

#### **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**

- Tuesday 13th & Wednesday 14th January—Cams Hill bike maintenance lessons.
- Thursday 15th January—Elson Junior School, bike security coding
- Friday 16th January—King's Academy Gomer Be Bright Be Seen Day Bling Your Ride, Bike Dr and bike security coding
- Tuesday 20th January—King's Academy Bay House bike maintenance lessons.

#### **Fact(s) of the Month**

Short car trips cause the most pollution; levels of pollution inside cars is 2-3 times higher than being outside in traffic.

#### **November Activities**

Another busy month for Bike It John and his amazing volunteers. They delivered Bike and Scooter Dr sessions at 6 schools, and there was the first bike maintenance lessons of the year at Cams Hill School—more on page 2!

The Bike Dr at Deer Park School followed on from a Year 7 Cycle Safety assembly in the morning and Bike It John was joined by Alfie from Year 10 as his mechanical assistant for the day.

Alfie was a bit of a wizard with tools in hand. He helped change brake cables and pads, replaced damaged pedals, pumped up plenty of tyres and diagnosed problems with bikes. He showed a great attitude to the work and it was a pleasure to have him helping.



Bling Your Ride at King's Academy Rowner



Alfie fixing bikes at Deer Park



Alfie fixing bikes at Deer Park

#### **Road Safety Week and Be Bright Be Seen**

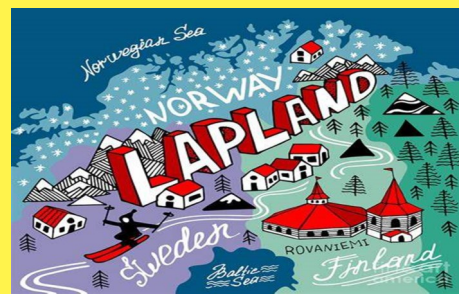
During Road Safety Week there were lots of Bling Your Ride competitions across the Bike It Schools, Bike It John was lucky enough to visit King's Academy Rowner for their Be Bright Be Seen day and see all the children dressed as brightly as they could. With the help of JRSOs Gabriella and Charley, John had the difficult task of picking some winners from all the brilliant bright Scooters, Bikes and Bags!

Well done to everyone who took part!

## What's coming up?

The deadline to send Bike It John your **Leg it to Lapland** data is 5pm on Friday 19th December, the lucky winners will be announced in the New Year.

### Bike maintenance lessons



There are quite a few bike maintenance lessons booked in for the new year at Cams Hill School, King's Academy Bay House and Wildern School (dates tbc). Children can learn how to carry out a bike safety check to identify any problems with their bikes (see the M-check below). They will then spend a morning learning how to fix a puncture, get their gears working properly, and fix & maintain their brakes.

These are valuable life skills which will help pupils keep their bikes running safely and smoothly.

### Walk Wheel Cycle Trusts Big Walk and Wheel 2026!

We are excited to announce that **Big Walk and Wheel 2026 will take place between 16th–27th March!**



Big Walk and Wheel is the UK's largest interschool walking, wheeling, cycling, and scooting challenge and is sponsored by Schwalbe. Each day schools compete to see who can record the largest proportion of pupils travelling to school actively.

Our 2025 challenge saw an incredible **2,759 schools** register and just over **2.8 million active journeys** logged- that's the most journeys ever logged for Big Walk and Wheel!

## Useful information:

### **Learn to Ride**

Learning to ride a bike 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 Walk Wheel Cycle Trust (formerly 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: <https://www.walkwheelcycletrust.org.uk/national-cycle-network/>

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.

