

Sustrans Bike It news

Cycle, scoot & Walk to Santa in Lapland

In the lead up to Christmas; Bike It schools battled it out for top positions for the **'Cycle, Scoot and Walk to Santa in Lapland Challenge'**. Pupils and parents could score up to 2 points each for travelling to school sustainably every day. Ten Bike It schools took part in the competition, a big thank you to everyone for taking part. St Thomas More came first with an amazing result the school made it Lapland and back again 11 times clocking up a total of 24,500 miles!

We think that the following quote from St Thomas More sums up their Lapland experience:

"I am so proud of our children and school community for getting so involved in this competition (Cycle, scoot and walk to Santa in Lapland) and it has been wonderful to see families walking, cycling and scooting together deep in conversation and enjoying each other's company".

Don't forget to sign up for years Sustrans Big Pedal 2017
www.bigpedal.org.uk.

Bike It has booked **Danny Butler from Extreme Mountain Bike Show, for Tuesday 23rd May** and **Keelan Philips on Thursday 25th May** for local prizes.

Keep these dates free!



Schools that have signed up so far to this years Big Pedal challenge are:

St Thomas More
Middleton Primary
Sacred Heart
Hampton Hargate
Woodston Primary
Newark Hill Academy
Welbourne Primary
St Augustines
The Beeches Primary

We'd love to hear from you...



We are **Gemma and Eric**, your Sustrans' schools officer for Peterborough please get in touch if you have any great school stories or would like to find out more about our schools work.

Contact Gemma on 07554431327
gemma.murphy@sustrans.org.uk
and
Eric on 07824 486 172
eric.schneider@sustrans.org.uk
Twitter: @SustransPboro

SUPERHEROS DAY 31ST MARCH

Superhero day is a great way to involve all pupils in The Big Pedal even if they don't cycle or scoot. If you can't take part on this day you can choose another day during the challenge or even another time in the year!

Dress up! Encourage everyone at your school to dress up as a superhero for the day and donate £1.

<http://bigpedal.org.uk/superhero-day>



Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

RAF Bling It St Augustines Primary

During the Lapland challenge; Champions at St Augustine's ran their own unique version of Bling It to tie in with Year 6 learning about World War 1.

Children designed plane wings to attach to the handle bars of their bikes & scooters. They were proud to show them off during a celebratory assembly and of course did a quick spin around the playground to test out those wings....

We salute you St Augustine's Primary!



NEW SCHOOL!

With a storage for only 10 bikes Beeches Primary were thrilled to receive a scooter pod from Travel Choice!

They put in lots of effort during their first 'Bling your bike and scooter event' during the Lapland competition.

It was the largest Bling It event that a Bike It school has ever done!



Your schools update September 2016–February 2017

The officers in Peterborough delivered **79 activities** across all schools engaged in the project, attracting **7602** attendances including pupils, siblings their parents and teachers.

Bike counts
4251

Scooter counts
2624

To register and log weekly bike and scooter counts (Bike It crew can help to do this) please register your school at:

www.bikeitdata.org.uk/schools

Region: East of England- Peterborough.

Use a school office email & create a memorable password e.g. Bikelt1

...and across the UK

Each year we survey the schools we work with to check we are helping to increase walking, cycling and scooting to school. Here are a few of the headline figures:

- **88.2%** of respondents stated that **cycling levels have increased** since engagement with Sustrans, **87.6%** said the same about **scooting** and **55.1%** about **walking**
- **68.9%** felt the number of **children being driven to school had decreased**
- **96.7%** thought Sustrans had a **very positive or somewhat positive impact** on getting pupils at the school more physically active
- **92.3%** reported the same for **improving general wellbeing** amongst pupils
- **87.1%** said there had been a positive effect on increasing active travel amongst the **wider school community**
- **81.2%** said there had been a **very positive or somewhat positive** impact on **engaging disaffected pupils**
- **86.6%** responded that **enriched delivery of the school curriculum**.

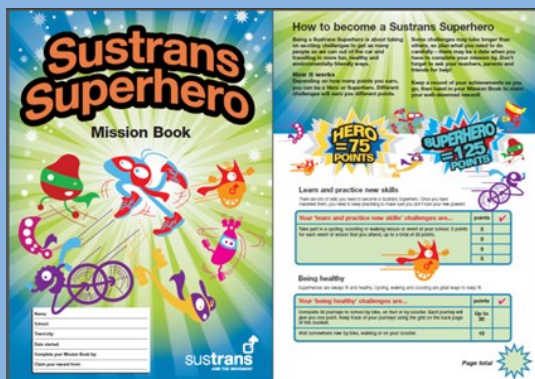
Can you host the next summer Bike It Twilight?

Last years twilight was hosted at Braybrook Primary. If you would like to host this years 2017 Bike It twilight please let Gemma or Eric know. We are looking for a venue and will bring along goodies to nibble.

