



**BARDIA PUBLIC SCHOOL
NEWSLETTER**

37 Arthur Allen Drive
Bardia NSW 2565
9605 2459



Term 4 – Week 8 – 2020

December (Parents remain barred from entering the school throughout December)

Thursday 3	Year 6 Incursion 9 -11am
Tuesday 8	Ingleburn High School transition Year 6
Tuesday 8	Year 6 Farewell (5.30 pm – 8.30 pm in the school hall)
Thursday 10	Presentation Day
Monday 14	Bardia's Got Talent
Tuesday 15	Student Reports (sent home with students)
Wednesday 16 th	Last day of school

January 2021

Friday 29	First day of school for students Year 1 to Year 6
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Disclaimer:
Bardia Public School does not endorse any product or services advertised in this newsletter.

Message from the Principal

Dear Community,

All public schools in NSW complete a school improvement plan every four years. Our new plan, the **BPS 2021 – 2024 School Improvement Plan** will commence in January next year and will conclude in December of 2024. This plan will outline three strategic directions:

Strategic Direction One: Improve Student Academic Growth. Most parents and carers are familiar with academic measures of achievement; for example, 85% on a yearly maths test. However, teachers are more concerned with academic improvement; for example, one student might get 80% in Term 1 and 85% in Term 4 compared to a second student who gets 40% in Term 1 and 68% in Term 4. Clearly the second student has shown greater academic improvement: we call this *academic growth*.

To improve academic growth we will introduce Teacher Squads. Two learning support teachers will join the two hub teachers to create a teacher squad. Each hub will then have four teachers teaching four groups of students. Group 1 will include students considered to be of high potential or gifted. (More than any previous year at BPS, high potential and gifted students will be provided additional focus). Group 2 will be for students considered to be high achieving. Group three will be for students considered to be achieving at or close to expected stage outcomes. Group 4 will be for students in need of additional support. Students can and most likely will move from group to group throughout the year, according to relevant assessment data.

All students in groups 3 and 4 (and selected students in groups 1 and 2) will be placed on individualised education plans (IEPs). By using a special tool called *Learning Progressions* we will be able to pinpoint with a high degree of accuracy each student's next learning goal for each of the literacy and numeracy strands.

The teacher squads will operate in each hub for five hours each week, the equivalent of one whole day. This represents a massive increase in small group support. The total cost of Teacher Squads is approximately \$1,000,000 per year. We will be unable to afford this for more than two years, possibly three; however, this is very much needed when one considers the impact of COVID19 and the influx of new students at BPS. Fortunately, I have been saving schools funds for a few years for this very purpose!

Strategic Direction Two: Staff Professional Development. Unlike a trade, where skill accumulates mostly through experience, improving one's teaching requires experience AND constant upskilling in the latest teaching methods. A mountain of research clearly states that if you want to improve student learning, you first have to improve teacher learning. Every teacher will attend one hour of professional development after school each week, four staff development days (the equivalent of 30 hours professional development) and at least one day of external professional development per year.

Strategic Direction Three: Wellbeing. Unfortunately our modern world is not good for our mental health. About 66% of the Australian population will experience a mental health issue in their lifetime. Approximately 25% of Australians are experiencing a mental health issue right now. Many of these people are children. Anxiety, depression, trauma related issues and social skills issues are increasingly common in children from Kindergarten to Year 6.

If a child is not emotionally healthy they will **not** reach their academic potential. If a child does not reach their academic potential they are less likely to have a job that is satisfying. A satisfying job need not be highly paid. Having a satisfying job is very important for one's mental health.

Next year BPS will include: **Primary Girls Support** run by two female teachers, two **Mental Health First Aid Officers**, a lunch time **VIP Club** for students needing additional support at lunchtime, **Lunchtime Library** will operate in the second half of lunchtimes for students wanting quiet play, and a range of extra-curricular activities such as **sporting teams, debating, dance, choir, visual arts, public speaking**, etc.

Your comments about our new school plan are very welcome. Please just email the school with the heading "Attention Mr Moseley: School Plan". At the commencement of 2021 I will be sending home the full plan for your information and comment.



