

Issue No 57
28th April 2023



PUT THIS
on YOUR
CALENDAR!

May Day Holiday
1st May 2023

Interim Reports
Year 7
2nd May 2023

Bank Holiday
Coronation
8th May 2023

Interim Reports
Year 8
8th May 2023

Reports - Year 9
15th May 2023

Progress Evening
Year 8
15th May 2023

Year 11 Leavers'
Assembly / Day
26th May 2023

School Closes
26th May 2023

School Reopens
5th June 2023

End of School Year
19th July 2023

E-mail admin@millfield.lanacs.sch.uk
Website: www.millfield.lanacs.sch.uk
Twitter page @millfieldhighsc
#BeExceptional



Millfield MESSENGER

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Telephone 01253 865929



Dear Parents and Carers,

It has been a fantastic start to the summer term; behaviour around school and in lessons has been outstanding. It's always a delight to welcome visitors to our school; just in the last few weeks either students or I have conducted tours with two visiting headteachers, interview candidates and our new trainee teachers. Everyone who walks around our school and visits lessons comments on how calm it is; how purposeful the lessons are and, importantly, how happy the students and staff are. One of our trainee teachers, who has years of experience teaching in schools abroad, described Team Millfield as "educational paradise", which made me consider if I should use this phrase for the banner in the field!

Following a rigorous interview process (letters of application, staff votes, presentations to all of Year 7 and an interview in my office), I am proud to announce our new senior student team for 2023/2024: Emily Hume as Head Girl, Joel Alcock as Head Boy and Aran Rawlinson, Lewis Kershaw, Lily Crossley and Isabel Daniells as our new deputies. All students were incredible on the interview day; they were professional, confident, articulate and did themselves proud. It was a very difficult decision to choose. I would like to share with you a wonderful opening from one of the candidate's letters: "Within a bowl of ramen, each ingredient must harmonise with one another, which is the same within a school, because not just one thing makes a brilliant school, but many things combined to compliment each other".

Our talented students were incredible at the Performing Arts Showcase where we had the delight of watching students from across all year groups showcase their talents to a thrilled audience. On that note, I have received a letter of thanks from the Winter Gardens; our fourteenth Celebration of Music event last term, in which over 500 children from across the Fylde Coast performed to a packed auditorium, raised an incredible £4113 for the Winter Gardens Restoration Programme. This means that children for many years to come will continue to be able to perform on Europe's 145 year old widest stage, improving their confidence and self-esteem.

It was wonderful to welcome our student council to our senior leadership meeting; our students put forward a range of ideas they had to help improve our school and they also shared how much they loved school. They talked about how they felt supported by their teachers; how they thought that the range of extracurricular opportunities was fantastic and that they really appreciated everything the school has done to recognise and reward them – this included the pizza lunches and the hot chocolate with Headteacher awards, which take place every Friday in my office.

Follow us on Twitter, the only whole-school media we use, where we celebrate our students and you will find reminders of upcoming events; you can follow us at [@millfieldhighsc](https://twitter.com/millfieldhighsc).

Wishing you an enjoyable and relaxing couple of Bank Holiday weekends.

Best wishes

N. Regan

Be Exceptional!



WELCOME BACK!

It has been wonderful to welcome back our Year 10 students after their work experience. It has been lovely to hear about their experiences, successes and how much they have learned from their time in the workplace.

We were really pleased to receive so many applications for a place on the senior student team for the academic year 2023 - 24. We were really impressed with the quality of letters, presentation and interviews, and we have appointed a very strong senior student team who will help to drive the school forward.

There are several exciting opportunities available for Year 10 this term.

Firstly, Blackpool Sixth Form are running a Peace and Conflict conference on four afternoons this June. This will include investigations into conflicts around the world, the opportunity to debate issues and the chance to interview veterans from a variety of conflicts. Students have received details of this and any one interested should email c.gower@millfield.lancs.sch.uk. Places are limited and will be allocated on a first come, first served basis. Students would need to commit to attending all four sessions.

We have also arranged a full day taster session at both local colleges for all students in Year 10. More information will follow in due course but dates for your diary are Friday 30th June at Blackpool and the Fylde College, and Wednesday 12th July at Blackpool Sixth Form. These should both be very useful events.

Year 11 students continue to work hard for their exams which start imminently. Students should still be following the revision timetable and a reminder that supervised study is available every Wednesday from 2.50 – 5pm.

We look forward to celebrating with them at their leavers' assembly on 26th May and then again at the Prom on 29th June.

