

7th February 2020

Dear Parents / Carers

IMPORTANT SAFETY NOTICE FROM THE HEADTEACHER

Bike Safety

If your child rides to school, please ensure they and their bikes are equipped with the appropriate safety gear. The following advice is given by the Hertfordshire Constabulary:

- *Helmets should always be worn, even on short journeys. You should only buy a helmet if it carries a CE mark and one of the normal safety standards, e.g. BS EN 1078:1997 or equivalent.*
- *Try the helmet on before you buy it. It should fit comfortably and should sit level across your forehead without obscuring your view.*
- *If you want to improve your cycling skills, you can take part in one of the cyclist training courses available to young people and adults. For more information contact Hertfordshire County Council's Road Safety Department.*
- *Look after your bike, check moving parts regularly and give special attention to tyres, brakes and lights.*
- *Have your bike serviced regularly.*
- *It is against the law to cycle in darkness without front and rear lights and a red reflector. Keep these clean and if they are battery operated, check the batteries before each journey.*
- *You should always wear fluorescent / reflective bands both day and night to increase visibility.*
- *If your bike has a bell, use it but don't assume everyone can hear you. Still take care when using shared cycle paths.*
- *If you listen to your mp3 player or personal stereo whilst cycling, you are reducing your ability to focus on the road and may not hear traffic warnings.*

You can find the article by clicking [here](#) (or internet search **Herts police cycle safety**).

Laser pointers

These are the sort of pointers that people use in presentations to indicate something on a large screen. Students have no need to bring them to school and they should not; used incorrectly they can damage the eye and cause loss of sight (either partial or major). If students have them on them, they will be confiscated and returned only to you, the parents/carers. The RoSPA article on this (click [here](#) or internet search **laser pointers RoSPA**) is worth reading. Part of the article says:

Why are laser pens dangerous?

- *Laser pens and similar devices have the potential to damage the retina and cause permanent loss of vision*
- *Due to technological advances, their power is increasing and there is evidence of both children and adults who have suffered long-term or permanent visual loss. While most of those hurt are teenagers, there is concern that the number of sight-threatening injuries to children is rising*
- *Even a brief glance at a laser beam is sufficient to cause long-term or even permanent, irreversible retinal injury. These injuries cannot be treated by medical or surgical means.*

Please support us by not allowing your child to bring them in to school. I would advise that they do not even need to buy them for use at home.

Nicholas Simms
Headteacher

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