

Larbert High School

Carrongrange Avenue
Stenhousemuir
Larbert
FK5 3BL
T: (01324) 554233 / F: (01324) 503551
E: larberthighschool@falkirk.gov.uk
W: www.larberthigh.com



Falkirk Council
Children's Services

Rector: Jon Reid

2 May 2018

Dear Parent/Carer

S1 Cycle Road shows

At the end of May, as part of Curriculum for Excellence, our S1 pupils will take part in a Cycle Road Show. These aim to improve cycle use through safety and route awareness as well as developing skills and an interest in being more active through cycling generally.

Day	Section
Tuesday 22 May	B Section
Wednesday 23 May	A Section

Pupils will learn how to maintain bikes and about the safety of bikes. They will be active through a cycle obstacle course and other cycling challenges.

There will be some bikes available on the day but if your son/daughter would prefer to bring his/her own bike we have lockable storage for over 40 bikes. To assist with planning, please indicate below if your son/daughter will bring a bike to school on this day.*

Pupils should report to the PE outdoor changing rooms at during interval on the correct day. Pupils should attend period 1 and 2 classes on that day. Pupils should see teachers to catch up with any work missed.

We would like to take the opportunity to take some photographs on the days for publicity and promotion of cycling in the school. If you have any objections to this please complete the slip. ** Otherwise we will assume this will be acceptable

We hope your son/daughter will engage enthusiastically in this road show and may occasionally become a cyclist to school using the route maps which have been designed with some of our pupils.

We are also offering pupils the opportunity to go on a **Led Ride** to the kelpies after school on the day of their Road Show. Pupils must have their own bike and helmet.

If you have any queries regarding this matter, please do not hesitate to contact me.

Yours sincerely

Miss K Macgowan
PE Department



Director: Robert Naylor

Sealock House
2 Inchyra Road, Grangemouth, FK3 9XB
T: (01324) 506600
F: (01324) 506601

Email: director.childrenservices@falkirk.gov.uk

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Parental Slip

*He/She will cycle to school on the appropriate day, so will have a bike.

I do not wish my son/daughter to be **photographed on the day of the cycle road show.

Name of pupil: _____

Form class: _____

Signed: _____

Relationship to pupil: _____

Medical conditions: _____

My son/daughter would like to go on the Led Ride to the kelpies on:

22 May (B section) 23 May (A section)

Emergency contact number: _____

Children who cycle or walk to school demonstrate a measurable increase in concentration that lasts for up to four hours, a Danish study has found. The survey, part of a project named 'Mass Experiment 2012' looked at nearly 20,000 Danish children from the ages of five to 19.

The project aimed to find the connection between diet, exercise and concentration. "The results showed that having breakfast and lunch has an impact, but not very much compared to having exercised." "As a third-grade pupil, if you exercise and bike to school, your ability to concentrate."
www.cyclingscotland.org/news/road-cc-children-who-cycle-to-school-have-measurably-better-concentration

Please return tear off slip to your PE teacher by Friday 18 May **only** if you have ticked any of the boxes.