




Welcome to our Monthly Safeguarding newsletters.

The purpose of this newsletter is to keep parents updated on new guidelines to keep your children safe online. It also helps in our ever changing world when your children are old enough to venture out and about without parents close by.

This month's newsletter has been written by RF, BS & AH who are children in Y6, who are part of the Safeguarding or E-Safety Team.

The number one reason to wear a helmet when riding your bike is to **protect your head and brain**. We have noticed during each morning and after school that some children wear helmets on their bikes and scooters and some don't. We would like **ALL pupils to wear a helmet** if they come to school on a bike or a scooter.

<b>4 Reasons WHY you should wear a helmet on your bike or scooter:</b>		
Head and Brain protection	Having a helmet on, gives your head and brain protection if you are unlucky enough to get involved in an accident. In studies, a helmet on your head has been shown to <b>reduce face and neck injuries by up to 33 percent</b> . For <b>head injuries</b> , the figure rises to <b>50 percent</b> .	
Helmets Make Cyclists More Visible	Drivers in cars can easily see you during the day. Bright coloured helmets worn by cyclists help drivers see you from a longer distance. At night, a cyclist is nearly invisible. Helmets have built in reflectors. <b>If your helmet does not have any of these options, you can always run a few strips of reflective tape around the helmet.</b>	
Wear a Cycling Helmet for Protection from the weather	A helmet helps your hair stay in place when conditions are windy. The helmet also keeps your hair and head warm and dry if it is raining. In summer, cyclists get added face cover from the sun's UV rays when they wear a helmet.	
Set a good example to other cyclists, especially the young ones.	Other advantages of wearing a cycling helmet include showing off your style and setting good examples to young cyclists- <b>LIKE US !!!</b>	
<b>LAST THOUGHT:</b>		
It is important for cyclists <b>to always remember</b> that wearing a cycling helmet is not a guarantee against head injuries. <b>Your cycling style and following road rules</b> are the <b>best line of defence</b> against crashes.		
Let's promote safe riding and do remember to take care of one another when riding on the road.		