

Sustrans Bike It news

The Big Pedal 2017

This years Big Pedal 2017 has been amazing! With a record number of Bike It+ schools taking part. Sustrans twitter account was busy with all the banter between schools and parents urging each other on for that all important TOP SCHOOL position in Peterborough! From MP visits to Radio Interviews—here is how everyone did:



Schools that took part in Big Pedal!

- St Thomas More 66%
- Orton Wistow 58%
- Sacred Heart 26%
- Hampton Hargate 39%
- Middleton Primary 25%
- Newark Hill Academy 25%
- Welbourne Primary 22%
- St Augustines 26%
- The Beeches Primary 29%
- Eye Primary 38%
- Queens Drive Infants 39%
- Nene Valley 29%
- Woodston Primary 22%

Pupils get on their bikes



Stewart Jackson at St Thomas More RC primary school for the Sustrans superheroes day, part of the Big Pedal. He is pictured at the front with pupils Zade Pjetergjokaj and Dexter and Jack Brackenbury EMN-170331-183642009

Pupils at a city school have been rewarded for using pedal power to get to class.

The youngsters at St Thomas More Catholic Primary school were joined by Peterborough MP Stewart Jackson to celebrate the final day of Sustrans' Big Pedal – the UK's biggest challenge to get more young people cycling and scooting to school. Throughout the 10-day challenge, pupils, parents and teachers have been leaving their cars at home and getting on their bikes and scooters for their journeys.

Headteacher Anne-Marie McElhinney said: "Staff, pupils and their parents have worked really hard and thrown themselves into the challenge of cycling and scooting into school."

A total of 15 schools around Peterborough signed up for the Big Pedal 2017.

1 comments



HAVE YOUR SAY

We'd love to hear from you...



We are Gemma and Eric, your Sustrans' schools officers for Peterborough please get in touch if you have any great school stories or would like to find out more about our schools work.

Contact Gemma on 07554431327
gemma.murphy@sustrans.org.uk
 and
 Eric on 07824 486 172
eric.schneider@sustrans.org.uk
 Twitter: @SustransPboro

BIKE AND SCOOTER COUNT COMPETITION 2017

5th June—16th June

NEW! What do you need to do?

Count your schools bike and scooters as often as you can to be in with a chance of winning some cool **prizes** for your **'Bike It crew'!**

Positions will be based upon the number of completed daily recordings over a 10 day period.

Contact your Bike It officer for competition resources

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

Any Bike It crews looking for something a bit different?

If Yes

Check out the RAF Bling It at St Augustines Primary



Your Bike It officer is already booked?

We have an extensive range of resources to assist you in running your own activities. Please drop us an email and we will be happy to help you 😊

Your schools update January 2017–May 2017

The officers in Peterborough delivered **70 activities** across all schools engaged in the project, attracting **6403** attendances including pupils, siblings their parents and teachers.

Bike counts
2799

Scooter counts
3387

To register and log weekly bike and scooter counts (Bike It crew can help to do this) please register your school at:

www.bikeitdata.org.uk/schools

Region: East of England- Peterborough.

Use a school office email & create a memorable password e.g. Bikelt1

Register with a school office email and create a memorable password e.g. BikeIt1

BIKE TO SCHOOL WEEK MONDAY 5TH–9TH JUNE

<http://www.sustrans.org.uk/our-services/who-we-work/teachers/bike-school-week>

Bike to School Week is an opportunity to celebrate all the fantastic things schools have achieved throughout the UK to encourage cycling.

How it works

Bike to School Week can be a great way to kickstart active travel at your school and encourage a healthy school run for all students.

The 5 small steps to something BIG guide

To help you, we have produced the 5 small steps to something BIG guide, with activities designed to be delivered over five days.

Ideal for making any week a Walk, Scoot or Bike to School Week, they can be delivered to a wide range of ages by tailoring the level of detail and vocabulary used.



...and across the UK

Each year we survey the schools we work with to check we are helping to increase walking, cycling and scooting to school. Here are a few of the headline figures:

- **88.2%** of respondents stated that **cycling levels have increased** since engagement with Sustrans, **87.6%** said the same about **scooting** and **55.1%** about **walking**
- **68.9%** felt the number of **children being driven to school had decreased**
- **96.7%** thought Sustrans had a **very positive or somewhat positive impact** on getting pupils at the school **more physically active**
- **92.3%** reported the same for **improving general wellbeing** amongst pupils
- **87.1%** said there had been a positive effect on increasing active travel amongst the **wider school community**
- **81.2%** said there had been a **very positive or somewhat positive impact** on **engaging disaffected pupils**
- **86.6%** responded that **enriched delivery of the school curriculum**.

