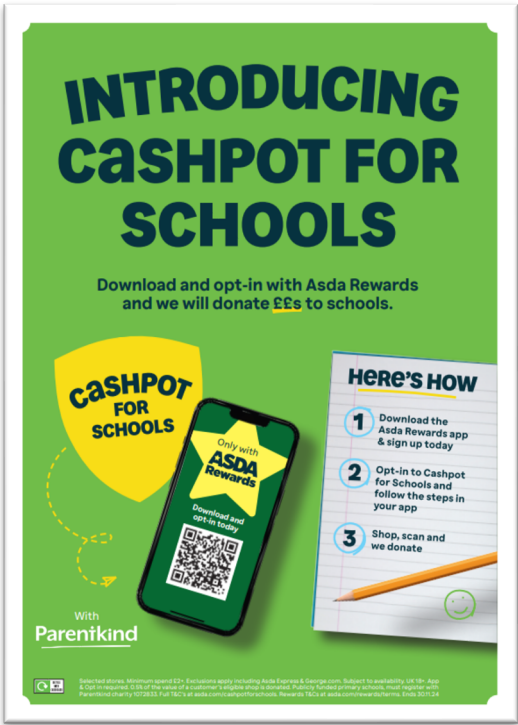
Best Wishes,
Mr Gould

Asda Cashpots for School- We need you!

Asda are working with Parentkind to offer support to school PTAs. It is incredibly simple to help and will cost you absolutely nothing! The school cash pot is linked to your Asda Rewards account so when you buy something from Asda, Asda will donate money to our school cashpot!

We currently have **£646.55** in our pot already and have **8 days left** to build up that total which will go towards our PTA events for our children!

Please see how to help below...



Special Mentions

Nursery- Heidi Hitchmough - We are so proud of Heidi. She is demonstrating a growing independence in all areas of her learning.
Well Done Heidi!

Reception- This week I would like to award my star of the week to **Thomas**. Thomas has been using his knowledge of Set 1 sounds to complete many challenges. He is beginning to write CVC words independently, and his confidence with forming his letters is improving day by day. Well done, Thomas! Keep up the brilliant work!

Year 1- George Arkwright for producing excellent writing all about Autumn! I am so proud of you!

Year 2 - Jax and Callie for their amazing effort and perseverance in their math's learning this week.

Year 3 - Emily Stott for trying too hard in Spanish this week!

Year 4 - Hiro Chan for his brilliant interest in the Ancient Greeks and creating non-chronological reports at home.

Year 5 - Oscar Sampson for his enthusiasm and eagerness during lessons!

Year 6 - Kai Williams - for amazing progress in Reading Plus.

Early Years News

Nursery

This week we have been reading the book Tree. The children have been remembering the different signs we see during Autumn as well as identifying all four seasons and the changes that occur for each of them. We have been finding out about some of the nocturnal animals that are associated with Autumn including owls, foxes, badgers, hedgehogs, bats and bears and we have also enjoyed reading the stories Wow said the Owl and Owl Babies.

The children have created their own paper plate owls, 2D shape jigsaw owls and their owl sponge printing of Owl Babies. They have also been using their modelling skills to create their own playdough owls.

In maths we have been playing dice games to consolidate our recognition and understanding of numbers and amounts 1-6 and the children have continued to explore their skills in sorting objects according to two properties using pom-poms and Autumn objects.

In phonics we have been continuing to develop our awareness of rhyme through playing rhyming pairs games, suggesting words to continue a rhyming string and suggesting words to complete a sentence within a rhyme.

We have also been practising our tripod grip using a range of different tools to trace the outline of nocturnal animals as well as creating images and patterns in the sand trays and the children are really enjoying our dough disco sessions to strengthen their hand and finger muscles as part of this.

You have all been working really hard this week and I am so impressed with the number of facts you have remembered regarding Autumn and the seasons.

Well Done Nursery, have a lovely weekend.

Mrs. Wallace

Reception

This week the children have found out who the leaf thief is in Literacy, and they have used their knowledge of the story to sequence the main events. The children have also been using their phonics skills to write simple captions and CVC words to complete Sid's shopping list.

In Maths, the children have been continuing to work on ordering numbers to 10. We have now also moved onto comparing numbers to 10, so the children have been using number spinners to spin and make a variety of numbers to 10, before comparing who has the highest/lowest number. We have used number tracks to visualise the number, this helping their understanding of counting and cardinality. I have been very proud to see the children using their knowledge of numbers to 10 to successfully cut and stick numbers to 10 on an empty number line.

