



# P7 Parental Information

## P7 Outdoor Week May 2021

5<sup>th</sup> May 2021

### Primary 7b Class information

Dear Parent/ Carer

Further to the letter shared on the 5<sup>th</sup> May with you, we are delighted to continue to share plans for our alternative P7 Outdoor Activity Week and have provided an overview of the planned events for your child for Week beginning 17<sup>th</sup> May.

We have listed venues, timings and some ideas around appropriate clothing which we hope will help with your organisation in advance. For all events, no specialist clothing needs to be bought by you and children should wear older, comfortable clothes which are suitable for the outdoors. Please note children should arrive each day at school for 8.55am and most activities finish by 3pm; where there are later returns we have recorded this below and you will be updated on this through the school twitter feed daily.

Date	Venue & activities	Clothing	Travel
<b>Monday 17<sup>th</sup> May</b>	Huntly Park then Linn Park. Activities include den-making and team games	Warm, casual with waterproof jacket and old comfortable trainers for walking	Children will leave school at 9.15pm and walk to Huntly Park, they will then leave Huntly Park and go to Linn Park returning to school for 3pm approx.
<b>Tuesday 18<sup>th</sup> May</b>	James Hamilton Heritage Park Kayaking Sailing and Paddle-boarding	Warm, casual with a waterproof and change of clothes	Bus will leave school at 9.15 am departing from Fenwick Road Children will return to school at approximately 4pm
<b>Wednesday 19<sup>th</sup> May</b>	Loch Lomond Shores Activities include Treezone Aerial Adventure, team challenges and canoeing	Warm, casual with a waterproof and change of clothes	Bus will leave school at 9.15 am departing from Fenwick Road Children will return to school at approximately 5.30-6pm
<b>Thursday 20<sup>th</sup> May</b>	Rouken Glen in the morning on mountain biking trail.  Then Mearns Castle Golf Academy in the afternoon.	Warm, casual with a waterproof and old trainers. Your child will need a road worthy bike and helmet. Please let us know if you require a loan of this	Children will leave Giffnock at 9.20 am for Rouken Glen and return at lunchtime.  Children will leave for Golf Academy on a bus from Fenwick Road at 1pm and return to school for 3.30pm approx.
<b>Friday 21<sup>st</sup> May</b>	Cluster primary schools online event in morning. Afternoon Messages of hope event	Warm, casual with a waterproof	On school grounds



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Please note that for some events we are using a bus for travel and so will need to leave sharply at the given times, so please make sure that each day your child arrives on time as we may not be able to delay our departure.

For each day, please provide a morning snack and full packed lunch for your child. As the children will be very active throughout these days, and as some of the days are longer than the usual school day, please provide a suitable amount of food for your child. Any children entitled to a free school meal will of course be able to get a packed lunch from our school kitchen to take with them. A full water bottle should also be given to your child each day.

On Thursday 20<sup>th</sup> May we have planned a small evening event, from 6.30- 8.30pm to be held at school with some snacks and light games. Children are invited to wear party clothing as appropriate for an outdoor event. Unfortunately at this time we are not allowed parents on the school grounds, however as usual with camp activities, photos and communication throughout the whole week will be shared with you through our school Twitter feed.

If you have any questions regarding these matters, please do not hesitate to get in touch through the school office.

Kind regards,

Kirsty Rawley

Depute Head Teacher

**Additional bike and helmet safety information is included**



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### **Bike Helmet Clothing Check Form \* please note all information is provided by Bikeability**

The following basic checks of the bike, helmet and clothing should be carried out by parents/guardians in advance of the day of the cycling session, to help ensure that the equipment is safe to use. Please click here for a video explaining a simple bike check.

<https://www.bing.com/videos/search?q=cycling+scotland+m-check+video&docid=608016685308511280&mid=AD9F6C669111D1FA617CAD9F6C669111D1FA617C&view=detail&FORM=VIRE&adlt=strict>

### **Bike and Helmet Checks**

Helmets are mandatory for all riders when participating in cycling activities. By completing the following basic checks of your cycles and helmets, you will ensure that the equipment is safe to use. Please ensure you have checked your child's helmets/bikes as detailed below - if they are deemed not safe by the CTA/BSI (for Level 1) or the ERC Cycle Trainer (for Level 2) then they cannot be used in the session.