KEY STAGE 4

PASTORAL UPDATES

Masterclasses for Years 7 and 8



Year 7 - Summer Term
ALL SESSIONS RUN FROM 3-4 PM

Week beginning	Tuesday	Wednesday	Thursday
17/04/23			English: Writing song lyrics or a rap. (12 students) J4 ACO
24/04/23	PSHE: First aid training (max 24 students) RYS Hall		
1/05/23		Maths: Fractal Geometry BHU A41	
8/05/23		Spanish - Ordering in a restaurant / understanding a recipe in Spanish. SCR B4	
15/05/23	Food/Spanish: Practical (max 20 students) CPN A24		
22/05/23	DT Sketchup tutorial SCN A27	Music Samba and Structure CHH A19	History Archaeology finds with a guest speaker. GHI F8
5/06/23	Drama Acting for Camera Drama studio		Computer Science - Make your own Pacman game in scratch. PTY A26
26/06/23		Geography - Decision Making Exercise ERO F1	
3/07/23		Science Forensics DBO CS (max. 20 students)	
10/07/23	Art Working with Clay JPT A23		

Year 8 - Summer Term
ALL SESSIONS RUN FROM 3-4PM

Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday
24/04/23			PSHE: First aid training (max. 24 students) Hall RYS		
15/05/23		Spanish: Understanding a Spanish recipe / ordering in a restaurant. SCR B4	French: Understanding a French recipe / ordering in a restaurant SCR B4	Food: Spanish/French practical (max 20 pupils) CPN A24	
22/05/23		English: Detective fiction - are you a super sleuth? BBL J6		Technology Sketchup tutorial SCN A26	
5/06/23			Music Samba and Rhythm CHH A19	History Archaeology finds with a guest speaker. GHI F8	
12/06/23		Drama Acting for Camera Drama Studio		Computer Science Make your own Pacman game in scratch. PTY A26	
3/07/23		Maths Can you catch a fever? KHA H8	Geography Decision Making Exercise ERO F1		
10/07/23			Science Medical master class DSS C4 (max. 20 students)		Art Working with clay JPT A23

Available to Years 7 and 8 for the summer term, these **Masterclasses** are an exciting opportunity to try out different subjects and to learn new skills, from **FIRST AID TRAINING** to **WRITING SONG LYRICS!**





Mr Greenhall - Year 7 Progress Lead

We have exciting activities coming up over the next term for Year 7.

There are additional Masterclasses that are available for the Year 7s that run from April through to July. There are various subjects including Food Tech and Spanish, learning about Spanish cuisine along with making your own Pacman game from scratch in Computer Science and much more for Year 7s to attend if they wish.

Many students and staff alike will be looking forward to the Activities Day in July with a variety of events and activities taking place, such as Blackpool Pleasure Beach, Trafford Centre shopping and much more; we strongly encourage excellent attendance and behaviour to ensure students gain their places on these activities.

Miss Miller-Crook - Yr 8 Progress Lead

I hope you all had a well rested Easter break.

Well done year 8 for settling back into school life so quickly, I am looking forward to seeing how much you all achieve in the coming weeks.

Mrs Clare - Year 9 Progress Lead

Welcome back after a lovely Easter break. All year 9 students have now chosen their options and Mr Humphreys is busy meeting students to finalise their choices ready for September.

Graduation booklets are in their final stages so make sure you are completing all tasks that have been set. Another busy term is ahead of us, so let's continue the good behaviour and keep our standards high.

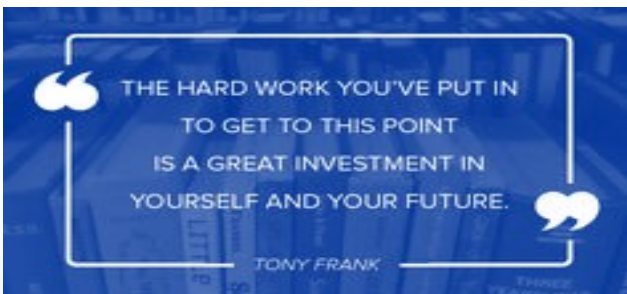
Mr Griffiths - Year 10 Progress Lead

Year 10 have now completed their work experience; I am very proud of them all as the feedback from both students and employers has been amazing. Hopefully this has given pupils the experience of working life and in insight into an industry.

We have now launched the Duke of Edinburgh to the year 10. This has been received well by the year 10's with spaces filled quickly. I hope you all enjoy the journey!

