



19th January 2026



Year 5 Learn to Ride Sessions

Dear Parent/Carer,

At Hamstel Junior School, we offer Bikeability Level 2 training to our children in year 6 as we want them to become safe and independent travellers, as well as understand the health and environmental benefits of cycling.

To participate in Bikeability Level 2 training next year, your child will need to be able to ride a bicycle with confidence, as most of the course takes place on local roads.

If your child **cannot yet ride a bike**, we are offering free learn to ride sessions to year 5 children starting on the 9th of March 2026.

This opportunity is only for non-riders.

For your child to take part in the **Learn to Ride** course, please complete the online consent form: <https://consent.bikeability.org.uk/opt-cheap-harry>

before **the 23rd of January 2026. You will not be able to sign up after this date.**

What is Bikeability Training?

Bikeability is cycling proficiency for the 21st century, giving all cyclists the skills and confidence to ride their bike, learn the basics of cycling technique and bicycle maintenance. If you would like more information about Bikeability please visit their website at www.bikeability.org.uk.

The school will be provided with a number of bikes and helmets for children to use for the training sessions, which do not need to be prebooked. Depending on the number of children who need to borrow a bike, however, they may need to share. *Parents do not need to contact Cycle Southend to request a bike or helmet.*

Once you have signed up for your child up to take part, you will receive emails from the Bikeability Trust, giving you reminders about the booked session.

Parents can find out more about the cycle training skills their child will learn as well as how to access free parent and child sessions in the school holidays by contacting the team at forwardmotion@southend.gov.uk.

Thank you for your support.

Yours sincerely

Hamstel Junior School and Cycle Southend

