



Dear Parents of Year 6 and year 4 pupils.

At Friars School, we are very keen to help pupils learn to live healthy lifestyles. 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 keen to encourage as many pupils and parents as possible to cycle to school. As well as the health benefits, cycling to school with your child would help to reduce congestion in the local area, especially during the school run.

Therefore, we are offering Bikeability combined Level 1 & 2 training to year 6 pupils and Bikeability Level 1 to year 4 pupils starting on the 19th of January 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 use the QR code or follow the link which will take you straight to an online consent form. You must register your child before **the 19th of December 2025 thank you.** **You will not be able to sign up after this date**

We provide your child's school with 20 bikes and helmets for pupils to use for the training sessions which **do not need to be prebooked**, however depending on the number of pupils needing to borrow a bike, they may need to share. We encourage pupils who do own a bike to bring their own bike and helmet to use to free up our bikes for pupils 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 us as bikes and helmets are always delivered to your child's school for pupils to borrow.**

Once you have signed your child up to take part, you will receive emails from the Bikeability Trust, giving you reminders about the booked session, reminding you to get your child's bike ready for riding, and 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? Under our ForwardMotion programme we can offer 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 pupils who need more time to take their Level 2 training. To book or find out more, please contact us at forwardmotion@southend.gov.uk

- URL: <https://consent.bikeability.org.uk/forty-tape-text>