Congratulations also go to all the students who applied to become part of the senior prefect team, those who were invited to an interview, and those who were successfully appointed to these positions of responsibility. All of the applications were of an extremely high calibre - well done to all concerned.

Keep up the hard work until the summer break!



This April saw students from year 7 and 8 take part in the UK Mathematics Trust (UKMT), Intermediate Maths Challenge. This is the UK's most popular and competitive maths competition where thousands of the top young mathematicians compete in an hour-long test to answer complex mathematical problems.

Well done to all those involved including Mr Blunden for running the challenge and his weekly lunch club.



United Kingdom Mathematics Trust



HOME LEARNING - Think Piece

Home learning is something every child has had to do during their schooling. It may have been preparing a presentation, drawing up a poster or completing a worksheet. This is one subject that guarantees vastly varying opinions. Some believe there should be no home learning and others find a reasonable amount of it quite useful. Some think less should be set, some think more. So, what is the reason for such contrasting opinions? What is the significance of home learning? Home learning is important as it allows students to develop and hone important skills, such as time management and discipline.

These are skills that they will find invaluable in the near future – including higher education and their work career. It also acts as a way for the teacher, as well as the pupil themselves, to recognise their current level along with their progress. Home learning also helps students to consolidate class work. Through this they can ensure full and clear understanding. Through completing their home learning students can gain several important life skills to make themselves more responsible.

Home learning gives students the responsibility of completing the given task by a given time. This encourages them to become more independent and disciplined. This may involve planning out their after-school time and deciding to complete a home learning task in a given time limit.

For example, the student may plan to spend 20 minutes on their maths homework, take a ten-minute break, and then spend 30 minutes on geography. This organisation is something they will find fundamental during exams as well as in their future careers.

The image contains three main educational components:

- Regular Polygons Chart:** A grid showing the properties of regular polygons.

Equilateral Triangle Total = 180° One angle = $180 \div 3 = 60^\circ$	Square Total = 360° One angle = $360 \div 4 = 90^\circ$	Regular Pentagon Total = 540° One angle = $540 \div 5 = 108^\circ$
Regular Hexagon Total = 720° One angle = $720 \div 6 = 120^\circ$	Regular Heptagon Total = 900° One angle = $900 \div 7 = 128.5^\circ$	Regular Octagon Total = 1080° One angle = $1080 \div 8 = 135^\circ$
- Protractor:** A semi-circular protractor with degree markings from 0 to 180. It is labeled with 'Vertical' at the top, 'Vertex' at the center, and 'Horizontal' at the bottom.
- Weekly Homework Chart:** A table for tracking homework completion.

Subject	Mon	Tues	Wed	Thu	Fri

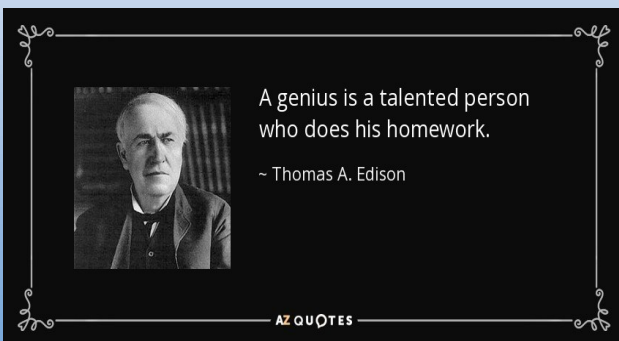
Technical Principles

Angle of cut for equilateral triangle = $60^\circ \div 2 = 30^\circ$
 Angle of cut for square = $90^\circ \div 2 = 45^\circ$
 Angle of cut for regular pentagon = $108^\circ \div 2 = 54^\circ$
 Angle of cut for regular hexagon = $120^\circ \div 2 = 60^\circ$
 Angle of cut for regular heptagon = $128.5^\circ \div 2 = 64.25^\circ$
 Angle of cut for regular octagon = $135^\circ \div 2 = 67.5^\circ$

*Round down to 60
Round up to 68*

Here at Millfield we celebrate excellence and home-learning is no exception:-

Congratulations go to students in Design Technology who have produced outstanding examples of home learning, in which they have focused on using mathematical formulas for the practical applications of measuring and marking out accurately.



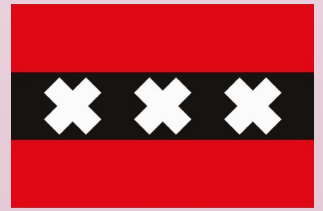
Reminder

In order to support your child with their home learning, please regularly log into Synergy to monitor the tasks that have been set and remind your child to complete them. The home learning policy can be viewed on our school website; this explains how much home learning your child should be set each week and the types of tasks they could be set.

