

HeadSmart

Sample letter to parents

Dear Parent,

This week at school we have been teaching young people about cycle safety, particularly on cycle helmets and the risk of head injury. Young people are risk takers by nature and have not developed the full ability to judge dangers and potential risk.

This school encourages cycling and we want to help develop a positive lifestyle choice for the children whilst helping to instil a safety message.

Whilst we have been teaching an element of safe cycling we would like to encourage you as parents to help by following these simple tips:

- If your child has not been on a cycle training course we would recommend that they do so. Courses are available through your local council's road safety unit.
- We strongly recommend the use of a cycle helmet. Children are vulnerable and more likely to come off their bike. Helmets can be effective in reducing both head/brain injuries. Brain injuries are devastating and the effects can be life lasting.
- Make sure that their bikes are maintained and that they have working brakes, lights and bells.
- Cycle as a family and set a good example by wearing a helmet.

Yours faithfully

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The Bicycle Helmet Initiative Trust has a parents section available on their website www.BHIT.org has information and leaflets to help parents on elements of cycle safety. The Trust also runs special helmet purchase schemes that can be accessed through schools.