

20<sup>th</sup> September 2022

Dear Parents /Carers,

**Re: Car Free Day Activities Tuesday 27<sup>th</sup> September 2022**

Cycling is an excellent form of exercise, kind on the environment and great for physical and mental health at any age. In celebration of **Car Free Day 2022**, we are going to be holding some activities at school on **Tuesday 27<sup>th</sup> September**.

**Dr Bike** – Flat tyres? Gear chain come off? Have your bike checked over by a trained mechanic for FREE! If you would like to take part, please bring your bike into the **playground quiet area at 8:45am** before going to class. Please have your name and class attached and visible on your bike. Dr Bike will be checking bikes on a first come first served basis, usually about 30 bikes a session. You can collect your bikes from the quiet area after school. He may not have time to check all the bikes but he will try!

**Try a Cycle** – Want to try out a bike to see if cycling is for you? After school on the playground, Sustrans will be providing some bikes to test your cornering skills or get a taster session on learning how to cycle.

**Sustrans** is a charity making it easier to walk, wheel and cycle. They are working in partnership with Catalyst and Mount Anvil to set up a local walking and cycling hub in Friary Park (The Verdean). Let them know what this walking and cycling hub should be, by **31<sup>st</sup> October** for a chance to win a **FREE folding bike**! Scan QR code below to go to the survey or type in:

<https://sustrans.onlinesurveys.ac.uk/friary-park-walking-and-cycling-centre-residents-discovery>



Yours faithfully,  
**Miss Wharton**  
School Travel Ambassador