Mr Wood

Lead Practitioner of Teaching and Learning (Technology).

Greetings from AMSTERDAM!

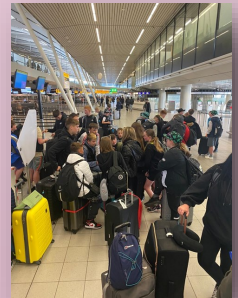


Over the Easter holidays six staff gave up their time to take 39 students on a football tour of Amsterdam. The students were fantastic, and the trip was a massive success.

Day 1



We met at school at 3am to get the coach to Manchester airport. We flew to Amsterdam at 7:05am. We arrived all safe and sound, 25 minutes early. We went to the castle, which was amazing. The grounds and facilities were great, so we had a look around the area and



found somewhere for lunch. The students were brilliant and didn't go crazy on sugary snacks. We played a 7 a side football tournament in the afternoon - Mr Edet's team won.

Day 2



After an early start, we went to FC Utrecht training facility for a training session with the youth team coaches. It was fantastic experience for the students to get a first-hand training session from coaches who delivered drills that the first team do.



This was followed by a coach ride into the city centre. The students were excellent. All students followed instructions and were a real credit to the school.



We then had our first round of fixtures with a local

team. The Year 9s won and drew a game, the Year 8s had two wins and the mixed team held their own against their strong opposition.





Day 3

We had another early start to get to Walibi World - what a theme park!! It was a bit of a long drive but was worth it, and the best thing about it was that it was quiet. There were hardly any queues, so the students got to go on everything. It was a fantastic place and the students behaved impeccably. After the long day, we had our second round of fixtures. Naarden Vesting Combinatie was a fantastic club. It was a combination of football, hockey, tennis and rugby. I have never seen a setup like it. After the welcomes and some snacks, the students took to the field for the games. The Year 9 and 8 teams won convincingly, and the mixed team showed a good account for themselves.



Day 4

As always, it was another early start with a trip into the city to visit Madam Tussauds. The students got to have their picture taken with many legends such as Elvis, Michael Jackson, and Johnny Depp. This was followed by a quick lunch and shop. We then went to the Ajax arena, which was amazing, for our tour. The students got to see the changing rooms, conference centre and sit in the coaches' seats in the stadium. I think the best part for most was the shop, with many getting a shirt and other merchandise. Our final fixtures were extremely successful. All three teams won comfortably and then had a sing song on the bus back to the hostel.



There are 1.2 million bikes in this city, but only around 821,000 inhabitants. Amsterdam has over 400 km of bike lanes and several storage facilities. 25,000 bikes are thrown or disappearing in the Amsterdam canals every year. Yearly, around 100,000 bikes get stolen. Bikes have the right of way over both cars and pedestrians, make sure to stay out of the bike lanes and be careful when crossing!



Teaching and Learning - Collaborative Learning

What is collaborative learning?

Collaborative learning, working in pairs or small groups, can have a really positive impact on the progress that students make in the classroom. Over the next few weeks, teachers at Millfield will be developing their teaching skills in how they can make collaborative learning really effective in their classrooms. Some people believe that group work can be noisy and not really support student learning, but evidence strongly suggests that when students are given explicit guidance on how to work together, it can be an incredibly effective instructional tool. Our teachers have already taken part in a whole school training session and are keen to start making use of new approaches.

What do teachers want from collaborative learning?

Teachers need all students to participate fully in collaborative learning. If the group, or pair, is going to succeed, everyone needs to be involved. Individuals will be made accountable for their participation and teachers will be checking for evidence that students are contributing and that everyone's understanding is being developed securely.

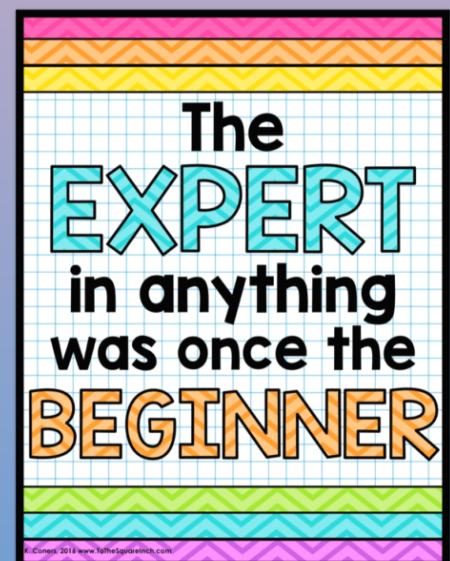
What will teachers be doing?