The children have really enjoyed our creative challenges this week! The children have used their creativity and drawing skills to copy and make a symmetrical drawing of different woodland animals. They have also used play dough in the malleable area to make Sid the Squirrel.

Have a lovely weekend everyone!

Miss Bostock

Key Stage 1 News

Year 1

In Maths this week we have been learning how to add two single digit numbers together using a variety of different manipulatives. We used counters, tens frames and a number line too! We noticed that when we add the number gets bigger. We have also been practising our number formation to ensure that our numbers are correctly written.

In Writing this week we have been discussing Autumn. To start the week we looked at different Autumnal pictures and used adjectives and nouns to describe what we saw. We came to some fantastic ideas and used these in our writing the next day. We wrote our ideas in full sentences explaining what we see during the Autumn months. On Wednesday we learnt what an acrostic poem is and wrote our own using all of our ideas from the previous few days.

In Music we have been learning how to sing songs, learn words and clap to the beat. We have been learning the song Jingle Bells and developing some actions to the song too!

In PSHE, we continued with My Happy Mind. We took part in some happy breathing and learnt how effective this can be when we are feeling anxious, worried or if we need a quiet moment. We talked about our brains and what the word Neuroplasticity means. We drew pictures to show how we can develop our Neuroplasticity too!

In Geography, we looked at a map and a compass. We now know that there are different points on a compass, North, East, South and West!

In Art, we made a winter picture including a slider with a penguin attached. We loved making these cards and thought it was funny that we could move the penguin up and down inside our cards.

Homework:

Maths: Can you add two numbers together using a numberline?

Writing: Can you write down 3 words that begin with my sound and write 3 sentences.

Spelling: Can you learn the 5 spellings ready for a test next week! I wonder who will get 5/5?

Year 2

This week in Year 2 we have been learning about balanced equations. First, we used numicon shapes to practise balancing two sides of the scale so that both sides had the same total. We then practised making unbalanced equations balanced and then moved on to using the $<$, $>$ and $=$ signs to compare two different equations.

In English, we have continued focusing on past and present tense and how verbs change to show whether an action has already happened or is happening now. We read more of our class book 'Major Glad, Major Dizzy' and practised writing descriptive sentences in both past and present tense. We also started looking at some spelling rules for verbs in the past tense.

In RE, we learnt how light is important to Christians, especially during advent and Christmas. We learnt what a Christingle is and the significance of the different parts that make it.

In Science, we began our new science topic on plants by starting some plant investigations. We have planted a number of pea seeds and placed them in different areas under different conditions - some don't have light, some won't have water and one has even been put in the fridge! We're very excited to see what happens to our different seeds.

In History, we learnt about the difference between a biography and an autobiography and how we can use these to learn about significant people's lives from the past. We created our own autobiography after thinking carefully about the important events in our own lives.

In Music, we practised playing the tambourine to the tempo of the tune 'Jingle Bells'. Alongside this we have been doing lots of singing and working hard learning all of our Christmas nativity songs.

Homework

Both our spelling and English homework this week focus on verbs in the past and present tense while our maths homework is all about balancing equations.

Have a lovely weekend!

Miss Johnson

Key Stage 2 News

Year 3

In English this week, we have looked at a WAGOLL of a diary entry from the boy in The Seal Surfer after a terrible accident he has in the book! The children were able to pick out all the valuable grammar techniques that are needed to be included when they write their own!

In maths, we have been focusing on fact family triangles and understanding the layout of the triangle and knowing that it is showing us which order to write our sentences.

In science, we started looking into a very important lady named Mary Anning. She was a professional 'fossil hunter' 200 hundred years ago and she was the first person to find the bones of an ichthyosaur!

We have done more work in PSHE with MyHappyMind, working on our character strengths and looking at each of them more carefully. The children chatted to one another about which character strengths they want to develop and why.

In Spanish this week the children have continued to recap days of the week and have moved onto learning months of the year!

In music the children have carried on using the ukuleles but this week have started to learn how to play Jingle Bells to get in the Christmas spirit!

Mrs Hogan

Year 4

This week in English, we have been looking at apostrophe use for possession and looking at how we use them differently for singular and plural possession, which we then practised using our story of the Boy Who Cried Wolf. We have been looking at interesting vocabulary and have been looking at words related to being honest and dishonest.

In maths, we have been looking at negative numbers which has been very apt with the drop in the temperature this week. We have been looking at different circumstances where we might use negative numbers and looking at how we count back. We have then looked at Mrs Shone's favourite Roman numerals, we have looked at where we still see them in use today before learning and applying what the letters mean in number terms.

In History, we have been looking at where Ancient Greece was and the start of the civilisation.