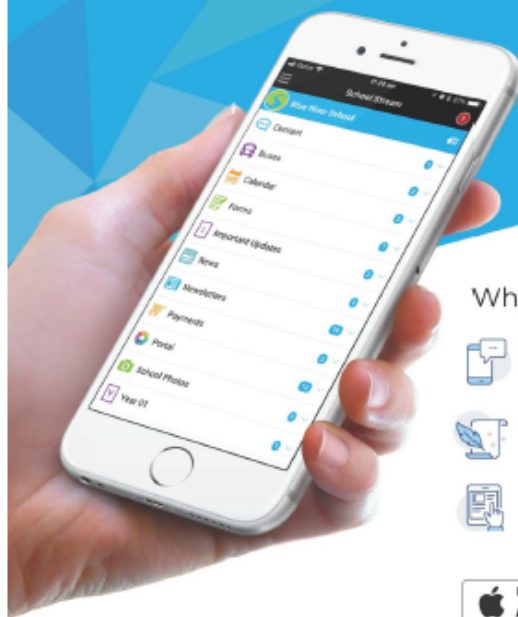
schoolstream

IS NOW AVAILABLE TO PARENTS

We will be sending out communications, forms, permission slips on both Buzzy and School Stream **for the rest of 2020.**
From 2021 we will only be using School Stream.

We will be continuing one-to-one teacher to parent / parent to teacher communications through Buzzy only for the rest of this year.

Download our school app for free!



Why download the app?



Receive instant notifications for important news.



Easily register absentees and excursions.



Keep up to date with events and set reminders.



Download instructions:

1. Go to the App Store and download "School Stream" to your phone.

2. Open the app and type the school's name into the search bar to load the school's profile.

3. Make sure you agree to Push Notifications when prompted.

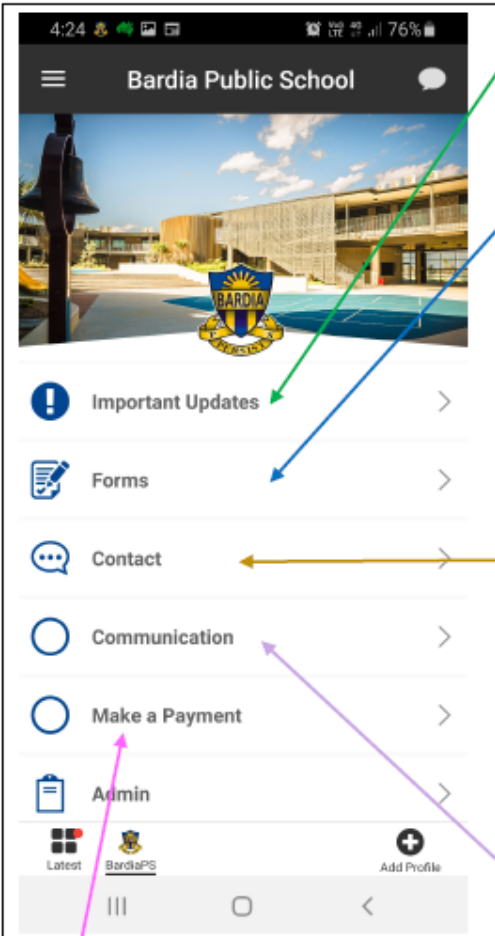


schoolstream



facebook.com/SchoolStream
twitter.com/SchoolStreamApp

Icons will only appear if there is information within them



Important Updates - here you will find the most recent updates.

Newsletters – for published newsletters. Today's newsletter will pop up today.

