

### 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

- Monday 3rd November  
Year 8 Bike Dr, King's Academy Bay House
- Tuesday 4th November  
Bike Dr, Deer Park School
- Wednesday 5th November  
Year 7 Bike Dr, King's Academy Brune Park
- Monday 10th November  
Bike & Scooter Dr, Alverstoke Infant School
- Tuesday 11th November  
Bike Dr, Wildern School

### Fun Fact of the Month

A 10 minute walk takes just 3 minutes by bike



### We're Walk Wheel Cycle Trust

Formerly known as Sustrans, we've been making it possible for everyone to walk, wheel and cycle since 1977.

Uniting under a new name and a renewed mission to deliver more joy per journey, more peace per pedal, more smiles per mile.

We call it people-powered movement.

Because when we change how we travel, we change everything. Our health. Our wellbeing. Our world.

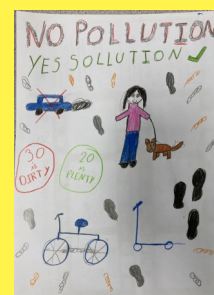
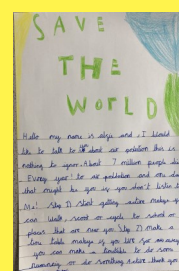
### September Activities

Year 11 pupils at King's Academy Bay House had the Bike Dr's in for a day. Bike It John and two volunteers spent the day repairing and security coding bikes.



Alverstoke Junior School also had a Bike Dr for year 6 to make sure their bikes were all in good working order before they undertook their Bikeability training. This year 52 pupils gained their Level 2 Bikeability certificates, well done all of you!

Bike It John spent 3 days in the classroom and out doing fieldwork for the [Big Street Survey](#) with Year 5 pupils at Hiltingbury Junior School. There were some great conversations about how our choices in the way we travel can benefit our world, check out some of their work below.



## What's coming up?



Don't forget to submit your entry for the Walktober Pupil Competition, the closing date for entries is **Friday 7th November 2025**, find out how to submit your entry here <https://myjourneyhampshire.com/education/walktober/walktober-hampshire/>

### Leg it to Lapland

Leg it to Lapland will be running again this year, watch this space for confirmed dates and more information!



### Road Safety Week and Your Time to Shine 16th—22nd November 2025

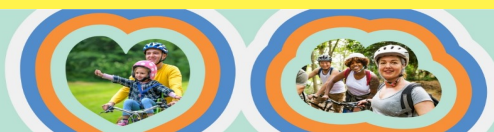
Road Safety Week is [Brake's](#) biggest road safety campaign. Every year, thousands of schools, organisations and communities get involved to share important road safety messages and join our call for safer roads for everyone.

With the clocks going back in October and evenings getting darker, the Autumn term is the perfect opportunity to highlight the importance of being seen to traffic. Hampshire's Road Safety Team are running our [Your Time to Shine day](#) again this year, which coincides with Brake's Road Safety Week. Schools can participate on **Friday 21 November** or choose any other day to plan a Be Bright Be Seen non-school uniform day and use our resources to share this important message.



To coincide with the Your Time to Shine day why not have a **Bling Your Ride** competition at school, you can decorate your bikes, bags, wheelchairs, scooters, or whichever active wheels you use to travel to school—Prizes for the brightest rides?

**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.

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. Walk Wheel Cycle Trust offers nine easy to follow steps to help children and families on this exciting journey.

[Teach a child to ride without stabilisers in 9 easy steps](#)

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.

[Walk Wheel Cycle Trust M-Check](#)

### **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 many more miles of 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](#)

Walk Wheel Cycle Trust is grateful for the support of Hampshire County Council and the My Journey team for our work in schools across Eastleigh, Fareham and Gosport.

