



Northumberland Bike Month

Dear Headteacher

This year [Cycling UK's National Bike Week](#) takes place between the 9-15 June, but we've are expanded this to the whole month of June so schools can encourage cycling throughout the month. We hope this will give schools more time to take part in and promote cycling and scooting to pupils and their families.

We all know the benefits of cycling, pupils are more alert, increased levels of fitness and improved motor skills and that's before we start thinking about reduced pollution and less traffic near our schools. So, we wanted to give you some easy ways to get involved and encourage more pupils to cycle to school.

How can schools get involved?

Firstly, we'd love to know what you have planned for Bike Month, you can join in as much or as little as you are able. Tell us what you have planned [here](#).

That could be anything from holding an assembly, designing some posters or promoting Bike Month to parents, (there is a template at the end of this letter) to holding a Bling your Bike or Bike Shed event, everything counts.

What could we do?

If you have the time, you could try one of these activities during the month.

- Hold an assembly to encourage more cycling
- Pick a random bike from your cycle storage each day, to win a small prize
- Do a bike count the week before and repeat it at the end of the month to see if more pupils are cycling to school, you could get your School Council or Eco Group involved in this
- Design a cycling jersey or helmet, you could link this to the importance of wearing a helmet and making sure it fits correctly, use this film from [Halfords](#) as a guide

Want some more ideas?

If you can spend a bit more time promoting cycling, you could deliver one of these activities during the month.

- Bikers Breakfast
- Bling your Bike or Bike Shed, link it to a theme or topic you are working on in school
- Hold an active breaktime – where pupils are allowed to use their bikes and scooters during the school day
- Hold a Dr Bike and teach pupils how to do a [M Check](#)

- You could also check out the [Ready Set Ride resources](#) and share these with parents or use some of the tips to run some school-based sessions in PE.
- Check out the KS1 & KS2 curriculum resources from Bikeability including worksheets and lesson plans at [Tools for Schools](#)
- Cycling UK has lots of advice and tips about cycling for families [Cycling - Families](#)
- We now have 2 School Balance Bike Libraries with more coming soon, schools can arrange to 'borrow' some bikes for a few weeks to use with their Early Years classes by emailing bedlington.library@northumberland.gov.uk or ashington.library@northumberland.gov.uk you'll also receive a workbook to show you how to run effective sessions with your pupils.

Social Media

If your school uses social media, don't forget to tell everyone what you are doing during Bike Month and tag Northumberland County Council and The Big Northumberland Gear Change in your posts.

Facebook

NCC - @NorthumberlandCC

BNGC - @NorthumberlandGearChange

Twitter

NCC - @N_landCouncil

BNGC - @NLandGearChange

Hashtags

#BikeWeekUK

#BikeHero

Modeshift STARS

If you are using Modeshift STARS don't forget to record what you are doing, it all counts towards your accreditation or get in touch if this is something you'd like to find out more about, tracy.aitken@northumberland.gov.uk

Let us know if there is anything we can do to help you encourage more cycling to school.

Kind regards

Tracy Aitken

Parents/Carers' comms/newsletter content (edit as required)

Dear Parent/Carer,

Our school is promoting all things cycling, June to coincide with National Bike Week from 9-15 June.

[Bike Week](#) is a nationwide event which started 102 years ago by Cycling UK, since then it has been the mission of Bike Week to help people discover their passion for cycling.

Bike Week is the annual celebration of everything that's wonderful about cycling. It's a time to remind ourselves of all the positives that riding a bike can bring.

What can I do as a parent/carer?

- Encourage your child to cycle (or scoot) during June and why not give it a go yourself as well.
- For more inspiration and lots of hints and tips about cycling visit [The Big Northumberland Gear Change](#)

During June we will be ...[\(add or delete here\)](#)

Thank you in advance for your support.