Forms

Current forms:

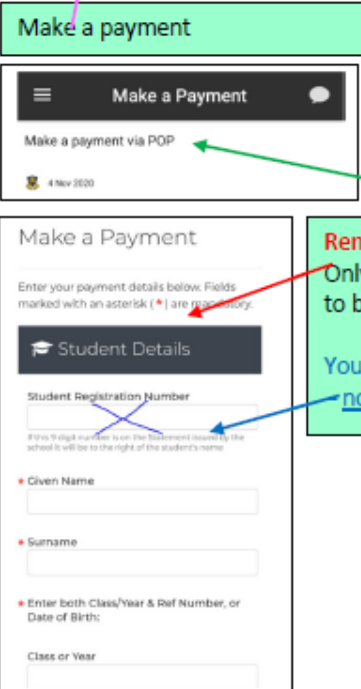
- * Change of Details
- * Absentee (this is where you report your child's absence)

Future permission slips for excursions/events will be located in Forms

Contact

Easy link to our school.
You can send an email to the office or your teacher. If you want to send an email to your teacher **MAKE SURE YOU SEND IT TO THEIR ATTENTION.**
Next year you will be able to send your teacher a message through the app.

Communication – this is where you will see all the messages from your teacher to the entire class.



Make a payment

This is where you can make an online payment (POP).
* Press here

Remember !
Only mandatory fields need to be completed (*).
You do not need this number no *.

Enter your payment details below. Fields marked with an asterisk (*) are mandatory.

Student Details

Student Registration Number

If this 7 digit number is on the Statement issued by the school it will be to the right of the student's name

* Given Name

* Surname

* Enter both Class/Year & Ref Number, or Date of Birth:

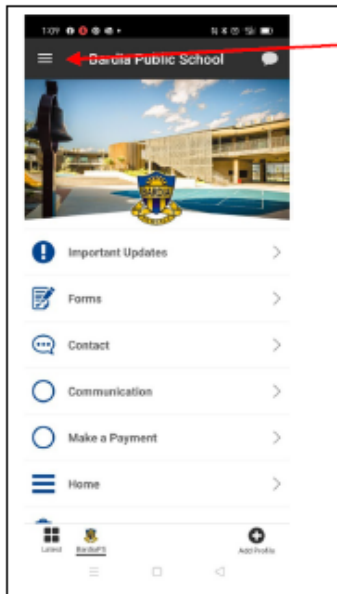
Class or Year


You can set your preferred language so that all this information will be shown in another language.

See next page to change your settings to your preferred language.

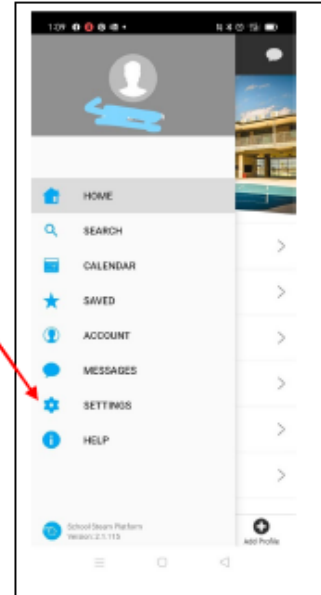
HOW TO SET YOUR PREFERRED LANGUAGE

See all communications, messages, forms etc. in your preferred language

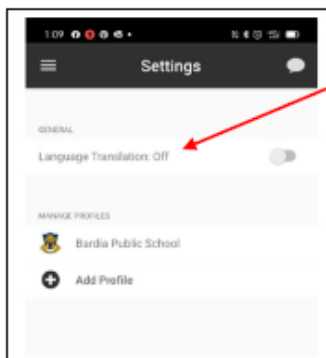


1) Press  (Home)

2) Go to **SETTINGS**



3) Press Language Translation Off



4) Select your preferred language



5) Press back

All forms, messages, communications etc. will now be in your preferred language



TERM 4 WEEK 8

LIBRARY NEWS

GOLDIE'S LIBRARY BARDIA PS

CHILDREN'S BOOK WEEK!

Written by Mrs. Kathy Wyber

The school year is quickly coming to an end!

Library borrowing has stopped and all books are being returned this week. The library staff will be stocktaking the children's resources this year. Please encourage your child to bring a book from home to read during class quiet times from this week.

Overdue book notices will be emailed to parents in Week 9 to ensure they are delivered. Please contact the library staff, through the office on 9605 2459, if you are having trouble locating books and we will check the library shelves again.

It seems our library books seek out adventure but some of the common places they may be found are:

- in the car
- at grandma's house
- at dad's house
- under beds
- on your own book shelf
- at the bottom of wardrobes
- in sibling's rooms
- under the coffee table

Happy reading...



