

29 April 2026

Dear Parents and Carers,

As part of our continued commitment to student safety and wellbeing, we would like to take this opportunity to reaffirm and strengthen our expectations regarding cycling to and from school. Wearing a bicycle helmet has always been strongly encouraged; however, we are now placing a clearer and more consistent emphasis on this as a required safety expectation for all students who travel by bike. From Tuesday 5th May, all students who cycle to and from school will be required to wear a properly fitted bicycle helmet at all times when riding.

This approach reflects well-established safety guidance and reinforces the importance of protecting students from preventable harm. Medical evidence shows that head injuries are the leading cause of serious harm in cycling accidents, and wearing a helmet significantly reduces the risk of life-changing or fatal injury.

Even short or familiar journeys carry risk. Many accidents occur close to home or school, often due to factors beyond a cyclist's control, such as road conditions or the actions of others. A helmet provides essential protection by absorbing impact and reducing the force transferred to the brain.

School Expectations

All students cycling to school must always wear a helmet while riding. Helmets must be securely fastened and correctly fitted.

Consequences for Not Wearing a Helmet

First instance: A warning will be issued and parents/carers informed.

Second instance: The student will be banned from cycling to school for a period.

How Parents and Carers Can Help

Ensure your child has a safety-approved, well-fitted helmet. Reinforce that helmet use is a non-negotiable safety expectation. Encourage safe cycling habits, including visibility and awareness.

This policy is not about limiting independence, but about protecting students from preventable harm. A simple action—wearing a helmet—can make a significant difference in the event of an accident.

Wearing a helmet is a simple but essential habit that protects against serious and preventable injury. By working together—school and home—we can ensure that students develop safe, responsible behaviours that will benefit them for life.

Thank you for your continued support in helping us keep all students safe.

Yours sincerely,



Miss Pennington
Senior Assistant Headteacher

Supporting Information: Why Bicycle Helmets Matter

Key Safety Facts

Head injuries account for the majority of cycling-related fatalities and serious injuries. Wearing a helmet can reduce the risk of:

Serious head injury by up to 60–70%

Brain injury by up to 85%

The Impact of Head Injuries

Head injuries can have long-term and life-altering consequences, including, Memory loss and reduced concentration. Difficulties with learning and academic progress. Changes in mood, behaviour, and personality. Permanent brain damage or disability. In severe cases, fatal outcomes. Unlike broken bones, brain injuries may not fully heal and can affect a young person for the rest of their life.

Why Helmets Make a Difference

Bicycle helmets are specifically designed to: Absorb impact energy, reducing the force on the skull. Protect the brain during falls or collisions. Provide a crucial layer of defence in unpredictable situations.

Modern helmets are:

Lightweight and well-ventilated. Designed for comfort during daily use. Tested to meet strict safety standards.

Additional Safety Recommendations

To further support safe cycling, we encourage wearing high-visibility clothing. Using lights and reflectors, especially in low light. Keeping bicycles well-maintained (brakes, tyres, chain). Developing awareness of road safety and traffic rules.