



# Hamstel Junior School

Part of the Portico Academy Trust

**Headteacher Mrs C Farrell**

Hamstel Road, Southend-on-Sea, Essex, SS2 4PQ

Tel: 01702 468048

[www.hamsteljuniors.co.uk](http://www.hamsteljuniors.co.uk)

Email: [office@hjs.porticoacademytrust.co.uk](mailto:office@hjs.porticoacademytrust.co.uk)



**PORTICO**  
ACADEMY TRUST

the gateway to learning & development

CEO - Mrs C. Woolf



Friday 13<sup>th</sup> October 2023

## Year 6 Bikeability

Dear Parent / Carer,

At Hamstel Junior School we are very keen to help pupils learn to live a healthy lifestyle. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit. We are keen for pupils to learn about the health and environmental benefits of cycling and to become safe, independent travellers.

We are offering Bikeability Level 2 training to all our year 6 children (see the schedule at the end of this letter). Bikeability is cycling proficiency for the 21<sup>st</sup> century; it aims to give all cyclists the skills and confidence to cycle in today's traffic conditions, learn the basics of cycling technique, develop road sense and gain a basic understanding of bicycle maintenance. If you would like more information on this initiative, please visit the [Bikeability website](#).

Please be aware that your child must be able to ride a bike without stabilisers to take part in the Level 2 course and must attend all four sessions in order to complete the course. Children need to successfully complete the first day's session to go out on the roads for the remaining three sessions. Please complete the attached form giving permission for your child to complete the course.

The course teaches children to:

- Start and stop with more confidence
- Pass stationary vehicles parked on a road
- Understand the road: signals, signs and road markings
- Negotiate the road: including quiet junctions, crossroads and roundabouts
- Share the road with other vehicles

During the course your child will need:

1. A bike that is of the correct size and is roadworthy (refer to the [ABCD check guidelines](#)).
2. A cycle helmet that fits ([refer to the cycle helmet guidelines](#)).
3. The correct clothing and footwear for riding a bike outdoors and during the weather conditions on the day (waterproof coat, hat and possibly gloves).

There will be a limited number of bikes and helmets available to borrow but children will benefit most from riding their own bikes. If your child brings their own bicycle for the training, please ensure they lock it securely in the bike shelter and they have the key / know the code to the lock. *Please note, the Cycle Southend Team will check your child's bicycle is safe to use before allowing them to participate in the Bikeability sessions.* If your child does

not have their own bicycle and / or helmet, please complete the [online form](#) by Monday 30<sup>th</sup> October to request one; Cycle Southend will only have a limited number which they can lend to children on the day.

### Bikeability Level 2 Schedule

<b>Monday 6<sup>th</sup> November</b>	<b>Tuesday 7<sup>th</sup> November</b>	<b>Wednesday 8<sup>th</sup> November</b>	<b>Thursday 9<sup>th</sup> November</b>
Class 6S 10:00am – 12:00pm	Class 6S 10:00am – 12:00pm	Class 6S 10:00am – 12:00pm	Class 6S 10:00am – 12:00pm
Class 6Du 1:00pm – 3:00pm	Class 6Du 1:00pm – 3:00pm	Class 6Du 1:00pm – 3:00pm	Class 6Du 1:00pm – 3:00pm

<b>Monday 13<sup>th</sup> November</b>	<b>Tuesday 14<sup>th</sup> November</b>	<b>Wednesday 15<sup>th</sup> November</b>	<b>Thursday 16<sup>th</sup> November</b>
Class 6E 10:00am – 12:00pm	Class 6E 10:00am – 12:00pm	Class 6E 10:00am – 12:00pm	Class 6E 10:00am – 12:00pm
Class 6A 1:00pm – 3:00pm	Class 6A 1:00pm – 3:00pm	Class 6A 1:00pm – 3:00pm	Class 6A 1:00pm – 3:00pm

<b>Monday 20<sup>th</sup> November</b>	<b>Tuesday 21<sup>st</sup> November</b>	<b>Wednesday 22<sup>nd</sup> November</b>	<b>Thursday 23<sup>rd</sup> November</b>
Class 6D 10:00am – 12:00pm	Class 6D 10:00am – 12:00pm	Class 6D 10:00am – 12:00pm	Class 6D 10:00am – 12:00pm

If you have any questions regarding Bikeability training, or there is any reason why your child may not be able to take part, please contact your child's class teacher.

Yours sincerely

Mrs Dunn  
Head of Year 6