Burnside Giving Tree

Thank you to the families who have already donated presents for the Burnside Giving Tree. There is still time to donate gifts which will go to needy families in the Macarthur region this Christmas. If you would like to participate then please purchase a gift, place it in a gift bag and attach a tag indicating the age group the gift is suitable for. Gifts can be placed under the Christmas tree in the foyer of the office. The gifts will be collected on the 11th December to enable them to be distributed to families before Christmas.

Thank you for your support of this worthwhile charity.

Miss Lewis



Kindergarten enrolments 2021

If you have students at Bardia Public School who have siblings starting Kindergarten next year, now is the time to enrol them. Please contact the school office

FROM THE OFFICE



LOST PROPERTY

We have a quite a number of uniform items in lost property with no names. If your child has lost clothing that does not have their name on it but you feel you would recognise it, please go through the lost property (located in front of the office)

Our Eftpos service is available between 8:30am – 12:00pm



School Banking



Last school banking day for this year is next Wednesday 9 December

UNIFORM INFORMATION



Don't forget to bring your child's hat and jacket purchases to the office for embroidery with their unique initials. We retain a register of all records so we can return any lost items to the students.

Embroidery service is on FRIDAY MORNINGS only

ADVERTISEMENTS

TONI&PETER HANDYMAN

CALL US NOW

Toni 0452 505 265

Peter 0416 252 216

ABN 91763475119

toni.peter.handyman@gmail.com Toni Peter Handyman [toni.peter_handyman](https://www.instagram.com/toni.peter_handyman)



TONI&PETER HANDYMAN

BOOK NOW

Toni 0452 505 265

Peter 0416 252 216

OUR SERVICES

Erected or repair fencing
Patio/Driveway cleaning
House general cleaning
Assembling furniture
General Maintenance
Repair cracked tiles
Windows cleaning
Pruning shrubs
Grass cutting
Welding
Painting
Decking



SCHOOL HOLIDAY TENNIS CLINICS **@ WESTS TENNIS CLUB**

21ST-23RD DECEMBER
18TH-22ND JANUARY

\$105/\$175 For each clinic (9am—3pm)

Or \$40 per day (half day only \$25)

- **Suitable for ages 4+**
- **Beginners welcome**
- **Full supervision provided**
- **Trophies awarded to divisional winners**
- **FREE BBQ & DRINK ON THE FINAL DAY!**

Questions or enquiries call, SMS or email Jared—0404 457 088

jared@centrecourttennis.com.au



Brooke's CANTEEN



Keep an eye out on the
Brooke's Canteen Facebook
page for photographs of
just some of the healthy
counter items that are
made daily!



Tummy Warmers

3 Chicken Nuggets H	\$2.00	Lasagne H	\$4.00
6 Chicken Nuggets H	\$4.00	Chicken Penne Napolitana H HM	\$4.00
Spaghetti Bolognese HM	\$4.00	Butter Chicken & Rice H HM	\$5.00
Penne Napolitana H V HM	\$4.00	Hash Brown V	\$1.00
Beef Burrito HM	\$5.00	Sausage Roll H	\$3.50
Beef Pie H	\$4.00	Macaroni & Cheese H V	\$4.00
Beef Burger HM	\$4.00	Beef or Chicken Noodles H	\$3.50
Crumbed Chicken Burger H HM	\$4.00	Bruschetta Roll V HM	\$4.50
Beef Cheeseburger HM	\$4.00	Vegetarian Curry Rice V HM	\$4.00
Beef Nachos HM	\$5.00	Ham & Cheese Toastie HM	\$4.00

Sandwiches And Wraps

Vegemite, Jam or Honey HM	\$1.50
Cheese Sandwich V HM	\$2.00
Cheese & Tomato Sandwich V HM	\$2.50
Ham & Cheese Sandwich HM	\$3.50
Tuna Sandwich HM	\$3.50
Salad Sandwich V HM	\$3.50
Ham & Salad Roll HM	\$4.00
Chicken Caesar Salad Wrap HM	\$5.00
Chicken & Salad Wrap HM	\$5.00
Sweet Chilli Chicken Wrap HM	\$5.00
Salad Wrap V HM	\$5.00