PECT Eco- Awards day!

We are looking forward to this years PECT Eco Awards day on June 21st!

Don't forget that Bike It is a great way to help you meet the 'Sustainable Travel' criteria laid down in the Eco Framework.



Are your pupils superheroes?

Sustrans' Superheroes is an award scheme recognising pupils' skills and achievements in walking, scooting and cycling. **Aimed at 7- to 11-year-olds**, pupils gain points for activities they complete to become either a Sustrans Hero or Superhero. **Based on a booklet of activities**, the scheme provides the structure and inspiration for children to learn and practice the skills essential for fun, safe and sustained active travel to school and for other journeys.

sustrans.org.uk/superheroes

Hype that site: MOVE This is our secondary school award scheme, to develop pupils' confidence, wellbeing and skills. The pilot is going well – invaluable feedback from schools and officers will be used to refine it for a soft launch this spring. To take part, visit sustrans.org.uk/moveaward

Bike It Cambs website ...
<http://www.bikeitcambs.org/>

BALANCE BIKES

We have 4 Frog Balance Bikes which are proving to be very popular with Early Years teachers. You can purchase these bikes through us using our Sustrans discount with Frog Bike. The bikes are ideal for children that have not been on a bike before or have started learning how to ride with stabilisers. It teaches core stability and gross and fine motor skills.



STABILISERS FREE

It builds upon core stability and gross and fine motor skills in their ability to balance but also teaches children about setting pedal positions, using brakes and progresses them to learning how to ride independently. We aim to run at least 2-3 afternoons for an hour usually after school over a couple of weeks.

CYCLE SKILLS

Run throughout a school day, groups of ten children that can already ride but are keen to improve on their control of bikes. Sessions are around 30 mins. You can book us for a couple of hours or a day depending upon level of demand.

SCOOTER SKILLS

Groups of ten children and takes around 20 mins per session. Children will improve their control of a scooter through a series of games. Half a day or a day is usually sufficient for these sessions.

Suss It Out

Use our other resources to help generate excitement during the event – our Suss It Out activities are short, fun and can be delivered without anything other than what you'll already have in a classroom sustrans.org.uk/sussitout

- Using the website, compare how your school does against others locally, to generate a little healthy competition.

Our work with young people in the UK

We recently had the results in from our **annual hands-up survey**, asking pupils how they get to school. It confirmed our established record of typically doubling regular scooting and cycling in the first year a school works with Sustrans.

This doesn't always tell the whole picture of the benefits of more active journeys and the activities our officers run, so we **also ask schools for their opinions** on whether it raises awareness of health and activity, does it help engage certain group of pupils, is wellbeing improved, does the wider community benefit and so on.

Perhaps something to bear in mind when the Ofsted inspector calls. This supports the notion that physical and academic ambitions need not compete, but in fact complement one another.

Not surprisingly there are many studies now showing a **strong link between physical activity and academic attainment** – even when time was taken out of the classroom and allocated to PE, academic results actually improved.

Embedding active travel in the culture of a school is essential to its success, and including it in the curriculum is one of the best ways to do this. This is why we produce resources such as the **Suss It Out** activities and our **Big Street Survey** and continue to develop new ones.



Winners of the Bike
It Christmas Wreath
Competition

Winyates Primary
School!

Dates for the diary

Why not these occasions to help promote or celebrate cycling, walking or scooting to school...

March

Sustrans Big Pedal
www.bigpedal.org.uk

April

Easter Bling It

Cycle/scooter/off the stabilisers
Dr bike/in class bike mechanics

May – July

Cycle/scooter/off the stabilisers
Dr bike/in class bike mechanics
Obstacle courses/bike rides

Bike It Twilight

Post Hands Up surveys returned

Map your school Sustrans can produce a **bespoke map** for your school, showing **routes** and local **facilities**, with tips and advice to promote active and sustainable travel for pupils, staff and visitors. Ideal for classroom activities and available in a **variety of formats** from printed leaflets to wall charts and online versions. Contact externalmapping@sustrans.org.uk

Thank you for supporting our work

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment, and this applies to children just as much as it does to adults. The positive experiences of all the children that you have read about in this newsletter are the culmination of more than 20 years of Sustrans and our officers working with schools, colleges and young people.

Without your support, many children would not have the opportunity to enjoy independent and active journeys in and around their communities, so a huge thank you from us on their behalf. The long-term benefits of creating healthy and sustainable journeys will be shared by every one of us – in terms of our health, the environment and the wider economy.

If you like the sound of what Sustrans does and think that more schools, colleges and young people in your area could benefit from our work, or you want to know more, please get in touch.

email youngpeople@sustrans.org.uk

phone 0117 915 0100

online www.sustrans.org.uk/youngpeople


sustrans
JOIN THE MOVEMENT

Sustrans is grateful for the continued support of our schools work in Peterborough from the following:

