

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 1st December
King's Academy Gomer
Bike & Scooter Dr
- Monday 8th—Friday 12th
December, **Leg it to Lapland!**
- Thursday 11th December,
Elson Junior & Infants
Christmas Bling Your Ride
- Friday 12th December,
Alverstoke Infants
Christmas Bling Your Ride

Fact(s) of the Month

[Check out these 9 reasons to walk and wheel to school](#)



October Activities

October was a busy month for Bike It John and his amazing volunteers. They delivered Bike and Scooter Dr sessions at King's Academy Bay House, Brune Park, and Rowner, Nightingale Primary School, and Fair Oak Junior School. In total we managed to 'Doctor' 87 bikes and scooters for pupils and a few staff, almost all of the secondary school bikes were security coded too!

The Bike Dr at King's Academy Rowner was for Year 6 who had their Bikeability training coming up, they had 56 children take part in the training which is the highest number ever.



Power to Progress
at Cams
Hill
School



The Golden Lock
at Hittingbury
Junior School



JRSO Gabriella at
King's Academy
Rowner

Cycle to School Week

This year, 8 Bike It schools took part in Cycle to School Week. Many schools ran a Golden Lock competition, this is where a lock was placed on a random bike each day and pupils were able to claim a prize for cycling to school. Fair Oak Junior School also ran a Bikers Breakfast, providing a hot sausage roll for everyone who cycled in.

Cams Hill School—Power to Progress

Alongside Mike from Solent Cycles, Bike It John spent a very rewarding few hours at a Year 7 parents evening, offering free bike safety checks and bike security coding to 20 bikes, and even giving away some locks to encourage students to cycle to school. A big thank you to Mike!

What's coming up?

Leg it to Lapland 2025! Monday 8th – Friday 12th December

We are excited to be running Leg it to Lapland again this year, which is our annual Winter Active Travel Challenge!

The challenge is to count your school's Active School Journeys to cover the distance from Hampshire to Lapland, some 1385 miles!

Each journey to school made by either walking, wheeling, cycling, park & stride, or scoot from the boot will count for 2 miles. So wrap up warm and try your best to leave the car at home and travel to school in an active way!



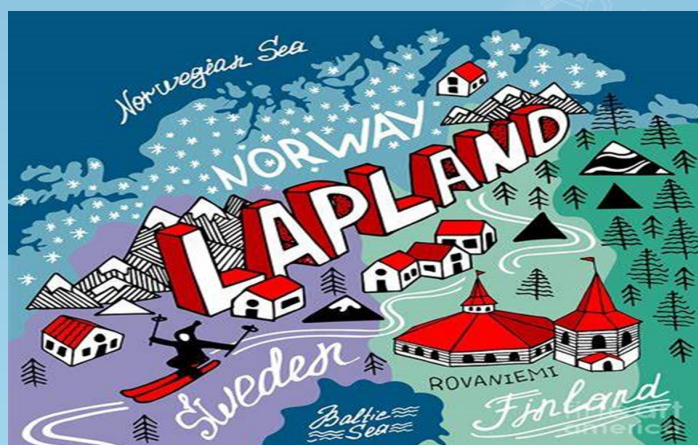
The school which has the highest percentage of Active Travellers over the week will win a fantastic day with former **World Scooter Champion Terry Price** with his amazing show and scooter skills sessions!

Follow the link to see what your school could win—<https://www.scootercoaching.com/>

Some schools will be running a Christmas Bling Your Ride competition, and others a Rudolfs Nose aka Golden Lock competition, so there are more house points and prizes to be won everyday! Why not have one at your school!?

This year we have 12 schools competing - the most we've ever had so it will be a real challenge to win this fantastic prize!

Former winners are King's Academy Rowner, Hiltingbury Infant School, King's Academy Gomer and Boorley Park Primary School



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.