Salad Boxes & Cold Food

Garden Salad Box GF V H HM	\$3.50
Fruit Salad Box GF V H HM	\$4.00
Vermicelli Noodle Salad Box V H HM	\$5.00
Greek Salad V HM	\$4.50
Teriyaki Chicken Rice Paper Rolls HM	\$5.00
Vegetarian Noodle Rice Paper Rolls HM	\$5.00
Teriyaki Chicken Salad HM	\$5.00
Ham or Tuna Salad Box HM	\$5.00
Moroccan Chicken Salad Box HM	\$5.00
Chicken Caesar Salad Bowl HM	\$5.00
Yoghurt Fruit & Muesli Bowl V HM	\$5.00

Pizzas & Quesadillas

Garlic Bread H V HM	\$2.00
Cheese Pizza Roll H V HM	\$2.50
Cheese & Diced Ham Roll HM	\$2.50
Vegetarian Pizza Roll H V HM	\$3.50
Hawaiian Pizza Roll HM	\$3.50
BBQ Chicken Pizza Roll HM	\$3.50
Cheese & Tomato Quesadilla V HM	\$4.00
Spinach & Feta Quesadilla H V HM	\$4.00
Ham & Cheese Quesadilla HM	\$4.50
BBQ Chicken Quesadilla H HM	\$4.50
Vegetarian Quesadilla H V HM	\$4.50
BBQ Chicken Pizza H	\$5.00
Cheese Pizza H V	\$5.00
Meat Pizza H	\$5.00



Snack Food



Frozen Pineapple Ring GF V H HM	50c	Milo Cereal Cup V	\$1.00
Piece of Fruit GF V	\$1.00	Nutrigrain Cereal Cup V	\$1.00
Carrot or Cucumber Sticks GF V HM	\$1.00	2 x Vegemite Saos V HM	\$1.00
Yoghurt Tub V	\$2.00	2 x Cheese & Tomato Saos V HM	\$2.50
Frozen Grapes GF V H	\$2.00	Popcorn GF V H HM	\$1.00
Corn Cobette GF V H HM	\$1.50	Koala Popcorn – BBQ, Chicken + Sweet Chilli	\$2.00
Custard Cup V	\$2.00	Grain Waves Sour Cream & Chives 28g	\$2.00
Watermelon Cup GF V HM	\$2.00	Red Rock Deli Crisps Sea Salt 28g	\$2.00
Honey & Yoghurt Cup V	\$2.50	Mamee Noodle Snacks	\$2.00
Orange Wedges GF V H	\$2.00	Mamee Rice Sticks GF	\$2.00
Fruit Kebab GF H V HM	\$2.50		



Thirst Quenchers

Water 600ml	\$2.00
Fruit Infused Water	\$2.50
Oak Milk Lite	\$2.50
Juice Bomb Cans	\$2.50
Juice Poppers	\$1.50

Frozen Treats

Ice Mony Triangle	\$1.00
Juicies Ice Treat	\$1.00
Quelch Stick	\$1.00
Frozen Juice Cup	\$1.00
Moosies	\$2.00
Frozen Yoghurt	\$2.50

To order online please go to www.myschoolconnect.com.au. All online orders must be placed by 8am. If you miss this cut off time orders can be placed at the canteen by 9:00am. We accept cash & EFTPOS payments also. Sauces + Salad dressings are available for 50c each. Sandwiches can be toasted for an extra 50c and can also be changed to a wrap or bread roll for \$1. You can add cheese and other extras for 50c each. Extra spoons and forks are 10c each. All ice blocks, watermelon cups, yoghurt cups, noodle cups and custard cups need to be collected from the canteen by the student as these will not be sent to their classroom to avoid any spillage. Healthy over the counter items are available daily and range from 50c to \$2.50, these will be displayed on the counter at lunch and recess.

If making a halal or gluten free order or if student has any allergies please write dietary requirements clearly on the lunch bag.

