

Sustrans Bike It Update

SILVER SCHOOLMARK SUCCESS For Corpus Christi C.P. Boscombe



Corpus Christi Catholic Primary in Boscombe are the first in the area to receive the Bike It Silver Schoolmark. A special prize assembly was given in the Guildhall where Director of Public Health for P.C.T. Bournemouth & Poole Dr Adrian Dawson presented the award to a group of cycling children from the school. To earn the award the school planned, organised and independently managed the majority of their Bike It activities. Some of the schools own innovative ideas in 2011 have included sea-front bike excursions, themed bike-poetry competitions and a bike egg and spoon race, Cycling is now also written into the school improvement plans. Corpus Christi started work with Sustrans at the end of 2008, since then biking has increased from just 8 bikes a day to an average daily 31 bikes and scooters over 2010-11. The School area crossings and cyclepath improvements also won Bournemouth Borough Council Cycling Englands' scheme of the month in October 2010- a winning combination. Well done to all the Children, Teachers, Parents and staff at Corpus Christi C.P.!

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 or distribute this newsletter, visit:

www.sustrans.org.uk/bikeit

or contact Bournemouth and Poole officer: Jason Falconer

Jason.falconer@sustrans.org.uk

We'd love to hear from you...



Sustrans' Bike It officer for Bournemouth and Poole is Jason Falconer. Contact Jason on 07827 9227541 or send him an email on: Jason.falconer@sustrans.org.uk

Sustrans Bike It Update

Schoolmark Update:-

1 of the Bike It Schools engaged in the area is now working on Gold, 11 are working towards Silver and 7 working towards Bronze.



October Schools Track Day

4 More schools enjoyed a visit to the new Bournemouth Cycling Centre. Kingsleigh, from nearby made the local trip by foot, then tried track bikes, Go Ride skills and fun games with Jason.



above-Kingsleigh school at the Track Centre.

Bike It Results this Autumn term:

- Jason has worked directly with 3,911 children this term, a range of playground sessions, assemblies and events.
- 7 Schools have now made visits to Bournemouth Cycling Centre.
- Around 400 Children and 75 Parents enjoyed 4 Bikers Breakfasts.
- We made the local press 3 times this term, with 2 photo stories and a radio interview.
- Jason is now an assistant Commissaire.
- We have made good links with Police, Authority staff and even met Lib. Dem. M.P Annette Brooke this term to talk about Sustrans work.
- Look out for the Brand New Bournemouth and Poole 2012 cycling map.
- DATES FOR YOUR DIARY:-
Big Pedal 2012 starts 05th March
- Links:- www.thebigpedal.org.uk
- www.bournemouthandpoolehhs.co.uk

Below:-How every playground is Bike It Breakfast morning.



FREE RANGE KIDS

Cast your mind back to your childhood. What are the memories that bring a smile to your face? Riding your bike, exploring new, unfamiliar places, being out and about with friends? Probably, because these are the things that today's adults enjoyed as children, with 70% experiencing most of their adventures outdoors.

Contrast this with today's children. Top of their list is also playing on their bikes and exploring new and unfamiliar places. But only 29% are experiencing adventures outdoors, often closely supervised by adults.

At Sustrans we think it's time to change this. We believe every child deserves to be free range and experience freedom from their front door to go exploring, play outdoors, and make their own way to school and beyond.

To get some ideas to help your kids become more free range, and to add your voice to our Free Range Kids pledge, visit www.sustrans.org.uk/freerangekids