

#### 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.

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#### Bike It School Dates

- Monday 2<sup>nd</sup> and Wednesday 4<sup>th</sup> March - Year 1 Scooter Skills at Elson Infant School
- Tuesday 10<sup>th</sup> March - Bike Dr at Elson Junior School
- Wednesday 11<sup>th</sup> March - Bike Dr at Fair Oak Junior School
- Thursday 12<sup>th</sup> March - Bike & Scooter Dr at Gomer Infant School
- Monday 16<sup>th</sup> March - Bling Your Ride at Shakespeare Infant School
- Tuesday 17<sup>th</sup> & Wednesday 18<sup>th</sup> March - Year 6 Bike Dr at Hiltingbury Junior School

#### January Activities

##### More Bike Maintenance Lessons

Bike It John put on another 2 days of Bike Maintenance Lessons at Cams Hill School and another day at King's Academy Bay House.

24 pupils had a great few hours learning how to fix punctures, adjusting their brakes and gears as well as identifying problems with their bikes.

##### Cycling and Helmet Safety Assembly

There was a brilliant assembly at Elson Junior School about the importance of cycling safely and the correct way to wear a helmet. The assembly sparked some great conversations with the children about being safe on the roads but sadly we had to cancel the planned Bike Security Coding session due to the downpour of rain.

##### Be Bright Be Seen

Bike It John had the difficult task of picking some winners from the amazing 'blinged' rides at King's Academy Gomer. There were some fantastic entries with really creative and original designs showing how important it is to be bright and be seen when walking and wheeling, particularly in the darker winter months. Congratulations to the winners and well done to all those who took the time to bling their rides!

There was also a Bike & Scooter Dr, Bike It John and volunteer Clyde fixed 37 bikes and scooters and security coded all the bikes as well.



The winning bikes and scooters at King's Academy Gomer

Maintenance Lessons at King's Academy Bay House



##### Hiltingbury Bike Bus parent engagement morning

Penny from the Hampshire My Journey team joined Bike It John to spend a very wet and windy morning at Hiltingbury Infant and Junior Schools to chat to parents about starting a Bike Bus to school, helping those who want to ride to do so in a group setting along with their parents/carers.

Thank you to all those who stopped for a chat, watch this space as more information will be coming out soon.

## What's coming up?

### 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.

During each day of the 10 day challenge 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!

There are currently 14 Hampshire Bike It Schools have registered, if you have not yet registered the please do so here - <https://bigwalkandwheel.org.uk/register>

There are plenty of schools running a host of incentives including the Golden Lock, an inter class competition with the best class each day having the honour of Jasper the Active Travel Bear joining their class and Bling Your Ride competitions. We also have a wonderful new School Journey Bingo resource. This eye spy challenge is designed to add fun to the active school run!

Check out the resources on the website once you have registered, for all the posters, parent letters and bingo cards to get your schools travelling actively and winning some amazing prizes!



### 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](#)

#### Check your Bike

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.