H = Halal, **GF** = Gluten Free, **V** = Vegetarian, **HM** = Homemade

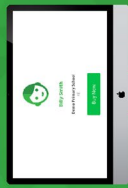


OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 4

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week, it's that simple!



STEP 4a



STEP 4b



STEP 4c

STEP 5

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



STEP 5a



STEP 5b

Note: only paid orders will be sent to your canteen, not those still sitting in your cart.
To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

www.myschoolconnect.com.au/bardiaps



My School Connect has a 7 day a week Support Line, contact (03) 8669 1869



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 1

Register your account on any device, simply login to www.myschoolconnect.com.au/bardiaps and click on "Create Account", follow the prompts to add your email and password.



STEP 1

STEP 2

Add your Child as a "Student", and make sure that you select your school and classroom details.



STEP 2a



STEP 2b

STEP 3

Select "Top Up" to add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.



STEP 3a



STEP 3b

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

BARDIA PUBLIC SCHOOL - UNIFORM PRICE LIST.

Macdonald Road

Bardia, NSW, 2565 Phone : 9605 2459

Email : bardia-p.school@det.nsw.edu.au

Website : www.bardia-p.schools.nsw.edu.au

Available from our retail shop at 45A Oxford Road in Ingleburn.

Proudly supplied by :

SKOOL UNIFORMS PTY LTD

Shop 45A Oxford Road, Ingleburn, 2565

Phone : 9829-1027

Email : skooluniforms168@gmail.com

Prices effective 1/1/2020 inclusive of GST.

GIRLS UNIFORM	SIZES	PRICE
Dress	1, 2, 3, 4, 6, 8, 10, 12 and 14	\$62.00
Polo Shirt with Logo	5, 6, 8, 10, 12, 14, 16 and M	\$30.00
Jazz Pants	4, 6, 8, 10, 12, 14 and 16	\$27.00
Skort	4, 6, 8, 10, 12, 14 and 16	\$25.00
Navy Tights	4 to 6, 6 to 8, 8 to 10, 10 to 12, Ladies 2 to 8	\$11.00
BOYS UNIFORM		
Polo Shirt with Logo	5, 6, 8, 10, 12, 14, 16 and M	\$30.00
Microfibre Shorts	4, 6, 8, 10, 12, 14, 16 and M	\$21.00
UNISEX UNIFORM		
Polar Fleecy Jumper with Logo	4, 6, 8, 10, 12, 14, 16, M and L	\$36.00
Bomber Jacket with Logo	4, 6, 8, 10, 12, 14, 16 and M	\$46.00
Fleecy T/Pants with Cuffs	4, 6, 8, 10, 12, 14 and 16	\$24.00
Bucket Hat with Logo	XS (53cm), S (55cm), M (57cm), L (59cm)	\$15.00
Sport Socks	S (9 to 2), M (2 to 7), L (7 to 12)	\$11.00
White Socks	9 to 12, 13 to 3, 2 to 8	\$4.00
PAYMENT BY CASH, EFTPOS, CREDIT CARD (VISA / MASTERCARD) AND INTERNET (EFT) AVAILABLE.		
Account name : Skool Uniforms	BSB : 012318	Account number : 498172378
Reference is BPS plus childs name and surname.		V4



Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

To book, visit:
www.campaustralia.com.au
or call 1300 105 343

We've Been Cooking up a Storm Here in OSHC

At Camp Australia, we know that good food is a necessity for growing young bodies and minds.

So, we make sure that the children who attend our OSHC program eat healthy and delicious meals and snacks that are in line with the Australian Dietary Guidelines. We focus on fresh produce and use at least 75% of the weekly food budget for seasonal fresh fruits and vegetables. Your child's needs also determine our ingredients, whether they're dietary, cultural or religious needs, just let us know when you register.

To help you and your family eat healthy, we thought we'd share one of our most popular recipes from our very own Healthy Eating Cookbook.

Mexican Bean and Corn Dip

This quick and easy dip can be varied by adding cheese and/or diced fresh tomato on top.

