



Weekly Bulletin 24th September 2021

Monday 27th Sept – Start of Bike to school week

Monday 11th October – Flu Immunisations

Consent Forms

Please can any outstanding consent forms be returned to school on Monday 27th September.

Nursery Meal Price

Due to the instability and rising food costs from Covid-19 and Brexit; North Yorkshire County Council Caterers have had to look at a slightly increased meal cost to ensure they can fund a high-quality service that delivers healthy, nutritious meals in a safe environment suitable for food preparation and service. Nursery meals will be charged at £1.90. However, I'm sure you will agree, that this price continues to offer excellent value for money.

Nasal Flu Immunisations

Harrogate and District NHS Foundation Trust will be visiting the school on Monday 11th October at 11:00am to carry out the immunisation programme. Please find attached the letter detailing how to consent for your child to receive this immunisation.

Bike to School Week

Monday is the start of the bike to school week, this is a week-long event across the UK to encourage families to cycle and scoot to school. It will be great to see lots of you participating next week. Please see attached documents for further information.

Vacancies

We are looking for a vibrant Club Assistant to support our high quality out of hours school provision for children (Age 4 -11) within a positive, safe & happy environment. You would be supporting in the delivery of age-appropriate activities which enthuse and engage the children, making good use of both the indoor and outdoor environment and communicating with parents. Experience of play work would be useful, but no specific qualifications required. If you know of anyone suitable the role will be advertised on the North Yorkshire County Council website.

Phonics Parent Information

We are holding a Phonics evening for parents of reception and Yr1 on Wednesday 6th October at 5:30pm at Sharow CE Primary School.



Bike to School Week 2021

27 September – 1 October

- ✓ **Be active** and feel more energised
- ✓ **Help the environment** by replacing a car journey
- ✓ **Improve local air quality** and reduce congestion



Let us know your family is
cycling or scooting to school to be
in with the chance of **winning a Frog bike**

Go to www.sustrans.org.uk/biketoschoolweek/pledge

Free family guide

Whether your children are seasoned pros at cycling, walking, wheeling or scooting to school, or you're just getting started, our **free download** is packed with top tips, brilliant ideas, and fun activities for an active school run.

Download your **free family guide** today at:

www.sustrans.org.uk/free-active-family-download





Bike to School Week 2021

27 September – 1 October

Junior Doctor Bike

Objective

Pupils learn how to make cycling safer with simple checks and practices.

Session plan

First things first. Checking your bicycle is in peak condition is a vital step.

Use the checklist below to investigate the various parts of your bicycle. If you find any problems you might be able to fix them yourself, eg pumping tyres, oiling the chain etc.

More specialist repairs should be taken to a local bike mechanic.

Additional resources

Video: Show the pupils Sustrans' M-check video to help make sure their cycles are roadworthy each time they ride.

 [Watch the video](#)

Video: Show pupils this step-by-step guide to help make sure their scooters are safe to ride.

 [Watch the video](#)



Time needed:

20-30 minutes



Resources and tools needed:

Checklist (next page)

Cycle pump

Allen key

Chain oil



Solo/group activity:

Group/with a parent





Bike to School Week 2021

27 September – 1 October

Junior doctor bike checklist

Brakes

- Do your brakes stop your bike well?
- Look at the brake blocks, are they worn?
- Are the brake levers tight and level?

Wheels & Tyres

- Check tyres are pumped up and feeling firm.
- Is the tyre tread on both wheels in good condition or worn?
- Do the wheels turn easily?

Steering

- Handlebars should be straight.
- Does the front tyre line up in the middle when you look down?

Saddle and seatpost

- Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.

Pedals and chain

- Spin your pedals, do they move smoothly?
- Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.

Frame

- Check over the frame for damage, dents and rust. It's important to keep your bike clean and dry after use to keep it in tip-top condition!