

# Sustrans Bike It news

## Cycling/Running the whole year round- Innovative Bike It School Sports



**Talbot Combined School-** Head of P.E Tim Tatham cycles to work every day and has vision for the schools P.E schedule, every Friday there are school cycling club activity sessions, and Autumn term 2012 incorporated another groundbreaking scheme of work. Year 6 classes each took part in 3 weeks visits to nearby Slades Farm- home of Bournemouth Cycling Centre, after walking there groups enjoyed separate Track cycling and Orienteering activity sessions led by Jason and their teacher. Inspiring November/ December activities part of the whole years active travel.

I'd love to hear from you...



I'm Jason Falconer Sustrans' Bike It officer for Bournemouth&Poole please get in touch if you have any great school stories or would like to find out more about our schools work. Tel 01202 451185

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Join a thousand schools between **28 February and 20 March**, as they **race around the UK on our virtual map...** the more pupils, parents and staff who cycle or scoot, the quicker you'll do it, and the greater your chance of winning some **amazing prizes**. Can we reach 1 million journeys? [www.bigpedal.org.uk](http://www.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](http://www.sustrans.org.uk)

### Heard this term:-

“When we took all of our year 5 children on a bike ride to an area of local interest they exclaimed “This is the best trip ever” Jason led our group and ensured that staff felt confident out on the roads with groups of children. Great for promoting health, confidence and enjoyment! ”

Louise Pankhurst, Teacher, The Epiphany school Bournemouth

“The number of cyclists has quadrupled over the past few years, since Jason has been supporting the Bike It initiative at Corpus Christi school. Some staff members have also attended cycle training sessions, and have then fed back some of the ideas to the rest of the school to use. We are now in the early stages of the Gold Schoolmark Award, and will strive to continue promoting how healthy and fun cycling/ scooting is!

Jane Allonby, teacher, Corpus Christi Catholic Primary School, Boscombe

“From Bike It in school I have learnt that cycling in the fresh air is healthy and helps save the earth. I like cycling in the fresh air, you don't get any fresh air in a car. Cycling also helps with my fitness for football, swimming and gymnastics.”

Fraser, pupil in Devon who has cycled over 1000 miles to school



### Teacher Training for playground cycling

**action.** September 2012 – 8 Teachers attended an afternoons training Jason led at the Learning Centre and Cycling Track. The sessions were based on a range of activities suited to playground time for children, teachers coached each other on their bikes, recreating a range of session ideas suited to age ranges found in their schools. Ideas and best practice of cycling/ scooting were also discussed indoors, along with information provision on all aspects of safe cycling promotion. Several teachers also enjoyed a try out of the Slades Farm facility on track specific cycling, in anticipation of the upcoming 2013 schools try out date schedule. Well done for attending teachers!

### This term in numbers

4 schools enjoyed ‘Retro Reflectives’ sessions on the topic of ‘Be bright/ Be seen.’

8 schools continued their Bikeability training schedule for oldest year groups.

Saturday track sessions were well attended during September/ October

### ...and across the UK

Sustrans officers worked with over 1600 schools in 2012 to increase levels of walking, cycling and scooting UK-wide.

In that time:

- **Everyday cycling doubled** from 5% to 10% on average
- **Everyday car use** on the school commute **decreased by 11%** (35% before Sustrans’ intervention, 31% after)

In our Teacher Surveys across 125 schools we found:

- **76%** of respondents thought that Bike It had a **good or excellent impact** on getting pupils at their **school more physically active**

The survey also revealed **improvements in pupils’ leadership, teamwork and organisational skills:**

“Older children have taken on more responsibility, developed strong leadership skills & mentored younger pupils well”

... and **encouraged a cycling culture** at schools:

“Cycling is now entrenched as part of the curriculum & part of children's everyday lives”

### Did you know?

77% of 7-11 year-olds say drivers need to slow down around their homes and schools (Brake survey of 8000 children, November 2012)

## What's Sustrans up to with schools in your region?

We have had a very busy term in the South West with **7 new schools staff** and lots of new schools projects...

- Aly - working on the new Active Travel to School project in BANES.
- Vicky - working on the same project but based in South Gloucestershire.
- Sharon - replacing Emma as the Bike It Officer in Swindon.
- Jo - replacing Tracey as the Bike It Officer in Torbay.
- Gemma and David - working on Access to Education in Cornwall.
- Lucy - working in Gloucestershire on the brand new Bike It project which started in October 2012.
- And Ian - working in Bridgwater on the brand new Bike It Plus project which started in Oct 12.