You'll need:

- ☐ 1 tin of diced tomatoes
- ☐ 2 tin of kidney beans
- ☐ 1 tins corn
- ☐ 1 jar of salsa
- ☐ ½ grated cheese

Method:

1. Drain excess sauce off beans and corn but do not rinse.
2. Mix salsa and beans together.
3. Place grated cheese and tomato on top.
4. Serve a teaspoon of cold dip with crackers or vegetables.
5. Ready to eat. Enjoy!

Creative Kids competition winner

We are so glad to share with you all our Camp Australia families the results of the competition of creative kids and announce the winner of the third prize **Praman Yadav**.

Big Congratulation to you praman and well done for all other children who took a part and participate in this competition. We are so proud of you all and you're amazing artists.

To register and book your child in our program, visit www.campaustralia.com.au.

We look forward to seeing you and your family soon!

Safety • Meaningful • Innovative • Leadership • Education

we make kids smile

Give Your child a **MAGICAL** Summer with Holiday Club.



These holidays we're teaching your child all about the science behind their favourite magic tricks!

Does your child love magic? Are they amazed when they see an enchanting illusion? Do they also love experimenting with science and experiencing the magic in cause & effect? At our Science is Magic day, your child will learn all the tricks of the trade.

We've also enhanced our safety and hygiene measures for your peace of mind.

Get your bookings in early so you don't miss out!



FREE to Register

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

[Register now free](#)

Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

Book now

www.campastralia.com.au/holidayclubs



Government
subsidies
available for
eligible families

“For me, having
foster parents
means more people
to visit at Christmas.”

Michael, former foster child

Become a foster carer and
help a child like Michael today

Call **1300 325 627** or visit us at
wesleymission.org.au



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100
YEARS AND ONWARDS

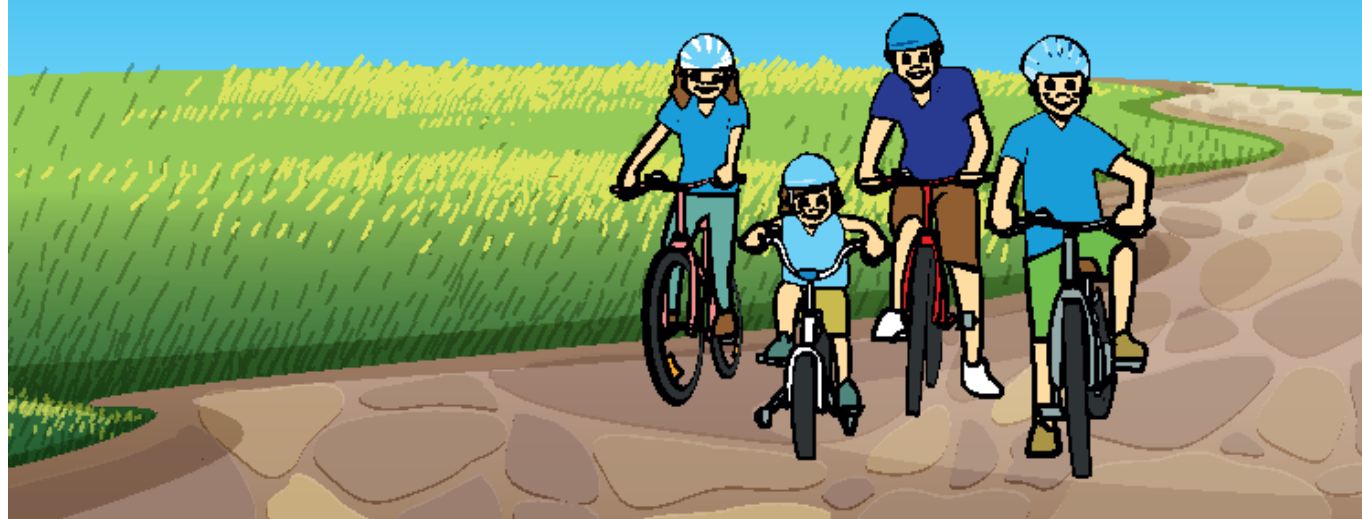


Be
Road Safe
Ready ^{with}
Norman & Norma

A parents' guide to child road safety

You as a parent are very influential in the life of your child. Children learn by imitating their parents so practising road safe behaviours together is the best way to keep your child safe. Take an active role in teaching road safety to your child.

