

Sustrans Bike It news

Springtime is shiny new shelter time.



2 more schools received new bike and scooter stores with combined funding from Sustrans and Bournemouth Borough Council, St Marks and (pictured here) Moordown St Johns with school children and I-r Ian Selby Sustainable Travel officer BBC, Nicola Green Councillor for Winton & Wallisdown West and Peter Herbert Headteacher. Peter said "It looks splendid and we now have facilities for the safe storage of 33 bikes and 20 scooters!" they join another 9 schools in the area who've benefitted from partnering with Sustrans and setting up for a sustainable future of active travel to and from school. Press here:- [http://www.bournemouthcho.co.uk/news/9626315.Bike shelter at Moordown St John s school is wheely good/](http://www.bournemouthcho.co.uk/news/9626315.Bike_shelter_at_Moordown_St_John_s_school_is_wheely_good/)

The Biggest 'Big Pedal' yet

The biggest ever bike to school event in Britain ended 23 March, With scooter and bike journeys totalling 760, 050 in just 15 days. The spirit and enthusiasm of families all over U.K won overall and Locally St Marks pipped Epiphany primary to the finish and 22nd nationally from 959 schools, a gripping contest as the Epiphany led for 13 of 15 stages. Well done to all children, parents and teachers that took part in every school. Look at these amazing stats:-

Total schools taking part in the area-9 Over 15 days:-

Total Journeys- 18,500

Child journeys by bike- 5, 217

Child journeys by scooter- 9, 417

I'd love to hear from you...



I'm Jason Falconer, Sustrans' schools 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.

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Sign the Free Range Kids pledge for 20mph limits in residential areas and investment in walking and cycling routes, particularly to school.

sustrans.org.uk/freerangekids



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


sustrans
JOIN THE MOVEMENT

Heard this term...

“Jason was brilliant with Poppy getting her comfortable on a track bike so quickly. She thoroughly enjoyed herself and spent the rest of the day with a massive grin on her face and asking when she can have her own track bike”

Gareth Llewelyn- Father of Poppy, 8.

“In all my time in education, this (Bike It) surpasses most initiatives which come and go as fashions but rarely provide a lasting change in either performance or behaviour.”

Teacher at

St Marks Primary School Bournemouth

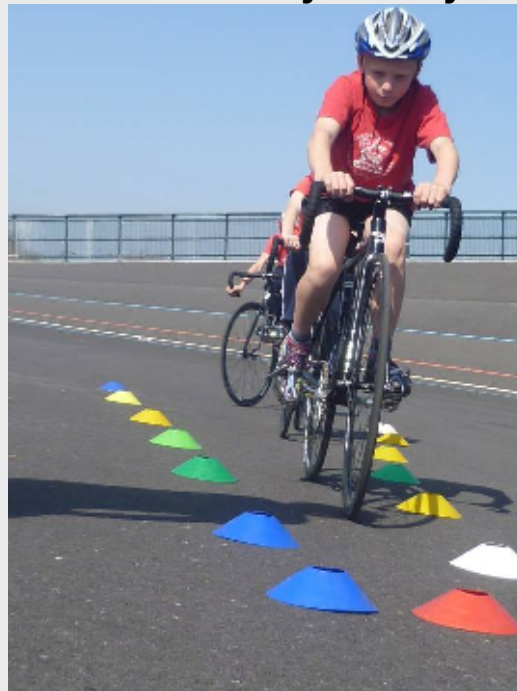
“Bike It has got the children + families enthusiastic about bikes, children love ‘Bike It’ and are very keen to participate.

It shows the children that bikes are a practical, environmentally happy + cheap way to get around their local area and fun!

” Sian Harley 2CH, Teacher at

St Marks Primary School Bournemouth

Schools Track try out day Number three-



Track day for 4 new schools, Year 6 children from Epiphany Primary, Talbot combined, Moordown St Johns and St Lukes Primary came out of school for a packed session at the cycling centre on 29th March. Another 105 first time track riders inspired for the 2012 Games.

Total schools now visited track since opening July 2011-8 Children who enjoyed by this can join the Saturday club now scheduled until the end of 2012. For session details see www.bournemouth.cc and registration email info@feria-sport.eu

Summer competition- The 27th June will see local schools taking part in races, skills challenges and track bike try out Go Ride Games- 18th August will be a big day post 2012

This term in numbers

Bournemouth & Poole schools

2 Bike shelters installed

20 Playground skills sessions run

18,500 journeys completed on the Big Pedal

3 Dr Bike Days –

16 Track and sports cycling sessions run

1 New Bronze School Mark awarded

In the South West region....Over 60 schools have now achieved the BRONZE Bike It School Mark, with FOUR having gone on to attain the Silver award. We are still waiting for our first school to reach GOLD....watch this space to find out who will be the first past the post!

Did you know?

In 1971, 80% of 7 and 8 year-olds travelled to school without an adult.

By 2009 only 11% of 7 to 10 year-olds did the same.

...and across the UK

The results achieved in Dorset contribute to Sustrans' school work throughout the UK. **Sustrans is currently directly engaged with 1,405 schools**, with a total of **more than 380,000 pupils***. Between 5-23 March, Sustrans ran the Big Pedal cycle to school challenge (see Page 4), and the results were startling:

- 898 primary and 61 secondary schools took part
- Collectively they represented almost 312,000 pupils
- 890,304 journeys were generated by bike or scooter
- On average 21% of pupils at Big Pedal schools took part on a daily basis – the national average for cycling (not scooting) in primary schools is just 1%, for secondaries it's 2% (2010)

The Sustrans Bike It School Mark recognises schools which show exceptional commitment to cycling with Bronze, Silver and Gold awards. 432 schools already have Bronze status, with 35 at Silver and working hard to be the first UK school to achieve the coveted Gold School Mark award.

