



# Bishop Wordsworth's School

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Dear Parents/Guardians

## Students Cycling to School

It is fantastic to see the growing numbers of students, parents and staff choosing to cycle to school/work. It is fun, keeps you fit and gives you independence.

In light of an increased number of students/staff using bicycles and observations from one of our parents, we feel it is important that students are reminded about the significance of being safe when cycling. Although wearing a helmet is only one part of cycle safety and is free choice, the best research still suggests a significant reduction\* in the risk of brain injury if helmets are worn. This form of travelling is certainly to be encouraged but safety must remain of paramount importance.

If staff and older boys can set a strong example of helmet wearing and responsible cycling behaviour, this makes a culture in which everyone will be safer in their journey to and from school.

\*The meta-analysis by Olivier and Creighton (2016) is the most recent and extensive overview of case-control studies of the protective effect of cycle helmets. This meta-analysis is based on 40 case-control studies. In these studies, 64,000 cycling casualties with and without helmets were compared. They estimate that the risk of severe head injury decreases by 69% and the risk of fatal head injury by 65%. Parents may find the information via this link useful:

<https://www.rospa.com/rospaweb/docs/advice-services/road-safety/cyclists/cycle-helmets-factsheet.pdf>

Yours sincerely

S D Smallwood  
Head Master