

Sustrans Bike It news

Winning Big Pedal Schools 2015

In the lead up to March, 11 Bike It schools took part in this year's Sustrans Big Pedal competition. St Botolphs won with 37.06% of journeys having been made on bike or scooter, and Hampton Hargate with 36.07% and Woodston Primary with 29.75% following closely behind. A big thank you to everyone else that took part in the Big Pedal, it was great to see so many schools, staff, pupils and parents taking part. Keelan Philips—flat lander BMX rider was the prize for two lucky schools and for first place, St Botolphs will be having a pedal powered cinema from Outspoken .



Jasper and Rory came to school on their scooters, brother Flynn was a 'supporter' and came on his scooter too! Mum said "We had to get up earlier to get all the scooters ready!" Well done Mum!
<http://www.owps.org.uk/news/?pid=3&nid=1&storyid=75>

New Bike It School: Orton Wistow

Orton Wistow is our newest Bike It school to join the project. They got started by signing up to this years Big Pedal and did rather well. They came in 5th position with 28.20% of children, supporters and teachers cycling or scooting to school. **"The Big Pedal competition was a success too. The winning three classes received 'slap bands' for having the highest total of people coming to school by bicycle or scooter. Thank you to all of you who 'supported' the event and left the car behind on your journey to school. The Penguins class were the winners closely followed by the Wombats and Chameleons"** .

With no time to loose the School Champion also booked in all of Reception to undergo some balanceability sessions delivered by Maya and Gemma over a 3 day period. The school already had 5 of their own balance and where keen to get going to use them and will continue to run similar sessions with their staff.

We'd love to hear from you



Sustrans' Bike It+ officers for Peterborough are Gemma Murphy and Maya Stratton-Brook.

Contact Gemma or gemma.murphy@sustrans.org.uk

and

Maya on 07501 017676 or maya.stratton-brook@sustrans.org.uk



Is your school up for a challenge? Sustrans' Big Shift is a free-to-access online challenge designed to motivate the school community to travel more actively. Schools are set their own targets based on how pupils currently get to school, helping them make a Small Step, Big Stride or Giant Leap to increasing active travel. You can see how well other schools have already done in our Hall of Fame... and maybe see if you can do even better. The Big Shift is perfect for continuing the excitement if you took part in The Big Pedal, or a great alternative if you didn't manage to participate this year.

bigshift.sustrans.org.uk

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

Post Hand Up Surveys

To be completed by Friday 3rd July

It's coming to that time of year again! Me and Maya will be sending out an email after May half term for you to begin gathering the Post Hands Up survey data.

It's a great opportunity to show us, our funders and yourselves your % increases in cycling, scooting and walking since you first joined the project. This shows how hard you all work to bring about these changes to encourage and help as many people to travel to school sustainably!

If you would like any assistance carrying out these surveys please do contact us.

The % of your school that cycled or scooted during this years Big Pedal

- St Botolph's CE Primary – **37.06%**
- Hampton Hargate Primary – **36.07%**
- Woodston Primary – **29.75%**
- Eye CofE Primary – **28.41%**
- Orton Wistow Primary – **28.20%**
- Welbourne Primary – **23.78%**
- Ravensthorpe Primary – **18.07%**
- Sacred Heart RC Primary – **16.38%**
- Fulbridge Academy – **15.28%**
- St Thomas More RC Primary – **14.55%**
- Nene Valley Primary – **10.19%**

Did you know? A recent study found exposure to high levels of traffic-related air pollution around schools was linked to slower cognitive development in their pupils. (J Sunyer et al, www.plosmedicine.org)

School Mark



So what is the School Mark?

Sustrans' School Mark recognises and supports schools' excellence in active and sustainable travel. It enables you to be beacons of best practice and consists of three progressive levels for schools to work through – Bronze, Silver and Gold.

Schools expecting or have completed their Bronze School Mark this term are Woodston, Welbourne, Southfields, Ravensthorpe and St Botolphs Primary School.



...and across the UK

The Big Pedal took place between 2-20 March. We introduced a new format to allow schools to enter either a 10- or three-day version and also to enter individual classes if the whole school was unable to take part.

Last year we broke through the one million journey barrier and this year schools managed to better it again, making over 1.4 million journeys to school by bike or scooter. Here is this year's event in numbers:

- 1,329 schools recorded journeys, representing over 550,000 pupils
- 1,418,604 journeys by bike or scooter were made to school (plus we assume a similar number again home!). Just two years ago it was 847,725
- On average, 23% of pupils scooted or cycled at participating schools.

If that isn't exciting enough, this all equates to:

- * 3,669,907 miles by scooter and bike (incl. return journeys)
- * Over 1,000 tonnes of CO2 saved (if replacing car trips) plus 94,000 gallons of fuel, which would have cost over £475,000.
- * 69 million calories burned

St Thomas More New Minipod!

Bike It officer Gemma has been working closely with the School Champion and Bike It Crew to keep regular bike and scooter counts to show how full their cycle shed is. Travel Choice have kindly paid for a minipod to help increase additional storage capacity. The school is thrilled to have been given the pod.



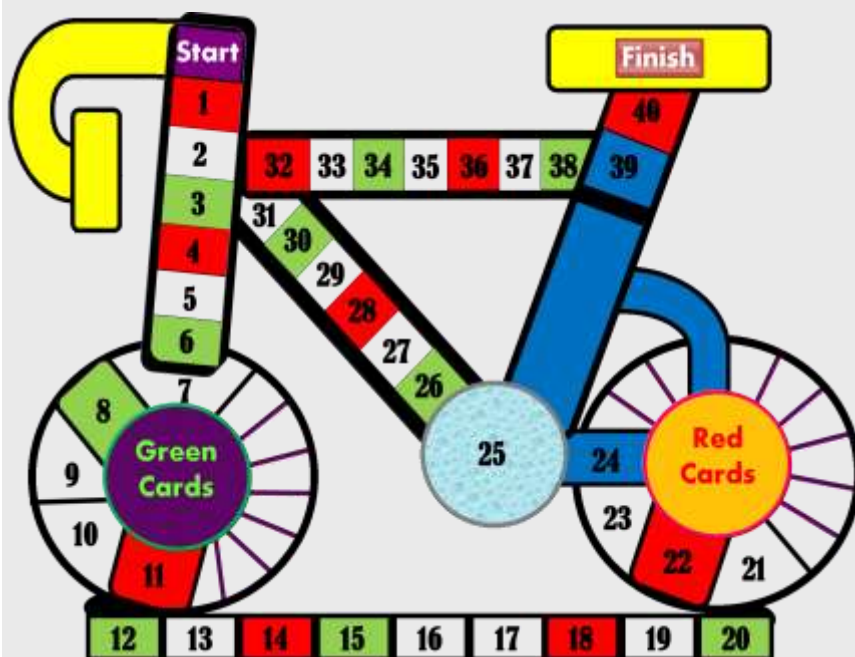
Hype that site: movewithsustrans.org.uk

Your one-stop shop (literally) for all sorts of useful goodies to promote and inspire walking, cycling and scooting to school, including badges, buttons and reflective slapwraps, as well as a range of resources for Sustrans Superheroes.

Sacred Heart and Bike Board Games!

Gemma would like to say a big thank you to the children at Sacred Heart Primary school for their contributions to the bike board game.

A big thank you to Anjali and Edward for their ideas on the final look of the board game. Gemma is having the board game made professionally to be played in the classroom or playground and at public events across Peterborough.



Top tips for the summer term

- Bike to School Week is 1-5 June... **perfect for celebrating** all the good work your school is doing whilst the weather is benevolent! Keep an eye on our website for a brand new guide we are producing to help you make the most of it
- Use the sunnier weather and lighter evenings for events, guided rides or walks and after-school skill sessions
- See Events on the back page and use any themed weeks, dates or events to celebrate walking, cycling or scooting in **various ways...** Earth Day, International Youth Day, World Environment Day and World Car-free Day are all coming up over the next few months
- Discuss what went well in 2014/15 (**and what didn't**) with your Sustrans officer, other staff, parents and importantly, pupils! Then plan how to make next year even better.

Get these resources...

- Have a read of our information sheets (English and Welsh versions available): Benefits of active travel for young people; Finding funding to promote active, Cycle and scooter storage; Becoming a travel champion. Find them at www.sustrans.org.uk/teachers under Help Yourself.

Braybrook's Lads and Dads Puncture Repair session



Our work with young people in the UK

Once again The Big Pedal has been the highlight of the spring term for many schools throughout the UK. Have a look at our facts and figures on P2 to see the amazing achievement by over 1,300 schools whose pupils, staff and parents made over 1.4 million journeys over three weeks in March.

The Big Pedal shows that we can dramatically increase cycling and **scouting at schools with enthusiasm and dedication alone... and** we know that when we combine this with infrastructure, skills sessions, events and classroom activities, we can make this a long-term change, not just a springtime spike.

If you are a school that missed out on the Big Pedal, or you know any who did, then look at our Big Shift instead—details on P1.

In 2014/15 Sustrans reached the point where we are directly engaged with one in 10 schools in the UK. **Of course, we'd love to be working with the other 90% too—and Bike to School Week (1-5 June) gives us an opportunity to raise awareness of who we are and how we can help those schools who aren't currently** benefitting from one of our officers.

In addition to The Big Pedal and Big Shift, we provide a range of classroom resources, guide books and information sheets (see P3) that any school can use for free. We also have practical advice on cycling and scouting in our Get Going series (along with some handy videos). Schools can also take part in Sustrans Superheroes, **our award scheme recognising pupils' skills and achievements in walking, scouting and cycling.**

To download these and for more information, visit www.sustrans.org.uk/teachers and www.sustrans.org.uk/change-your-travel/children-and-families

Dates for the diary

April

7th World Health Day – use our **'Benefits of Active Travel' infosheet** to discuss how important physical activity is to our health, or try the activities on our **'Being Healthy' Suss It Out sheet**
22nd Earth Day

May

4th Bank Holiday
7th General Election
18th-22nd Walk to School Week
25th Bank Holiday

June

5th World Environment Day
1st-5th Bike to School Week
10th Giant Walking Bus
18th Ramadan begins

July

17th Ramadan ends

August

3rd Bank Holiday (Scotland)
12th International Youth Day
31st Bank Holiday (Eng, Wales, NI)

September

16th-22nd European Mobility Week
22nd World Car-free Day

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

