



11th December 2024

Year 4 Bikeability Level 1



Dear Parent/Carer,

As you know, year 4 will be carrying out Bikeability level 1 training at Hamstel Junior school, in the spring term.

Unfortunately, we have now been informed by Cycle Southend that the link shared in the previous year 4 Bikeability letter was incorrect.

Please use the following link: [Year 4 Bikeability Level 1 Training Consent Form](#) or QR code below by Friday 20th December to give permission for your child to participate in the level 1 course.

Apologies but parents who have already given permission will need to do so again.



Bikeability Level 1 Training

Friday 10 th January	Wednesday 22 nd January	Thursday 23 rd January
4M 4H	4B 4Da	4D

As a reminder, 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 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. If your child does not have their own bicycle and / or helmet, please complete the [Bike / Helmet Request online form](#) by Friday 13th December to request one; Cycle Southend have a limited number which they can lend to children on the day.

Yours sincerely
Mrs Mandalia
Head of Year 4