In Spanish, we have been looking at instructions and classroom commands and have been teaching our robots to speak.

In Music, we have been looking at our chords on the ukulele and practising our songs for next month.

Homework

LBQ - Maths
Reading Plus x 2
Reading x 3 in diary

Mrs Shone

Year 5

This week in Year 5, we have been adding and subtracting using our place value knowledge. We practised adding/subtracting without exchanges and purely using partitioning to add each column. We then began to use the column method.

In writing, we created sentences using ambitious vocabulary, modal verbs and recapped direct speech punctuation. We will be using all of these grammatical aspects within our newspaper report about Annie Edson Taylor next week!

For our science topic, we pulled apart lilies to understand the different parts of a plant and how they contribute to reproduction. We looked at the male and female parts and their specific jobs.

In RE we looked at the holy book of Islam - the Qur'an. We looked at how the Qur'an became known and its importance to Muslims around the world.

HOMEWORK: This week the children will be expected to complete the two Learning By Questions Tasks (one English, one Maths) and 2 Reading Plus lessons over 80%.

Mrs Ratcliffe

Year 6

Year 6 have been working hard on angles and linking reasoning of angles with algebra. They have been finding missing angles in triangles, quadrilaterals, polygons, on a straight line, within a right-angle and in a full turn.

In English, the children have been completing contextual grammar to create sentences for their manifestos on how they will try to make Bruche an even better school to attend.

To do this, the children have been: writing sentences by adding subordinating and coordinating conjunctions; completing sentences using the subjunctive form; and composing 2 subordinate clause sentences. They have also analysed a variety of antonyms and synonyms of the words thoughtful and selfish to develop vocabulary in preparation for writing.

In RE, the children have been investigating Hinduism, looking closely at the notions of reincarnation and karma.

In Geography, the children have been looking at the decrease in the biodiversity of the World and have been investigating the reasons for this.

In Science, the children completed their end of unit assessment for their Evolution and Inheritance topic.

Mr Gould

Lunch Menu w/c 25.11.24

Week 1

SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soren and cheese & biscuits
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.

Week One

Meat Free Monday

V Vegetarian Sausage Roll
Herby Diced Potatoes and Baked Beans

Vanilla Ice Cream

Tuesday

V Pork Sausage with Yorkshire Pudding Creamed Potatoes, served with Carrots and Peas

Fresh Fruit Segments or Yoghurt

Wednesday

V Beef Burger in a Bun served with Herby Diced Potato and Fresh Side Salad

Vegetables Fajitas served with Savoury Rice and Sweetcorn.

V Orange Jelly and Fruit

Thursday

V BBQ Chicken served with Baked Wedged Potatoes, and Sweetcorn

Homemade Blueberry Cake/Muffin

Friday

Crumb Coated Chicken served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans

Oven Baked Fish Fingers Served with Chunky Chipped Potatoes, Peas, or Baked Beans

Homemade Cooks Choice Biscuit

Week Two

Meat Free Monday

V Margarita Pizza Rounds Served with Baked Jacket Wedges and Sweetcorn

Doughnut

Tuesday

V Roast Turkey with Creamed Potato, Roast Potato, Carrot and Broccoli

Fresh Fruit Salad or Yoghurt

Wednesday

V Spaghetti Bolognaise Served with Garden Peas

Lentil and Herb Chicken Pitta served with Vegetable Rice and Broccoli.

Arctic or Chocolate Ice Cream

Thursday

V Brunch Lunch (Sausage, Beans, Hash Brown, Omelette)

V Raspberry Jelly and Fruit

Friday

Crumb Coated Chicken Served with Chunky Chipped Potatoes, Peas or Baked Beans

Oven baked Battered Salmon served with Chunky Chipped Potatoes, Peas or Baked Beans

Homemade Cooks Choice Biscuit

Week Three

Meat Free Monday

V Tomato and Mascarpone Pasta Bake Served with Seasonal Vegetables

Strawberry Ice Cream

Tuesday

V Chicken Katsu Curry served with Rice

Fresh Fruit Segments or Yoghurt

Wednesday

V Selection of Pizza (pepperoni/cheese) Served with Jacket Wedges, Salad

Sweet and Sour Chicken/Quorn Served with Rice/Noodle

V Jelly and Fruit

Thursday

V Pork Meatballs in Tomato and Basil Sauce Served with Pasta and Garden Peas

Vanilla and Chocolate Marble Cake

Friday

Oven Baked Chicken Poppers Served with Chunky Chipped Potatoes, Garden Peas or Baked Beans

Oven Baked Fish Stars Served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans

Homemade Cooks Choice Biscuit

Menu: 2024

V = Vegetarian V = Vegetarian substitute available
 Lunch will be served with fresh milk or drinking water.
 All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals

Menu Cycle Week One: 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov

Menu Cycle Week Two: 24th June, 15th July, 9th Sept, 30th Sept, 21st Oct, 11th Nov, 2nd Dec,

Menu Cycle Week Three: 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec,

WARRINGTON
Borough Council



BRUCHE PRIMARY SCHOOL

Term Dates 2024-2025

| | Closing Date | Opening Date |
|---|-----------------------|---------------------|
| Autumn 2024 | | 04.09.24 |
| Autumn Half Term | 18.10.24 | 04.11.24 |
| Christmas 2023 | 20.12.24 | 06.01.25 |
| Spring Half Term 2024 | 14.02.25 | 24.02.25 |
| Easter | 11.04.25 | 22.04.25 |
| Bank Holidays (Good Friday and Easter Monday) | 18.04.25 and 21.04.25 | |
| Bank Holiday (May Day) | 05.05.25 | |
| Summer Half Term | 23.05.25 | 02.06.2025 |
| Summer 2024 | 18.07.25 | 03.09.25 |

INSET (Training days for staff – children not in school)

| | |
|----------------|----------|
| INSET 1 | 02.09.24 |
| INSET 2 | 03.09.24 |
| INSET 3 | 27.06.25 |
| INSET 4 | 21.07.25 |
| INSET 5 | 22.07.25 |

| Holiday Dates | |
|----------------------|---------------------|
| October Half Term | 18.10.24 – 03.11.24 |
| Christmas Holiday | 20.12.24 – 05.01.25 |
| February Half Term | 14.02.25 – 23.02.25 |
| Easter Holiday | 11.04.25 – 21.04.25 |
| May Half Term (Whit) | 23.05.25 – 01.06.25 |
| Summer Holiday | 18.07.25- 03.09.25 |



BRUCHE PRIMARY SCHOOL

Term Dates 2025-2026

| | Closing Date | Opening Date |
|---|-----------------------|---------------------|
| Autumn 2024 | | 03.09.25 |
| Autumn Half Term | 17.10.25 | 03.11.25 |
| Christmas 2024 | 19.12.25 | 05.01.26 |
| Spring Half Term 2024 | 13.02.26 | 23.02.26 |
| Easter | 02.04.26 | 13.04.26 |
| Bank Holidays (Good Friday and Easter Monday) | 03.04.26 and 06.04.26 | |
| Bank Holiday (May Day) | 04.05.26 | |
| Summer Half Term | 22.05.26 | 01.06.26 |
| Summer 2025 | 17.06.26 | (TBC) |

INSET (Training days for staff – children not in school)

| | |
|----------------|----------|
| INSET 1 | 01.09.24 |
| INSET 2 | 02.09.25 |
| INSET 3 | 03.07.26 |
| INSET 4 | 20.07.26 |
| INSET 5 | 21.07.26 |

| Holiday Dates | |
|----------------------|---------------------|
| October Half Term | 20.10.25 - 31.10.25 |
| Christmas Holiday | 22.12.25 – 02.01.26 |
| February Half Term | 16.02.26 – 20.02.26 |
| Easter Holiday | 03.04.26 – 10.04.26 |
| May Half Term (Whit) | 25.05.26 – 29.05.26 |
| Summer Holiday | 20.07.26 - TBC |

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...



Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)



Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)



Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 24 hours a day, 7 days a week on 0800 414 8247

[Mind.org.uk](https://www.mind.org.uk)



Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.giveusashout.org)



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalmzone.net](https://www.thecalmzone.net)

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)



Music is a compulsory and important part of the National Curriculum. The national curriculum for music aims to ensure that all pupils: perform, listen to, review and evaluate music.

From September 2022 Early Notes Music Education will be able to offer support to students with small group and one to one instrumental tuition for the following...

Ukulele For KS1 & KS2 students

Guitar For KS2 students

Keyboard For KS1 & KS2 students **(all students will learn to read notation)**

Flute For KS2 students **(all students will learn to read notation)**

Recorder (all ranges) For KS2 students **(all students will learn to read notation)**

Violin For KS2 students **(all students will learn to read notation)**

Drum Kit For KS1 & KS2 students

Tuition prices start from £65 for 12 sessions, all lessons are held within school during lesson time. The 12 sessions will usually fit into a school term and lessons will be carried over should a term be less than 12 weeks.

For further information about Early Notes Music, details about specific instrumental lessons or to enroll for September, you can do this direct via our website

www.earlynotesmusic.education

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are cycling UK

#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

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