Demonstrate the road safe behaviours found in this brochure and explain why these are safe. Remember to praise and encourage your child while they are learning these new skills.



Child road safety tips



Travelling by car

1. Ensure your child is using the correct child restraint for their age on every trip.
2. Teach your child to enter and exit using the rear door nearest the footpath called the "safety" door.
3. Never call your child across the road, instead meet them at the school gate.

Choose the right child restraint

All children up to seven years of age must be in the right restraint for their age. Penalties apply. Delay your child's move from their current restraint if they are small in stature for their age. For children over 7 years, check that the adult seatbelt does NOT rest on their neck before you allow them to move from their booster seat.

- For maximum protection, teach your child that their seatbelt must sit on their collarbone and across their hip bones.
- Remove all blankets before you strap your infant into their child restraint.



0 – 6 months:
Rearward-facing restraint



6 months – 4 years:
Child restraint



4 – 7 years:
Child restraint/booster seat

School pick up and drop off zone

1. Be patient, be alert to children around your car and follow the school rules.
2. Double check before reversing.
3. Never double park or make illegal U-turns.

Catching the bus

1. Take and pick your child up from the bus stop.
2. Help your child get on and off the bus.
3. Wait for the bus to move on before crossing the road.

Walking to school

1. Model how to STOP, LOOK, LISTEN and THINK when crossing the road.
2. Hold hands with your child when crossing the road, on a footpath or in a car park.
3. Teach your child the safest places to cross the road and explain to them the dangers of crossing the road between parked cars.



Bike safety tips



Bike riding is a great way to exercise and have fun as a family.

Be seen – wear bright clothing, use flags, reflectors on spokes or reflective tape on bikes to ensure your child is visible to other road users.


Be in control – the right size bike is essential for your child's safety. Adjust the bike seat so the balls of your child's feet can reach the ground when seated. Make sure that the brakes, gears and bell are in easy reach when riding.

Be sure the bike is safe to ride – check the tyres, steering, brakes and for rust regularly. Show your child how to check their tyres for air and damage prior to each ride. Teach them how to pump up their own tyres.

Be alert when near cars – talk to your child about the dangers of reversing cars in driveways. Children often assume that they are safe from cars when riding on footpaths. Teach them to stop and check before riding across a driveway.

Be safe when crossing the road – teach your child to walk their bike across the road.

Bikes and the law

- All bikes must have a bell or horn to alert nearby road users and at least one working brake.
- Only children under 16 are allowed to ride on the footpath. An adult may ride on the footpath whilst supervising a child under 16 years old.
- Bikes are deemed by law to be a vehicle so all riders must follow all the road rules.
- It is illegal to ride your bike across pedestrian crossings unless the crossing has special bicycle lights.
- Ride across only when the bike crossing light is green. 

Bike helmet basics

- Replace any helmet that has been involved in a crash as the foam inner liner can only be compressed once. After that it is not longer safe.
- Check inside the helmet for the Australian standards sticker to ensure maximum protection.
- Helmets must be fitted correctly to protect against head injuries. Follow these 3 steps to correctly fit your child's helmet.

- 1.** Take off your hat or cap as these stop the helmet from fitting correctly.



- 2.** Adjust the helmet to allow no more than a two finger space above the eyebrows to the helmet.



- 3.** Adjust the strap to form a V just below each ear. Ensure the strap is done up allowing only two fingers to fit between the strap and chin.



Riding safely on shared paths



As your child gets older they will want to ride on shared paths with other riders and pedestrians. It is essential they have the skills to do this safely.

Prior to this happening ensure your child is able to:

- Balance confidently and pedal at the same time.
- Brake in a controlled manner.
- Maintain control when riding with one hand and signalling with the other.
- Look over their shoulder to see what is behind them without losing control.
- Ride courteously near others while slowing down near pedestrians and ringing their bell.
- Be able to recognise potential hazards and what to do to avoid them.

Make learning to ride safely fun. Remembering to praise and encourage your child while they learn new skills.