Classes don't automatically understand how to work effectively in groups and therefore teachers will break down the process of working collaboratively for them. Teachers will be utilising some of the following strategies to ensure that collaborative learning sits at the core of our classroom teaching.

- * Checking that students are very clear about what they need to do as a group, but also why they need to do it. Teachers will ask students to repeat tasks back to them to ensure that there is absolute clarity.
- * Modelling what good discussion and collaborative learning looks like.
- * Timing students so that there is clarity about how long a task should take.
- * Allowing students a period of thinking time so that they have formulated and refined their ideas before they actually discuss them.
- * Checking that students are fully listening during whole class feedback or when the teacher is talking.

Please do ask your child/ children about any collaborative learning that they have taken part in here at Millfield.

As always, if you would like to find out more, contact the teaching and learning team in school who will be happy to discuss this with you further.





PERFORMING ARTS

On Tuesday 25th and Wednesday 26th our Performing Arts students participated in the Performing Arts Showcase.

The students performed three outstanding shows, one of which included performing for our local primary schools. The event showcased exceptional GCSE work from our dance, drama and music students and also allowed our extra-curricular students to showcase their hard work and practice they have put in at the Performing Arts after school clubs. Thank you so much to everyone who came to support and a huge well done to our extremely talented students!"



Keep Up
The
Good
Work



HOT CHOCOLATE WITH THE HEADTEACHER

Bobby Walsh	8 S3 PTY
Kian Forsyth	8 B4 ELW
Ellie Barnes	8 H3 KKN
Isla Hill	8 S3 PTY
Sophie Shreve	8 R3 CCR
Sarah Armstrong	8 S3 PTY

Be Exceptional!

All of the above students have been nominated by Mrs Crook for their excellent work in MFL



Important reminder for Year 11

If you have a school laptop on loan, it will need to be returned to the school office AFTER your last exam. Please label it with your name and "for the attention of Mrs Fawcett".

Thank you.

Deputy Headteacher's Maths Challenge - Clock Puzzle

At midday the hour and minute hands of a clock sit on top of each other perfectly.

In a little over one hour they will again be on top of each other.

What is the exact time that happens?



Did You Know?

If you could drive to the sun -- at 55 miles per hour -- it would take about 193 years



Please email your worked solution to Mr Humphreys - b.humphreys@millfield.lancs.sch.uk



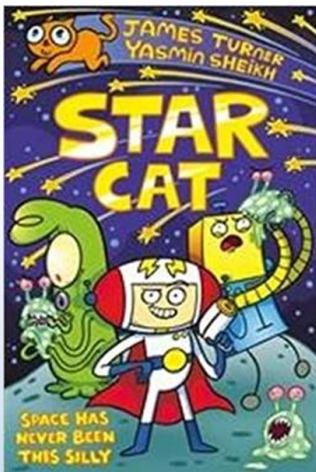
Recommended Reads

The 'Library Books of the Week' are 'Star Cat' by James Turner, and 'Tragedy at Sea' by David Long.

'Star Cat' by James Turner is one of this year's brilliant Book Buzz free books for Y7 students. This bright, super-fun graphic novel stars Captain Spaceington and his wacky crew as they travel the universe in their spaceship, the Star Cat.

In the deepest depths of space, there is only one crew brave enough to take on the universe's most dangerous villains . . .

Unfortunately, they weren't available for this book, so you'll have to make do with the crew of the . . . STAR CAT!

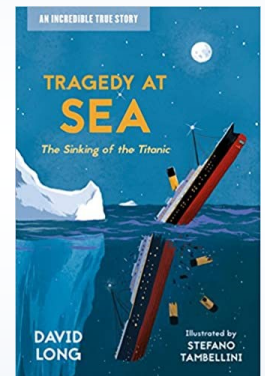


Join Captain Spaceington and his team as they blunder across the uni-verse getting into all sorts of hilarious hi-jinks and escapades as Cap-tain Spaceington tries to prove that he is worthy of the Bravest Captain Med-al. Space has never been this silly!

Our second book recommendation is 'Tragedy at Sea: The Sinking of the Titanic', by David Long.

In this fact-filled retelling of its construction and doomed maiden voyage, this book brings Titanic's tragic tale to life.