Please see below a list of local bike repair centres in East Renfrewshire, for information:-

**Fox Cycles** 37 Kingston Avenue, Neilston G78 3JD 07761 021083

**Barrhead Melo Velo** The Barrhead Centre, 8 Carlibar Road, Barrhead, G78 1AA  
0141 577 8506

**Veloworld** Young Enterprise Scotland, Rouken Glen Park, Giffnock, G46 7JN 07842  
474879

**Clarkston Cycles** 681 Clarkston Rd, Netherlee, G44 3SE 0141 633 1152

### **Clothing Check**

Your child should dress appropriately for cycling sessions and depending on the weather – for example a waterproof jacket if rain is forecast. Trainers on their feet and leggings/jogging trousers would be appropriate as are a pair of gloves. If required, sunscreen should be applied before the session begins.



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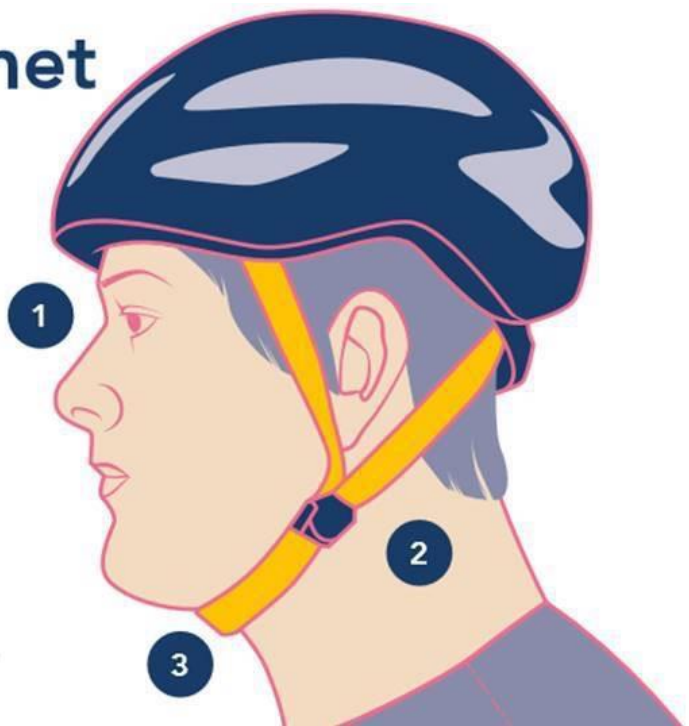
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### Fitting a helmet

When you shake your head from side to side, a correctly fitted helmet will stay in place.

- 1 Place level just above the eyebrows
- 2 Side straps meet below the ear to form a Y shape
- 3 Less than two fingers space between your chin and strap



#### Helmet Check

*The current British standard for helmets is BSEN1078. If you find any helmets with a Snell Foundation B90 (or higher) sticker in them, that's a substantially stronger standard. Note: there is no law specifically prohibiting the sale of helmets that don't conform to any standard. Please note, full head helmets which cover the face and ears are not permitted for these sessions.*

Is the helmet free from any visible damage (inside and out)? **Y/N**

Does the helmet circumference fit the rider's head? **Y/N**

Does the helmet cover the forehead and is it level? **Y/N**

Does the chin strap buckle work properly? **Y/N**



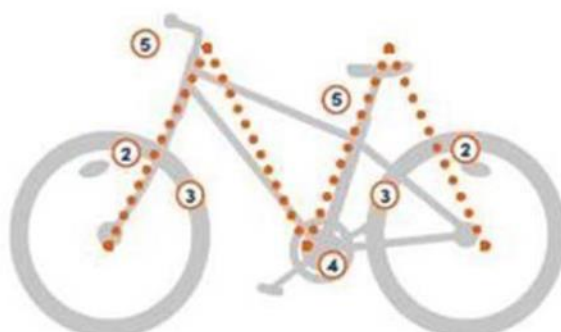
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### Bike Check

- **Is your child's bike suitable for training?** Ensure the bike is a comfortable fit for your child and is safe to cycle. **Check the following:**
  1. Your child should be able to touch the ground with both feet when sitting on the saddle.
  2. The bike must have two brakes and both must stop the bike when you push it forwards and backwards.
  3. The tyres are pumped up and free of rips and bulges.
  4. The chain moves smoothly and has been lubricated.
  5. The saddle & handlebars are at the correct height and are tight.
  6. The bar ends are plugged.
  7. If you are unsure, you can take it to a local bike shop to be checked.



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#### The M check

Start with the front wheel.

Move up to the handlebars.

Move down to the pedals and chainset.

Move up to the saddle and seatpost.

Move down to the rear wheel.

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