

Sustrans Bike It news

The Inaugural Summer Inter- Schools Competition at Bournemouth Cycling Centre



Three Bournemouth Schools created the most exciting joint cycling event of the year on 27th June. Building on from earlier playground training sessions, the groups rode to the Slades Farm site to compete in Cycle Speedway style grass track racing and 6 Rider Team Sprint races. A close competition ensued with great fun had by all and featuring a fast teachers race to finish! Headteachers and class teachers led the cycle rides to the locality, demonstrating their dedication to the importance of school based active travel, and a keen willingness to join in this pre-Olympic cycle sport promotion.

'Big Pedal' Winners 2012 win 'Savage Skills' playground show! This could be you-are you ready for 'Big Pedal' 2013?



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

Heard this term...

"Thanks for organising a great event Jason, Kids loved it as did Ben who got an opportunity to get on the track in a good race"

Jeremy Wallace M.S.J. school Bournemouth

"Our work with Sustrans really has been life-changing and the Big Pedal competition was simply amazing. It has improved community spirit at the school and in the surrounding area, pupils and their parents have continued to cycle to school long after the competition, and enthusiasm for getting to school on two wheels continues to grow - we're even including cycling in our school curriculum.

Jonathan Moody, Teacher, Washingborough Primary School

"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

Silver School mark for St. Marks Primary



Councillor Susan Phillips of Borough Council Wallisdown and Winton West presented the award at an all school assembly on 06/ 07 /12

This term in numbers

Bournemouth & Poole Schools

'Savage Skills' made a superb display show for this years 'Big Pedal' winners

16 Playground training sessions

240 Children visit Slades Farm centre 27/06

130 School Staff attended Bike It Events

54 Parents attended playground activity

2 New Bronze School Marks awarded, 1 silver.

In the South West region Sustrans' 13

Schools Officers have run a total of nearly 500 events and activities attended by over 30,000 pupils, 1500 school staff and 2,000 parents!

Did you know?

A review of 14 studies concluded that "participation in physical activity is positively related to academic performance" (Singh et al 2012)

...and across the UK

Sustrans has 94 officers working to increase levels of walking and cycling in over 1500 schools UK-wide.

Meanwhile, the National Cycle Network, co-ordinated by Sustrans, has seen a huge rise in usage – over 40 million extra bike journeys in one year, with bike and walking trips up 15% combined. Our work in linking schools with the Network has played a key role. In addition:

- We estimate that 91 million trips were made by children to school or for pleasure
- The annual health benefits to all those using the Network in 2011 equates to £442 million
- Traffic-free walking and cycling links pay back four times more than they cost over just a decade
- Since we began monitoring usage in 2000, the number of bike trips on the Network has increased by over 500%.

We could go on, but we wrote a report so we don't have to. Visit: www.sustrans.org.uk/assets/files/Press/real-cycling-revolution.pdf

A flurry of Sustrans officers is descending on the South West!

Plymouth's NEW Bike It Officer starts this August – Ryan Evans has been working as a Bike It Officer in South Gloucestershire for several years. As a former secondary school teacher, Ryan brings tonnes of experience and boundless enthusiasm to help Plymouth School Pupils get out and about and active! Plymouth PCT and Plymouth City Council have funded this post.

Sustrans has partnered with eight Local Authorities nationally to achieve a successful Local Sustainable Transport Fund (LSTF) "Access to Education" bid. This means the creation of a THIRD Bike It Officer in **Cornwall**, covering the Bodmin and North Cornwall area, plus TWO new Active Travel Officers for **Devon** who will focus on schools and communities in Newton Abbot and Totnes as well as Exeter and the Exe Estuary.

Somerset and **Gloucestershire** will both have Bike It Officers for the FIRST time, and **Dorset** will see the addition of a SECOND Officer **to cover Weymouth, Portland and Dorchester**

It is hoped that **Bournemouth's** successful LSTF bid will allow Bike It to expand there too.

Finally, in the **West of England** (Bristol sub-region), also thanks to LSTF, a number of Sustrans Active Travel Schools Officers will build on the Bike It project by working with schools and colleges to promote all sustainable modes.

Hype that site – visit freerangekids.org.uk and enter our **Two-Zero Hero competition**. Schools can win a BMX display and pupils a family holiday, bike or goody bag. They just need to design a postcard showing how 20 mph limits could transform their neighbourhood. It could be a picture, photo, poem, message or slogan...

London 2012 Heroes! As if the inspirational GOLD MEDAL success of Bradley Wiggins at the London 2012 Games (and his win at the Tour de France!), isn't enough to raise the popularity of cycling to an all time high....The Sustrans Heroes Scheme (endorsed by the London 2012 Olympic and Paralympic games) will be re-vamped post-games to allow schools to continue using this fabulous resource to inspire children to ride their bikes! What a great opportunity to exploit the legacy of the first Olympic and Paralympic games to be held in the UK in over 60 years!



Photo competition 2012



Share your happiest images of the summer term with the Sustrans team, Any creative images considered for Prizes!

Please send your photos to:
name.surname@sustrans.org.uk

Top tips for the new term

- Enter our 2-0 Hero competition (see above)
- The clocks change in October, perfect for a 'be bright, be seen' promotion, or exploring reflective and luminous materials in class
- Look out for Big Pedal registration in autumn – 890k bike or scooter trips in 2012, we can definitely reach 1 million in 2013!
- Halloween and Christmas both make excellent times to run 'bling your bike' events

Get these resources...

- Finding funding – where to find ££ to support your school travel projects
<http://tinyurl.com/finding-funding>
- ABC bike check video – the quick way to check your bike is roadworthy (and other tips!)
<http://tinyurl.com/ABCbike-check>

School travel news from the UK

Where Sustrans works with schools, regular cycling rates are **27%**, **95%** of teachers think pupils are more physically active and **23%** of parents walk more.

Want to know more? Want to know *how*? Then read **'Transforming Young People's Travel'**, our report summarising our work with schools and young people, and the benefits this brings. It also includes academic research and case studies from schools and communities. Read the report at:

<http://tinyurl.com/transforming-yp-travel>

Meanwhile, **our National Cycle Network saw 91 million journeys by children** last year. Walking and cycling trips were up 15%. Read more in **'This Term in Numbers'** on P2.

Our current national competition is 'Two-Zero Hero', to support our call for default residential 20 mph limits. These would make local roads much safer for children, and social spaces for communities – not just rat-runs to race through. There are great prizes for both pupils and schools, **see 'Hype that Site'** on P3.

From September, we will be running our **curriculum activity to engage pupils** with their local spaces and **empower them** to make improvements by influencing decision-makers at local and national level. Designed by specialists, pupils will map and debate the good and the bad in their area, producing a manifesto for change, to discuss with elected representatives and local authority officers. More details will be available from your officer closer to the time.

Dates for the diary

July

20th Ramadan begins

27th London 2012 Games begin

August

29th Paralympic Games start

September

12th B&P Teacher Track Cycling Training at Slades Farm

16th European Mobility Week, incl;

22nd World Carfree Day

Both www.mobilityweek.eu

October

International Walk to School Month

www.iwalktoschool.org

28th Clocks go back

31st Halloween

31st 2-0 Hero competition closes

November

5th Bonfire Night

19th Road Safety Week

www.roadsafetyweek.org.uk

December

Christmas!

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 youngpeople@sustrans.org.uk

phone 0845 113 0065

online www.sustrans.org.uk



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



Bournemouth and Poole