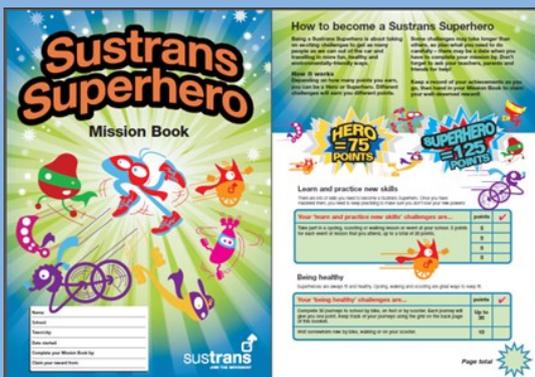
Bike It Cambs
website ...
[http://
www.bikeitcambs.org](http://www.bikeitcambs.org)

Can you host the next summer Bike It Twilight?

Last years twilight was hosted at Braybrook Primary. If you would like to host this years 2017 Bike It twilight please let Gemma or Eric know. We are looking for a venue and will bring along goodies to nibble.

PECT Eco- Awards day!

We are looking forward to this years PECT Eco Awards day on June 21st!



Are your pupils superheroes?

Sustrans' Superheroes is an award scheme recognising pupils' skills and achievements in walking, scooting and cycling. **Aimed at 7- to 11-year-olds**, pupils gain points for activities they complete to become either a Sustrans Hero or Superhero. **Based on a booklet of activities**, the scheme provides the structure and inspiration for children to learn and practice the skills essential for fun, safe and sustained active travel to school and for other journeys.

sustrans.org.uk/superheroes

New Balance Bike loan!

Just ask your Bike It officer for more info!

BALANCE BIKES

We have 8 Frog Balance Bikes which are perfect for Early Years & Year 1 pupils.

The bikes are ideal for children that have not been on a bike before or have started learning how to ride with stabilisers. **It teaches core stability and gross and fine motor skills.**

You can also purchase these bikes through us using our Sustrans discount with Frog Bike. Prices for May 2017 are £73.12 ex VAT and retail at £135.



STABILISER FREE

It builds upon core stability and gross and fine motor skills in their ability to balance but also teaches children about setting pedal positions, using brakes and progresses them to learning how to ride independently. We aim to run at least 1-2 afternoons for an hour usually after school over a couple of weeks with parents.

CYCLE SKILLS

Run throughout a school day, groups of ten children that can already ride but are keen to improve on their control of bikes. Sessions are around 30 mins. You can book us for a couple of hours or a day depending upon level of demand.

SCOOTER SKILLS

Groups of ten children and takes around 20 mins per session. Children will improve their control of a scooter through a series of games. Half a day or a day is usually sufficient for these sessions.

Suss ItOut

Use our other resources to help generate excitement during the event — our Suss It Out activities are short, fun and can be delivered without anything other than what you'll already have in a classroom sustrans.org.uk/sussitout

- Using the website, compare how your school does against others locally, to generate a little healthy competition.

Our work with young people in the UK

We recently had the results in from our **annual hands-up survey**, asking pupils how they get to school. It confirmed our established record of typically doubling regular scooting and cycling in the first year a school works with Sustrans.

This doesn't always tell the whole picture of the benefits of more active journeys and the activities our officers run, so we **also ask schools for their opinions** on whether it raises awareness of health and activity, does it help engage certain group of pupils, is wellbeing improved, does the wider community benefit and so on.

Perhaps something to bear in mind when the Ofsted inspector calls. This supports the notion that physical and academic ambitions need not compete, but in fact complement one another.

Not surprisingly there are many studies now showing a **strong link between physical activity and academic attainment** – even when time was taken out of the classroom and allocated to PE, academic results actually improved.

Embedding active travel in the culture of a school is essential to its success, and including it in the curriculum is one of the best ways to do this. This is why we produce resources such as the **Suss It Out** activities and our **Big Street Survey** and continue to develop new ones.

Dates for the diary

Why not these occasions to help promote or celebrate cycling, walking or scooting to school...

May – July 2017

Bike and Scooter Count 5th–16th June

Walk to School Week 5th–9th June

- ◆ **Balance bikes**
- ◆ **Cycle/scooter skills**
- ◆ **Off the stabilisers**
- ◆ **Dr bike/in class bike mechanics**
- ◆ **Obstacle courses**

- **Bike It Twilight July tbc**

Post Hands Up surveys returned by Friday 14th July

Post Hands up Surveys 2017

Look out for our email regarding Post Hands Up surveys 2017. These surveys are vital to continued funding for the Bike It+ project.

Map your school Sustrans can produce a **bespoke map** for your school, showing **routes** and local **facilities**, with tips and advice to promote active and sustainable travel for pupils, staff and visitors. Ideal for classroom activities and available in a **variety of formats** from printed leaflets to wall charts and online versions. Contact externalmapping@sustrans.org.uk

Thank you for supporting 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 20 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
phone 0117 915 0100
online www.sustrans.org.uk/youngpeople


sustrans
JOIN THE MOVEMENT

Sustrans is grateful for the continued support of our schools work in Peterborough from the following:

