

Sustrans Bike It news



Hampton Hargate's KS2 obstacle course day!

School Champion, Miss Porter and the Bike It crew ended November with the whole of KS2 taking part in an obstacle race. Each class had a time slot to have a go at cycling or scooting around the course. It was a great day, and the Bike It crew were amazing! They helped their fellow classes around the track, provided encouragement and ensured the track was kept together. For more information please ask us.



Braybrook Primary Bike mechanic classes

Schools completing their silver School Mark award have been booking in to have KS2 bike mechanic lessons. School Champion, Mrs Clark was hands on in the event and ran a Dr Bike activity alongside the Bike It officers. Please contact us if you are interested in this activity to aid your silver School Mark completion.



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
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and

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...is back! Join hundreds of thousands of pupils between **18-29 April** for the UK's biggest school cycle and scooting event. **Each day** that more than 15% of your school roll cycle or scoot, you'll be entered into a draw to **win some amazing prizes**, from bike and scooter storage to cycle stunt and skills shows from some of the world's top riders! Choose from the **10-day** or **one-day** challenge, and enter as a whole school or **individual classes**.

Details and registration at:
bigpedal.org.uk

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

Overheard...

“... Cycling has become part of the culture of the school rather than something difficult. Children are much more likely to cycle now as the school partnership with Sustrans shows that cycling is a valuable, enjoyable, practical activity to all members of the community”

School staff member

“Thank you for making our children’s bike safe, I have been very worried by the conditions that some bikes come to school in, so many have no working brakes! Thanks for coming in!”

Class teacher at Dogsthorpe Academy
– Dr Bike day

“This is great, I know how to check my bike now”

Heard from a pupil at Braybrook
Primary bike mechanics day

Calling all **Bronze** and **Silver** School Mark schools

We had our 2nd School Champion cluster on December 2nd. Three Champions came to the meeting and we discussed ways in which to get more Bike It schools liaising with each other and sharing ideas.

The future of all government funding is uncertain, the School Mark is a great way to encourage you all to work together to continue to support each other to promote Active Sustainable Travel in your schools.

If you are happy to share your contact details with other schools or if you would like to be part of the School Mark award please let us know.

So what is the School Mark? Sustrans’ School Mark recognises and supports schools’ excellence in active and sustainable travel. It enables you to be beacons of best practice and consists of three progressive levels for schools to work through – Bronze, Silver and Gold.



Your local schools September –December

6018 pupils took part in activities carried out by Bike It

Bike & scooter shed counts

1367 bikes and 724 scooters were counted at schools by Bike It officers or Bike It crew.

The **highest record** of bike and scooter counts going to **Hampton Hargate on 26th November for 110 bikes and 90 scooters** on their KS2 obstacle day organised by the School Champion.

Did you know? Around 29,000 people die from air pollution every year in the UK. The main source of pollution in cities is vehicle emissions. (Public Health England)

...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**.

Warm welcome to new Bike It schools!

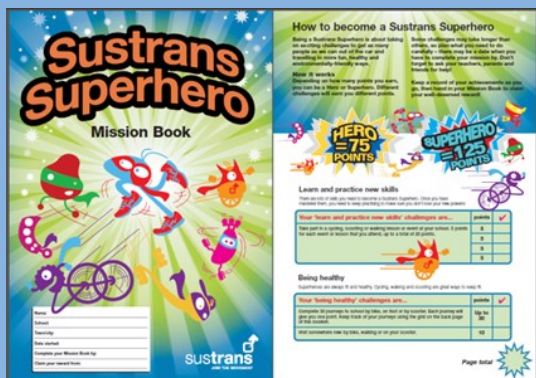
Gemma and Eric would also like to say a big welcome to four new Bike It schools:

- * St Augustines Primary
- * Newark Hill Primary
- * St John Fisher Secondary School
- * Abbotsmede Primary

St Botolphs and St Augustines Bike Christmas Wreath Competition

St Botolphs ran a whole school Bike Christmas wreath competition last year and wanted to do it again. This year St Botolphs were very excited to invite St Augustines Primary to join in with the competition.

The winning bike wreaths were swapped and displayed in the other school. Bike It officers facilitated the transportation of the wreaths and the assemblies on the day.



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

Voyager Academy signed up to the Sustrans 'Move' award and Super Heroes

Sustrans is currently piloting an exciting new award scheme for secondary pupils aged 11-16 to help develop the confidence and skills to travel actively and independently by walking, scooting and cycling. Select pupils in Year 9 at Voyager Academy will be taking part in the award. Bike It officers, and School Champion with Year 9 pupils and Cycling Instructor Richard Cooper

www.ridingabike.co.uk, will be on hand teaching pupils medium level bike mech skills to fix school bikes. There will also be a cycle ride being led by the Champion in February. Voyager Academy also takes part in the Sustrans Super Heroes awards aimed at 7-11 year olds.

St John Fisher– Big Street Survey

The school term started with a group of Year 7 pupils carrying out a Big Street Survey outside. Pupils came up with some amazing ideas all of which have now been fed-back to Travel Choice & Road Safety team.

Please use the link below to view their class manifestos

<http://bigstreetsurvey.sustrans.org.uk/>



Top tips for The Big Pedal

- It's easy to register and each day that over 15% of your pupils cycle or scoot to school, you'll be entered into a draw to **win some great prizes** — from bike and scooter storage to stunt and skills shows from some of the world's top riders. There are trophies for the winning schools too
- **If you only have a couple of classes** who you think can do it, just enter them in the **class category**
- Worried the **10-day challenge** might be too much? Or perhaps it's difficult to cycle to your school, or you have pupils with particular special needs? Then **try the one-day challenge**, which also includes cycling and scooting events held on the school grounds
- It's **your best five days which count** towards your final position, so if you can't quite make all 10, don't worry. You could even choose five to concentrate on
- **Use our other resources to help generate excitement** during the event — our Sustrans 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.

The answer is a resounding yes. On **P2** you can read just a few of the headline findings, not least that almost **90% felt that their work on active journeys enriched the school curriculum**. 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.

For schools working to promote healthy and sustainable travel without the support of one of our officers, our new **Subscription offer** will provide access to our **School Mark** accreditation online, plus special offers, discounts and access to exclusive resources and guidance. This will be launched from early 2016, speak to your Sustrans contact.

Dates for the diary

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

January

25th – 31st Farm House Breakfast week

February

14th Valentines Day – Love your bike?
8th Chinese New Year starts – Bling It? Dr bike

March

6th Mothers Day – Bike themed cards
20th Spring Equinox
25th–28th Easter weekend
27th British Summer Time starts
Cycle/scooter/off the stabilisers

April

18th–29th The Big Pedal
7th World Health Day
22nd Earth Day

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