Our Winter Sticker design competition to encourage cycling attracted over 8,000 inspired (and inspiring) entries.

*based on a total school roll for all primary and middle schools, and the targeted pupils within the secondary schools.

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

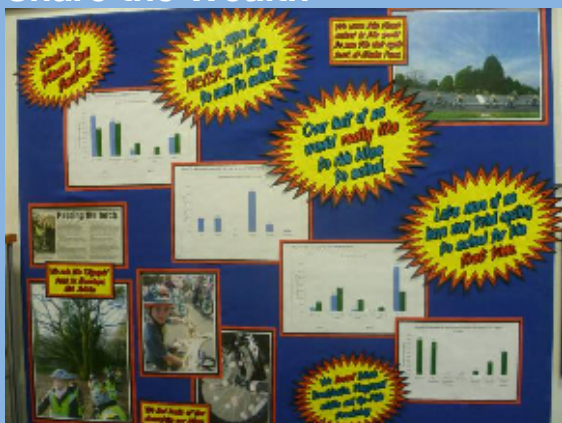
Fantastic news for schools and families in **Torbay!** Through funding from the People's Health Trust (Health Lottery), Torbay Council and Torbay Care Trust, the Riviera now has its very own Sustrans Bike It Officer!



Tracey Fey will be working with selected schools to promote active travel to school. Tracey says...

"I can't wait to start helping more families in Torbay to cycle, walk and scoot to school! My work will be targeted where there is the greatest potential to help tackle obesity and replace short car journeys with active ones – so Bike It will also benefit the environment and help reduce congestion too."

Share the Wealth



Setting up a noticeboard in school displaying all your achievements is a great way to motivate everyone at school. Cover it with colour and celebrate success.

You could also run slideshows of photographs from Bike It activities on your information screens, and don't forget- distribute this newsletter far and wide to share the wealth, thank you!

Hype that site – www.walktoschool.org.uk

Walk to School Week is coming up between 21-25 May... the ideal opportunity to get any non-cyclists to discover the joy of an active journey to school. The site has free resources, case studies and advice for parents, schools and local authorities on how to get involved. Remember, pupils who walk to school burn more calories in a week than the recommended 2 hours of PE...

What else is new?

Plymouth City Council has also committed funds to a **Bike It project in the City for the next three years** – this means that families will have a Bike It Officer to inspire them to travel in ways that benefit their health and the environment! Emma Osborne, Bike It Supervisor for the South West said

"We are so pleased that Bike It is coming to Plymouth – the **City lends itself brilliantly to the project**. Bike It has got so much to contribute towards improving health and encouraging a culture of active travel in Plymouth. This post will provide the opportunity for a large number of schools across the City to participate in the award winning Sustrans Bike It programme".

Emma Whitaker is the new **Bike It officer for Swindon**.

She is a keen cyclist and is very passionate about the environment. Emma has 28 schools to work with and is getting to grips with using the Swindon cycle network to visit them!



Top tips for the term

- The clocks have changed, so can you fit in any after-school bike activities?
- Start Wheelie-Wednesdays to involve pupils and parents who can't cycle every day
- Spring clean your bike... better weather means it will get more use, have you given yours an "M-check"?
- Help pupils become Sustrans Heroes to celebrate the London 2012 Games! Ask your officer for details.

Get these resources...

- [Clocks Forward Fun...](#) our activity sheet to celebrate the extra light
- [M-check advice...](#) the quick way to check your bike is safe and ready to roll

You can download both (and more!) at

www.sustrans.org.uk/freerangekids/families/resources-for-families

School travel news from the UK

As Sustrans' Schools, Children and Young People team continues to grow in 2012, the outstanding efforts of its officers working in schools was recognised in the **PEA** (People, Environment, Achievement) **Awards**, as Bike It took the "Schools" category. In London, Bike It also captured the "Sustainable Travel and Transport" category of the **Sustainable City Awards**.

But in the spring term the Big Story was **the Big Pedal**. Over 310,000 pupils were represented by schools competing in this "virtual" bike race around the UK. The more who cycled to school, the faster they completed the race. Powered by Sustrans, funded by the Bike Hub and supported by our very generous prize sponsors, it was an incredible success. How incredible? **Check the figures on P2....**

This term, Sustrans schools can celebrate the London 2012 Olympic and Paralympic Games through our **Heroes award scheme**. Officially "Inspire-marked" for London 2012, children can earn Bronze, Silver or Gold awards by demonstrating various Sustrans, Olympic and Paralympic values related to cycling and sustainable travel. Your local Sustrans officer can let you know how to take part.

Finally, on **14 May** there will be a **Parliamentary Reception** to celebrate Sustrans' Free Range Kids campaign to create environments for active, independent and healthy young people, through 20 mph limits and safe walking and cycling routes. Support this vision at www.freerangekids.org.uk

Dates for the diary

April

6-9th Easter

14th Kids Saturday Track Riding

Restarts-www.bournemouth.cc

23rd St George's Day

May

14th Free Range Kids Parliamentary Reception, visit

www.freerangekids.org.uk

21-25th Walk to School Week

28th Activities week starts

June

3rd The Big Lunch... why not have a street party? Visit www.thebiglunch.com

5th Diamond Jubilee... celebrate your crowning achievements!

10th Skyride Bournemouth

www.goskyride.com

17th Fathers Day

July

13th Olympic Torch Procession Bournemouth

27th London 2012 Games begin... is your school doing Sustrans Heroes?

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 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 and young people in your area could benefit from our work, or you want to know more, please get in touch with us.

email info@sustrans.org.uk
phone 0845 113 0065
online www.sustrans.org.uk



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


Bournemouth and Poole

