



Churchfields Junior School

inspiring excellence



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Tuesday 27th February 2018

Year 4 BMX Biking at the Olympic Park

Dear Parents/Carers,

Following last year's successful trip, we have arranged for each class in Year 4 to have a BMX biking session at Lee Valley VeloPark's BMX track. These taster sessions are led by professional instructors to experience the BMX track and explore the discipline of BMX. If your child has not recently used their bike, it would be good idea to use their bike to get in some cycling practice and build up their confidence before the trip. Cycling is great fun and an important life skill for all children to learn. Children will be able to experience the full thrill of BMX biking if they can stand up on the pedals of a bike.

Thursday 22nd March

4AE	Leave school at 9am	Return to school at 2:30pm
4B	Leave school at 11:30	Return to school at 4:45pm

Friday 23rd March

4K	Leave school at 9am	Return to school at 2:15pm
4C	Leave school at 11:30	Return to school at 4:30pm

We will be travelling to and from the Olympic Park on London Underground. The children will need to take their own healthy packed lunch and water, but please no nut products due to allergies.

The children are required to wear correct school outdoor PE kit for this practical activity and come to school dressed in the correct outdoor PE kit: Plain navy jogging trousers (not shorts), navy jumper, coloured PE t-shirt and plain back trainers. Plimsolls are not suitable. **Children not wearing this clothing to cover their arms and legs will be able to watch but not take part due to safety reasons.** A BMX bike and helmet are provided for the session. Please ensure your child has a suitable coat if the weather conditions are poor. If you would like further information on the Olympic Park, then please visit the website: <https://www.visitlee valley.org.uk/en/content/cms/london2012/velo-park/bmx>

Please complete the slip below and return it as soon as possible. We do hope some of you will be able to offer help as group leaders, as without your help we would not be able to go on these wonderful trips.

Many thanks,

The Year 4 Team



Year 4 BMX biking session – Thursday 22nd March and Friday 23rd March

I give permission for my child _____ in class _____ to take part in the BMX biking session at Lee Valley VeloPark's BMX track. I will ensure my child arrives at school on time and has the correct outdoor PE kit, a suitable coat, packed lunch and water to drink.

I am able to offer my services as a group leader if needed (the class teacher will notify you if you are required).

Signed _____
*Please complete and return to class teachers

Date _____

Churchfields Junior School is committed to safeguarding and promoting the welfare of children and young people and we implement Child Protection procedures in the appointment of all staff

