

Sustrans Bike It news

News! Bike It Cambs website

<http://www.bikeitcambs.org/>

Peterborough Officers are now the administrators for the [bikeitcambs.org](http://www.bikeitcambs.org) website.

We will be keeping the site up to date with news, resources, risk assessments, activity letters e.g. Dr bike, cycle skills & web links.

Please do check it out..... and share it with your Bike It crews, staff and parents.

St Thomas More's Big Pedal success

School Champions at St Thomas More were impressed by the effort and determination of their pupils at this years Big Pedal!

Cycling and scooting numbers continued after the competition all the way through to July as did they at many other Bike It schools.

Remember you can log your schools bike & scooter counts directly into our Bike It database. This information is provided to our funders to show how well your school is doing.

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

School Mark Update

Hampton Hargate achieves Gold!



Our first school to achieve this and only 32 schools nationally!
Well done from Sustrans and the Bike It officers

School Mark update: It is now online and registration costs £95 + VAT. Your subscription will include:

Access to our School Mark accreditation scheme.

Discounts on cycle and scooter storage, bikes, equipment and accessories.

The Learning Journey, a unique resource packed full of inspiring ideas linking active travel to the national curriculum.

Exclusive e-news, with regular lesson ideas and expert opinion on issues affecting your school.

<http://www.sustrans.org.uk/our-services/who-we-work/teachers/school-mark>



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

ENGINEERING DAY & BIKE MECHANICS

Ever wondered about gear ratios or how a bicycle pump works?

Look no further we have designed a new resource used at a school for their Engineering Week. Pupils can handle bike parts to see how they are constructed, work out gear ratios and take our demo pumps apart to see which forces are used.

Or how about learning some basic bike maintenance skills?

We can run these sessions in classroom time.



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...

"It was amazing (off the stabilisers). Especially as a single mum. I don't get a chance to do many activities one on one with my children so it was invaluable. Wouldn't change anything. Particularly good that it was in school hours so that my other child was elsewhere. Would definitely recommend.

Parent at Nene Valley Primary

"We are the Champions!!!! 99th overall 9th in East of England and 1st in Peterborough!!!" (2016 Big Pedal)

Head Teacher at St Thomas More

"I knew it was going to be a good day today! I've pedalled so fast I'm out of breath!"

Pupil at Orton Wistow

Your schools update September – July 2016

In the last academic year (2015-2016) the officers in Peterborough delivered **193 activities** across all schools engaged in the project, attracting **15,908** attendances including pupils, siblings their parents and teachers.

Bike counts

Based on the percentage of each school roll, the schools with the highest recorded bike counts were St Thomas More with 33.9% of the school cycling (141 bikes) and Braybrook Primary at 33.6% (88 bikes).

Scooter counts

Based on the percentage of each school roll, the schools with the highest recorded scooter counts were Queens Drive Infants with 31.4% of the school scooting (83 scooters) and St Thomas More at 30.8% (128 scooters).

BIKE RIDES

June Ride to the Sculpture Park
Pupils at **St Augustines** enjoyed a rather wet and rainy summer bike ride. We took shelter under the Nene Parkway bridge where pupils made some great storyboards about things they found on their bike ride and there was even time to play the bike board games!



July Ride to Bretton Park
Ravensthorpe and Sacred Heart Primary had their annual summer bike ride where both schools Bike It crew could meet up & exchange Bike It ideas for next term! The crew also had time play bike board games & to create a storyboard about their summer bike ride!

...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**.

Braybrook Primary hosts the end of year Bike It Twilight!

Champion at Braybrook kindly offered to host the venue for the end of year July summer twilight. Champions received smoothie bike training & we discussed changes to School Mark which is moving online.

It is also worth noting that Bike It is likely to be funded on a year on year basis which means that it is ever more important to book in with us & to ensure that staff are able to attend our sessions to receive training, particularly if funding dries up at the end of July 2017.

PECT Eco– Awards day!

We were most impressed by the level of work that many Bike It schools went to with their stalls at this years Eco Awards!



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 invested in 4 Frog Balance Bikes.



Intensively engaged schools will take priority over bookings and training for these bikes.

Bike It officers will run the sessions & encourage a staff presence to receive training on use of the bikes. To enable us to loan these bikes to schools for a short while in the future.

Schools with their own balance will continue to receive training & support from Bike It officers.

Bike It Agenda September—December

- ◆ **Book in for a Planning meeting**
- ◆ **Dates confirmed in school diaries**
- ◆ **Staff training sessions for balance bikes/ cycle/scooter/off the stabilisers confirmed**
- ◆ **Bike It crew meetings**
- ◆ **Meet the parents sessions**
- ◆ **Supported or at Distance schools to run own in house Active Travel competitions/ initiatives with aid of officer or to pair up with another Bike It school**

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.

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...

September

Champion planning meetings
Cycle/scooter/off the stabilisers

October

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

November

Be safe, be seen assemblies and
Bling it competitions

December

Bling your bike and scooter
Active Travel themed Christmas Cards
Bike themed Xmas wreath competition/
Cycle, Scoot or Walk to Santa.

January

Champion planning meetings
Big Pedal registration opens

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:

