



Atlantic Academy Portland

an Aspirations Academy

Miss Heppell - Principal of Primary
Mrs Bishop - Principal of Secondary

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Dear Parent/Carer

Re: Ditch your stabilisers with Sustrans Bike It Plus

As part of our school's involvement with the Sustrans Bike It Plus project, we have arranged a playground based 'Ditch your stabilisers' session on Wednesday 10th July 2019 here at Atlantic Academy for Years 1 and 2 students.

The session is designed to guide a child who is completely unable to cycle without stabilisers, and hopefully teach them to ride unaided.

ESSENTIAL INFORMATION – Your child may not be able to take part if the instructions below are not followed.

- You will need a bike that is small enough for both of your child's feet **to fully touch the ground at the same time – not on tiptoes.**
- The bike must be in good condition with fully working brakes and controls.
- Please **remove** the stabilisers **before** bringing the bike to school.
- If you want your child to wear a cycle helmet you need to provide one. Make sure it fits squarely on their head and covers their forehead.
- Your child should wear **long trousers**, or have these available to change into for the session.

The session will be run by Jonathan Dixon, Sustrans Bike It Officer for Dorset.

If you would like your child to take part please complete the consent form via the following link, [Ditch Your Stabilisers Consent Form](#) no later than Tuesday 9th July 2019, 12.00pm.

Yours faithfully

Mr A Dawson
Assistant Principal