On 10 April 1912, RMS Titanic set sail from Southampton on her maiden voyage to New York. This "Ship of Dreams" was the largest and most luxurious ocean liner in the world. It was claimed she was unsinkable. But four days later, when the ship struck an iceberg, the loss of Titanic and over 1,500 passengers would become one of the most infa-mous maritime disasters in history.



Something very ^{*}magical^{*} can happen when you
READ A GOOD BOOK

-J.K. Rowling

DID YOU KNOW?

Around 2,200 people were on board when the Titanic sank in 1912, but her maximum capacity was around 3,500. Of these, 1,000 would be crew. In 1912, there were 908 crew members, but fewer passengers. There were 324 in First Class, 284 in Second, and 709 in Third.

Between 1,490 and 1,635 of these people died as the ship sank, including the Captain.

Congratulations **NICE GOING!**
GREAT! Way to Go!
 Yea! **FELICITATIONS**
CHEERS Take A **BEST**
BOW! **WISHES!**

Congratulations to the newly elected Head Boy, Joel Alcock and Head Girl Emily Hume.

This year's Deputy Head Boys are Aran Rawlinson and Lewis Kershaw, and the Deputy Head Girls are Lily Crossly and Isabel Daniells

The team will be ably supported by Senior Prefects Molly West, Thomas O'Neill, Melissa Maybury, Erin Hill and Emily Draper.

Also elected as senior prefects are Hayley Carr, Evie Jones, Olivia Clueit, Alyssa Hellowell, Naomi Butler, Nell Stephenson and Elisha Stead.

Well done to everyone who took part in the elections, and **Good Luck** in your new roles!



HOT CHOCOLATE WITH THE HEADTEACHER

- | | |
|----------------|----------|
| Bethany Wood | 9 R6 CHH |
| Flo Reeves | 9 S5 CHY |
| Sophie Nugent | 9 R6 CHH |
| Stanley Morton | 9 S6 ABA |
| Benjamin Jones | 9 R5 SCN |
| Caleb Kayley | 9 R6 CHH |

All of the above students have been nominated by Ms Carbon for their excellent work in Technology



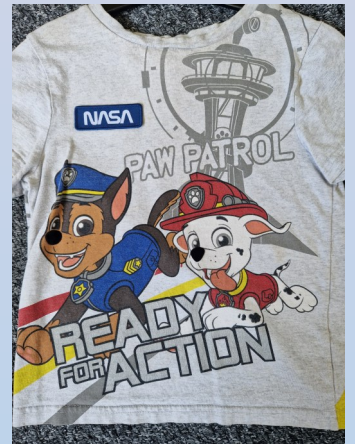


YOU ARE WHAT YOU WEAR

The week commencing 25th April is **Fashion Revolution Week**. Each year this event encourages us to ask clothing brands “Who made my clothes?”. The event aims to raise awareness and encourage a fairer industry with regards to worker’s rights, especially their health and safety. The Rana Plaza building, in Bangladesh, collapsed in 2013, leading to the deaths of at least 1132 people, with more than 2500 people suffering injury. This disaster highlighted the need for more transparency from clothing manufacturers about who makes their clothes, where these are made, the wages paid, and the conditions that their employees are working in.

There is also the issue of ‘fast fashion’. With items of clothing available at such low prices in some stores, it is easy for people to update their wardrobe regularly, throwing, giving away, or selling clothes they have only owned for a short time. This month, we should all take some time to rethink our fashion spending habits. Do we really need to buy clothes so often? It can be easy to throw out that vest top when the strap has broken, or the skirt that has a small tear in it, or those trousers wearing thin at the knees (especially those belonging to young children!)

My boys regularly wear away the knees in their trousers, so I decided to cut up one pair of damaged trousers and use the material to patch up the others. I also repaired a denim skirt with some patches and restitched a vest top strap that had come loose. I challenged myself last year to buy clothes as little as possible, and I’ve managed to go a whole year without buying any new tops, leggings, skirts, or jumpers (well, I bought a Prof Brian Cox T-shirt from his Horizons Tour and a new George Michael Christmas jumper, but they were essential purchases!) The Eco-Warriors also recently upcycled a damaged-beyond-repair denim skirt of mine into a tote bag.



