



27th March 2026

Year 6 Bikeability

Dear Parent/Carer,

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

We are offering Bikeability Level 1 & 2 combined training to children in year 6 starting on the 18th of May 2026. Bikeability is cycling proficiency for the 21st century, giving all cyclists the skills and confidence to ride their bike, learning the basics of cycling technique and bicycle maintenance. If you would like more information on this initiative, please visit the Bikeability website at www.bikeability.org.uk.

For your child to take part in the upcoming Bikeability course please follow the link below which will take you straight to an online consent form. You must register your child before **the 18th of April 2026**. **You will not be able to sign up after this date.**

The Cycling Team will provide the school with a small amount of bikes and helmets for the training sessions, which **do not need to be prebooked**, however depending on the number of children needing to borrow a bike, they may need to share. Children who own a bike and helmet are encouraged to bring their own to free up the team's bikes for children who don't own one. As part of the online consent process, you will need to indicate if your child needs to borrow a bike. **You do not need to contact the team as bikes and helmets are always delivered to the school for children to borrow.**

Once you have signed up for your child to take part, you will receive emails from the Bikeability Trust, reminding you about the booked session and to get your child's bike ready for riding, as well as other handy tips for the session.

As a parent, would you like to find out more about the cycle training skills your child will learn? The ForwardMotion programme, offers FREE 1:1 cycle training to help you become a safer more confident cyclist. We also offer free parents and child sessions in the school holidays, for children who need more time to take their Level 2 training. To book or find out more, please contact us at carolinelee@southend.gov.uk



- URL: <https://consent.bikeability.org.uk/shock-alter-mould>

Yours sincerely

Hamstel Junior School

