

We'd love to hear from you!

John Clode aka Bike It John is the schools officer for South Hampshire.

Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.

Email:

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Bike It School Dates

- 22nd—24th September
Hiltingbury Junior School
Year 5 Big Street Survey.
- 29th September King's
Academy Brune Park,
Year 7 Bike Dr & Bike
Security Coding.
- 6th October King's
Academy Bay House,
Year 7 Bike Dr & Bike
Security Coding.
- 13th October, Nightingale
Primary School Bike &
Scooter Dr.

Sustrans is changing!

Sustrans (Sustainable Transport) works for and with communities to create healthier places and happier lives. We have some exciting changes happening so my next newsletter may look a little bit different! Watch this Space!

Summer Term Activities

We had a fantastic summer term filled with sunshine and lots of Active Travel fun!

Children from Nightingale Primary School and Kings Copse Primary School in Eastleigh both enjoyed some brilliant Scooter Skills sessions, mostly in the sunshine with children learning new skills to help them scoot to school and beyond.



Scooter Skills gets a thumbs up at Kings Copse Primary School.

Year 6 pupils from Elson Junior and Alverstoke Junior schools were able to join Bike It John and some fellow Sustrans officers on some led rides to explore some safe routes to their new secondary schools, find out where the Year 7 bike sheds are and eat a few biscuits along the way!

Toynbee School in Eastleigh had a Bike Dr and Bike Coding day with Bike It John and 2 Sustrans volunteers Clyde and John, fixing and coding bikes for Years 7, 8 and 9 at their new brilliant looking bike shed which has been repurposed from shipping containers.



Led rides with pupils from Elson and Alverstoke Junior Schools

Summer Holiday Activities

Toynbee School in Eastleigh and Cams Hill School in Fareham were kind enough to let us make use of their facilities to run some ever popular Ditch the Stabiliser sessions for primary age children.

The 6 sessions were attended by 30 children and with a bit of guidance, and help from their parents and carers, nearly all got to grips with the big change to pedal a bike independently.



"Thanks for your training today, I'm a huge advocate of the session and genuinely I can't believe the progress made in such a short period of time. Bravo" Rian Qureshi, parent.

What's coming up?



Walktober is a challenge held each October to celebrate International Walk to School Month. School communities are asked to walk, wheel and use other active and sustainable travel as much as possible throughout the month. In Hampshire, Walktober has been run annually by Hampshire County Council's Travel Planning Team since 2016.

For Walktober 2024, over 130 schools and settings took part, meaning more than 39,000 pupils and nearly 5,000 staff, across Hampshire, had the opportunity to participate in the challenge.

School travel champions can register here — <https://myjourneyhampshire.com/education/walktober/> All registered schools will be sent Walktober resources and competition details. Last day for registration is Friday 26th September!

Cycle to School Week — 13th — 17th October

This challenge is organised by The Bikeability Trust and supported by Sustrans, it's a week-long event where families are encouraged to cycle and scoot to school.

If you make a pledge today, you'll be entered into a prize draw to win an amazing Frog bike of your choice (worth up to £760!), along with a Frog water bottle and Frog cycling jersey – perfect for your next cycling adventure!

[Cycle to School Week - Bikeability](#)



**LIFE'S
BETTER
BY BIKE.**



Check out the new Eastleigh campaign from Hampshire County Council to encourage and enable more women and girls to get started on their cycling journey or build on the skills they already have.

There are lots of free activities and resources on offer including route planning, cycling groups, bike maintenance lessons, Bike Dr's, cycle skills, led rides, family cycle sessions and much more!

Check it out here — <https://www.hants.gov.uk/socialcareandhealth/publichealth/lifesbetterbybike>

Useful information:

Learn to Ride

Learning to ride for the first time is an individual journey that can be exhilarating and exciting. Sustrans offers nine easy to follow steps to help children and families on this exciting journey.

[Teach a child to ride a bike without stabilisers in nine steps - Sustrans.org.uk](#)

Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.

<https://www.sustrans.org.uk/our-blog/>

National Cycle Network

Created by Sustrans, The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.

In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.



Over the years more walking and cycling routes across the country have been created.

To find out more and find a route near you to explore visit: [The National Cycle Network - Sustrans.org.uk](#)

Sustrans is grateful for the continued support of Hampshire County Council and the My Journey team for our work in schools across Eastleigh, Fareham and Gosport.