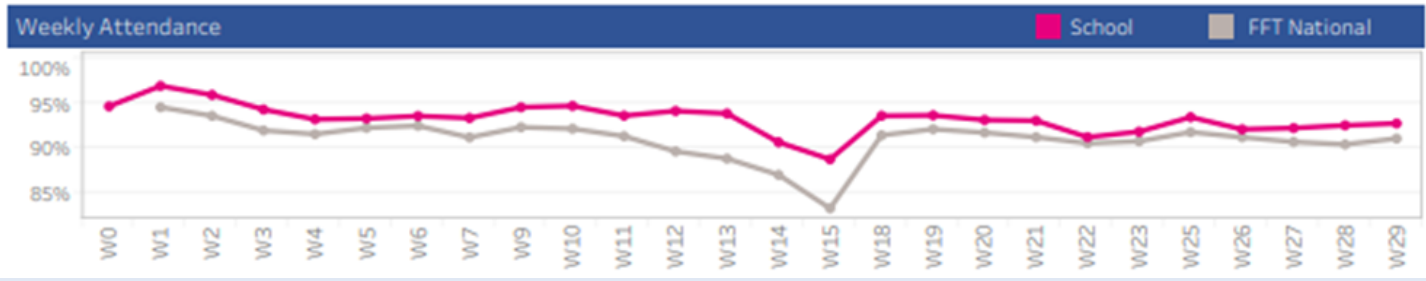
Let’s start thinking twice about our fashion purchases. Swap with friends, visit a charity shop, repair damaged clothing, and get creative with old clothes. There was a time when we lived by the motto ‘Make Do and Mend’, when teenage girls, like my Grandma, would

make skirts out of their Dad’s old trousers, using embroidery to make them pretty. Let’s try to bring that way of life back and get creative with our clothes.



NOTICE BOARD

Attendance continues to be excellent!
We are currently 2.3% above the national average.



Students who have excellent attendance from now until July will be invited to participate in our amazing activities day. More information to follow.

NATIONAL NUMERACY DAY 17 MAY 2023

Number Heroes Competition

Children across the UK can enter the competition by creating a picture of themselves doing their dream job or hobby and telling us all the different ways they'd use numbers and maths.

Name and age:

School and class:

The way I would love to use numbers when I grow up is...

Write here

Prizes:

- A winner in each category will win a £50 gift voucher and certificate for themselves, as well as a number confidence boosting prize bundle worth at least £1,000 for their chosen nursery, school or community group.
- A runner up in each category win a £20 gift voucher for themselves

The category Secondary A is relevant for secondary settings: England/Wales Y7 and Y8; Ireland Y8 and Y9; Scotland S1, S2.

Years 7 and 8

Students can create a picture of themselves doing their dream job or hobby. They can paint, collage, use a computer, or use any other way to create their picture! They need to also write how they will use numbers in their dream job or hobby. They need to add their first name, last initial and age. Send all pictures to Mr Armstrong in H4 by 31st May. They will then be uploaded to the National Numeracy website.



Draw here



Create a picture of you doing your dream job or hobby and tell us all the different ways you would use numbers, then ask a grown-up to upload your picture through our online form. Let your imagination run wild and win a fantastic prize for yourself and a prize bundle for your nursery, school or youth group!

Scan to visit the website. For online entry and full terms and conditions visit: www.nationalnumeracy.org.uk/number-heroes-competition

Winning criteria

Bobby Seagull will pick the winning entry based on:

