

Sustrans Bike It Update

South Coast Shows Olympic Spirit



Children in 5 Bike it schools have been getting into the Olympic Spirit early in Bournemouth and Poole, exchanging an Olympic Torch of friendship and co-operation between a total circuit of 16 schools across the conurbation. Kings Park Primary in Boscombe and St.Marks Primary in Talbot Village made the special hand over by BIKE!, riding a select party of children between schools and receiving a special welcome party at the receiving school, Jason led the rides, assemblies and spoke to the receiving schools about Bike It.

Bike It Schools leading the way on cycling power are:- Kings Park, St Marks, St Kath's, Kinson, Kingsleigh. **Look out for our Fab press on 10 Feb in the 'Echo'.**

New schools Update Autumn 2010:-

Hamworthy First-starting well with a fabulous all school Brighten Up day, and pre-Bikeability playground sessions for ALL children.

Kingsleigh Primary- Pupils enjoyed a winter Dr Bike check, with widespread awareness raising of cycling at Parents days and more.

St Aldhelms- Lots of lunch club sessions and practical riding in school are kick starting a pro-bike culture here.

St Marks- Tackling the Wallisdown Road problem head on- bold moves from this school see feature overleaf.



We'd love to hear from you...

Sustrans' Bike It officer for Bournemouth and Poole is Jason Falconer. Contact Jason on 07827927541 send him an email on: Jason.falconer@sustrans.org.uk

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:
www.sustrans.org.uk/bikeit

Sustrans Bike It Update



Could you... Walk it, Bike it or Scoot it?

Getting Radical -New school focus St Marks Primary Talbot Village.

This High- achieving school has lots of academic and sporting successes to celebrate, however before Bike It came to school knew they had one big area of underachievement-excessive local motor travel. In collaboration with the Bournemouth School Travel Advisor/ Sustrans the school senior management team have been motivated to come up with this- a direct appeal to the parentage of school to change travel habits, both outside and in the reception of school. Launching Bike It with a fantastic all-school bikers breakfast revealed just how enjoyable the journey to school can be without the usual gridlock. There is an intensive programme of activities underway, including 4 practical sessions each for each year 1 and 2 child during Autumn term 2010, Spring term 2011 focusing on year 3 and 4 thereafter 5 and 6 Summer term. British Cycling will be on hand too with Go-Ride!

Bike It Vital Statistics for 2010/11

- Talbot Go- Ride, a second series of 6 sports cycling sessions here.
- Kings Park Event with Road Safety and Police on 13 November families enjoyed a led ride to the seafront, free lights and more.
- P.C.T. funding for Bike It is set to continue into 2012 and beyond.
- 6 Schools are now participating in the Bronze Schoolmark award.
- Epiphany School enjoyed a ride out to Throop Mill and the river Stour.
- Hillbourne school Poole included all year 3 children in cycling sessions last term.
- Our annual X-Mas competition this year about Resolutions got HUNDREDS of entries this year.
- The Slades Farm velodrome will open this year in May

www.bournemouth.cc/

THE BIG PEDAL- Our annual Virtual Bike Race is going National- all schools in the U.K are invited to take part visit the website at <http://www.sustrans.org.uk/what-we-do/bike-it/the-big-pedal-2011%23top>

to register your interest.

Come and race the top cycling schools in Poole Bournemouth and beyond.

It's never been a better time to get into Cycling. Join the movement.

Heading for Schoolmark Silver- Corpus Christi Primary Boscombe

5 Supported schools are now well on their way to a long-term cycling culture, supported by Sustrans and the Bike It Schoolmark Scheme. This autumn 62 Reception age children and 34 parents enjoyed a practical session of learning bike controls skills, destabilise training and scootering. Year 5 kids also received Bike maintenance classroom lessons coupled with pre-Bikeability playground riding action. Clean. green. efficient. healthy



Diary Dates 2011-
'The big Pedal'
Nationalcomp.
28 Feb-25 March

A Well-established cycling culture despite the busy Christchurch road.