



Oakington Primary School

BETTER BY

Loose the Juice!

The Smoothie Bike is coming to Oakington! Cycling is a healthy activity - but this special blender bike makes it doubly so. Pump the pedals and turn fresh fruit into a delicious drink! The Smoothie Bike is visiting during the week of 16th-20th May and all the children will get a whizz at it!



Well done to the Mighty Pedallers

... and Scootists! Oakington finished 148th out of over 1100 primary schools taking part, with an average of 52.48% of pupils arriving by bike and scooter. Regionally, we came 18th, beating close contenders Cottenham. And within school, every class won Big Pedal Bear at least once but Chestnut were top of the league with four wins, Maple next with three. Thank you to everyone who was able to take part - special thanks to all the parents and younger siblings who swelled our score. Our best day

was Wednesday 27th April on which 67 children and 30 parents and little brothers and sisters cycled or scooted to school.

"Training Day" on Thursday 9th June

But not for teachers! This off-road cycle training day is for everyone in years Reception to 4, with sessions on the playground throughout the school day. The training aims to give the children basic skills to help them ride safely when they are out with an adult. There will be special groups for those on stabilisers/balance bikes or still feeling wobbly.

(Year 5s/6s already had their turn before Christmas when they did Bikeability Level 2 training.)



Although the competition is over for the year, the bikes and scooters are run in, and the sun is out - keep on pedalling and scooting!

Balance Bike Opportunity

During the week 16th-20th May we will also be borrowing some balance bikes. These are special bikes without pedals which let younger children master the technique of staying upright before they progress onto "proper" bikes. Children in Reception class who can't already cycle will get a chance to use these in school.



Pre-school brothers and sisters can also have a go! After school on Tuesday 17th May the balance bikes will be available for little ones to have a go. If you would like to do this with your child, wait at the hall door into the playground after school on 17th. There are five balance bikes so we'll take turns. The session will end at 4pm.

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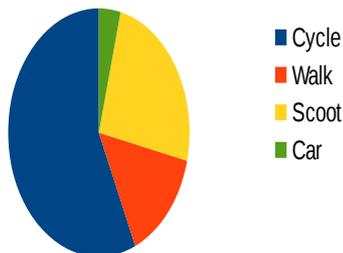
Top Tips for Learner Cyclists

If your child seems ready for two wheels, try the following:

- lower the saddle so their feet are flat on the ground. Get them to "scoot" the bike, one foot at a time then both feet at once. You could remove the pedals if they need to practise this stage.
- next, pack them a backpack full of favourite, light, soft toys and put it on tightly, so you can hold them securely but let go without them knowing!
- then practise "pedal ready": sitting on the bike with left foot on the ground, right at 10 o'clock, able to support themselves, ready to push down strongly.
- from "pedal ready" push down and glide, with you holding onto the backpack.
- when they can do that, extend it by pedalling. Keep holding on and giving lots of encouragement. You'll be able to feel if they are getting their balance and you can let go for a few moments
- encourage them to pedal fast in a straight line, looking ahead not down. Don't expect them to be able to start or turn without you holding them at first.
- keep it short, especially if they are reluctant, but try again. It can take a few goes. Not all children master



How children would like to get to school, March 2016



cycling at age 4 - some are 6 or 7 or older. The most important thing is that it's fun!

DATES FOR YOUR DIARY

16 – 20 May	Smoothie Bike and Balance Bikes in school
Tue 17 May	After school Balance Bike session for younger siblings
Mon 23 May	Last Bike Club this school year
Thu 9 June	Playground cycle training for Years R-4
TBA	IVC ride

IVC Cycle Ride

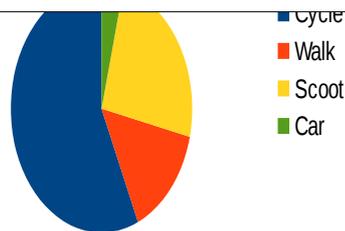
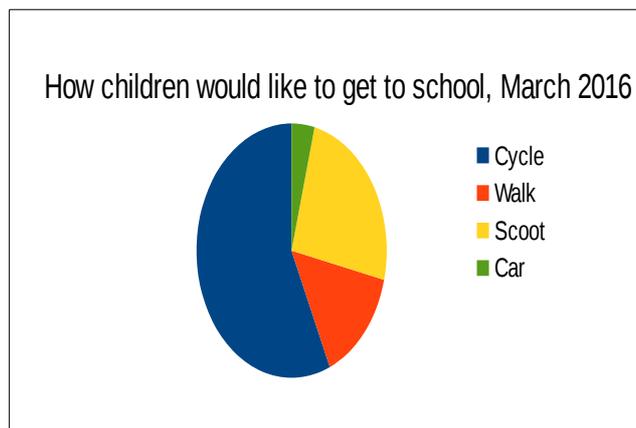
Many of Year 6 are going to IVC next year. Some will have to cycle, others would like to cycle some of the time. An after-school ride from Oakington to IVC will be arranged in July for anyone in Year 6 who would like to come (even if you won't be cycling to IVC next year.) We'll check out the route, look at places to take some extra care, and talk about what to do with your bike when you get there, and any other hints and tips for cycling to school. Details to follow.



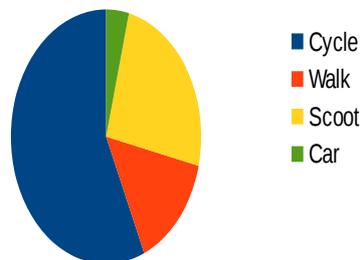
Bike Sheds

The second bike shed, currently marooned by the building work, will also be moving round to the main gate into the playground. If you use the bike shed in the school car park, consider locking your bike as this is accessible from the road.

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