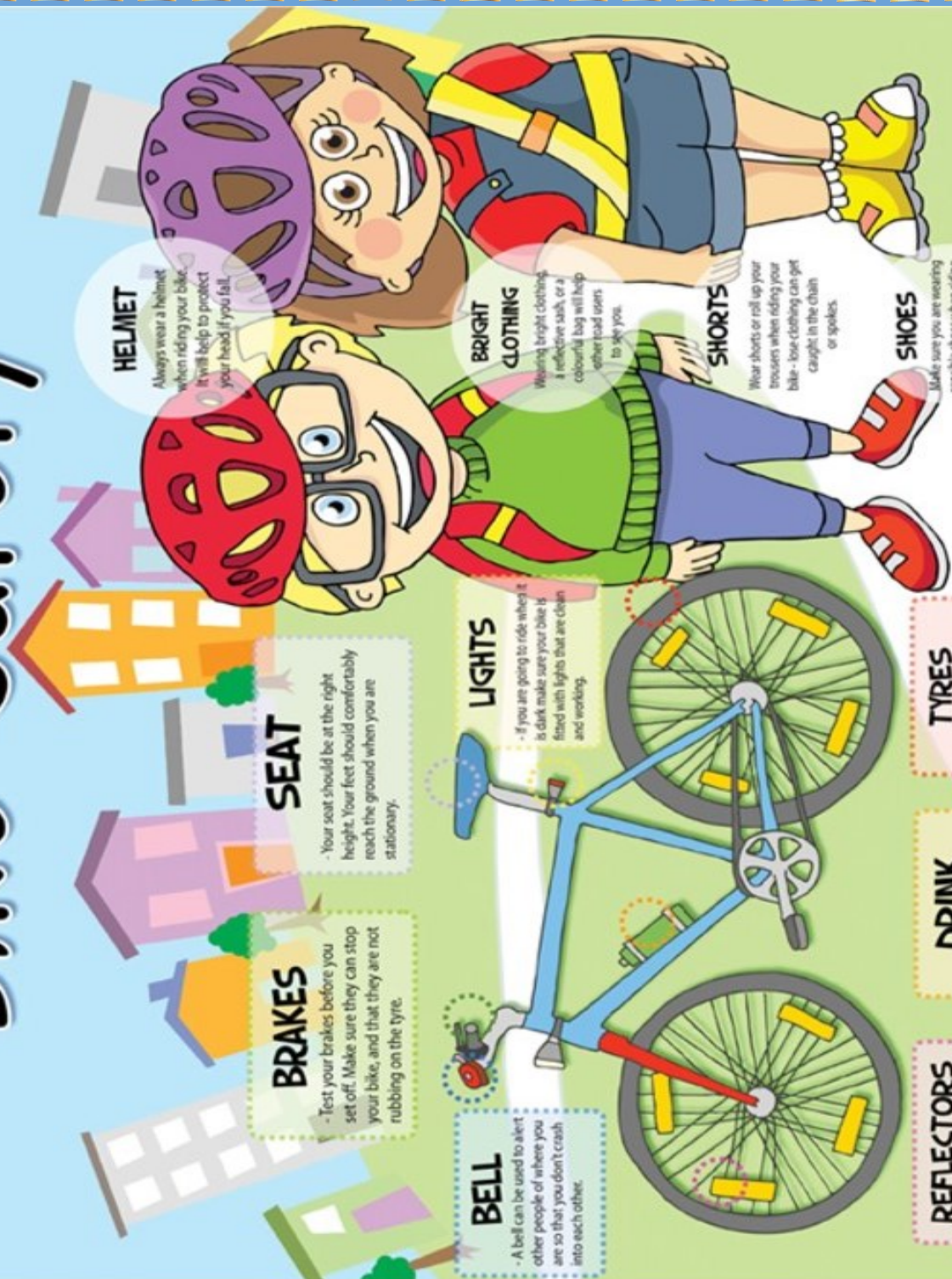
- The most imaginative picture, showing great effort
- The most creative uses for numbers



Bobby Seagull
National Numeracy Ambassador and competition judge!



Bike Safety



HELMET

Always wear a helmet when riding your bike. It will help to protect your head if you fall.

BRIGHT CLOTHING

Wearing bright clothing, a reflective sash, or a colourful bag will help other road users to see you.

SHORTS

Wear shorts or roll up your trousers when riding your bike - loose clothing can get caught in the chain or spokes.

SHOES

Make sure you are wearing sensible shoes when riding. You don't want to graze your toes or hurt your ankles.

SEAT

Your seat should be at the right height. Your feet should comfortably reach the ground when you are stationary.

LIGHTS

If you are going to ride when it is dark make sure your bike is fitted with lights that are clean and working.

BRAKES

Test your brakes before you set off. Make sure they can stop your bike, and that they are not rubbing on the tyre.

BELL

A bell can be used to alert other people of where you are so that you don't crash into each other.

TYRES

Make sure your tyres are pumped up - give them a squeeze to check. If they are a low pump them up before you set off, get help from an adult if you need it.

DRINK

If you are going on a long ride, take a drink with you. Cycling uses lots of energy so you should make sure that you replace it.

REFLECTORS

Reflectors can help motorists to spot your bike. Make sure they are clean and fitted securely.

WHAT TO DO ON THE ROADS

When you get on your bike you should look around for traffic and pedestrians. Only set off when it is clear and safe.

Before making an maneuver you should look around to make sure it is safe, and then make a clear arm signal to show to other road users what you intend to do.

You should always keep your hands on the handlebars unless you are signalling a maneuver.

You should always take notice of traffic lights and road signs.

Whenever you can you should use a route away from busy roads. Always use a cycle path if it is available.

At road crossings and roundabouts it is often safer to get off your bike and walk across - like you would as a pedestrian.

It is always better to be safe than sorry. If you are unsure, take your time and wait for it to be clear.



This sign means Recommended route for cycles



Don't cycle where you see this sign.