We will also welcome a new Active Travel to Schools Officer in North Somerset from Mar 2013. This will be another new partnership for us!

Photo Competition:-  
(from yourself or school pupils)



Choose your favourite photo for the term and then invite readers to send in their best, or just leave as a nice pic!

Send to:

Jason.falconer@sustrans.org.uk

## Hype that site - [sustrans.org.uk/bigstreetsurvey](http://sustrans.org.uk/bigstreetsurvey)

Pupils could help transform their neighbourhood with this fantastic curriculum resource developed by one of our own officers. They audit their streets and present what they would change to local and national leaders to help make them a reality. Includes teachers' guide, pupils' handbook, PowerPoint and other resources.

## What else is new?

As well as new schools projects we have other new exciting projects in the SW, both of which are funded through the Local Sustainable Transport Fund:

**Access to Stations** - Sustrans are working to encourage people to change their journeys to and from Swindon station to more sustainable and active means.



**DIY Streets Bridgwater** - Over the next two years, Sustrans will be working with the residents of Hamp in Bridgwater, to redesign their streets to create a more sociable, liveable and active neighbourhood.

## Top tips for the new term

- **Join the Big Pedal** along with a thousand other schools and you could win amazing prizes [www.bigpedal.org.uk](http://www.bigpedal.org.uk)
- **Do the Big Street Survey** and tell the decision-makers how you'd change your streets - **enter your manifesto before 22 March** and you could win a camcorder
- **Check the calendar** for key dates like Valentines Day or Chinese New Year to promote walking, cycling and scooting

## Get these resources...

- Sustrans' **Stride Guide** to help run events for walking, or our **Pedal Pack** for cycling. Or make your own scooter rack with our Scooting infosheet! [www.sustrans.org.uk/schooltravel](http://www.sustrans.org.uk/schooltravel)

## Our work with schools and colleges in the UK

Our **Access to Education** programme with eight partners has started this term, tackling congestion and physical inactivity with tailored measures in the different local authorities.

Along with other partners and projects in the UK, this sees a move in our work with young people towards **increasing walking, scooting and public transport** in addition to cycling. We are revamping our **School Mark** accreditation scheme to recognise this, look out for the new version coming soon.

**We continue to campaign for 20mph limits** in residential streets to make them safer for everyone. Our **Free Range Kids 20mph pledge** has over 11,000 supporters and counting. We are also a partner in the new **Go20** coalition ([go20.org](http://go20.org)), whilst the 'Two-Zero Hero' competition received over 2,500 entries.

Our **Going for Gold** report called for a cycling gold standard in schools, and was back by Olympic gold champion, **Dani King**. We believe cycling should be in the curriculum, just like swimming, and it could be done for the equivalent cost of a few school dinners. **Download the report at [www.sustrans.org.uk](http://www.sustrans.org.uk).**

We have now produced our **Big Street Survey** curriculum activity to engage pupils with their local area and empower them to make improvements, creating manifestos to influence decision-makers at local and national level – and the most inspiring one could **win a camcorder**, see **Hype That Site on P3**.

Finally, **thanks to everyone we work with**, be they in schools and colleges, local authorities or organisations funding our projects.

## Dates for the diary

### January

**25<sup>th</sup> Burns Night**

### February

**10<sup>th</sup> Chinese New Year starts**

**14<sup>th</sup> Valentines Day** – show how much you love walking, cycling and scooting

**28<sup>th</sup> Big Pedal starts!!**

[www.bigpedal.org](http://www.bigpedal.org)

### March

**10<sup>th</sup> Mothers Day** – can you get mums on their bikes?

**20<sup>th</sup> Spring Equinox**, plus **Big Pedal ends**

**22<sup>nd</sup> Deadline to win a camcorder** for your Big Street Survey manifesto

**29<sup>th</sup> Good Friday**

**31<sup>st</sup> British Summer Time starts**

### April

**7<sup>th</sup> World Health Day**

### May

**6<sup>th</sup> Bank holiday**

**20<sup>th</sup>-24<sup>th</sup> Walk to School Week**

[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

## Please continue to support 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 16 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](mailto:youngpeople@sustrans.org.uk)

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Sustrans is grateful for the continued support of our schools work in Bournemouth and Poole from the following:

