

Sustrans Bike It + news

Pedal Powered Cinema at St Botolphs Primary for 1st Big Pedal prize!



The results of the **Big Pedal 2015** show that St Botolphs is indeed excelling at promoting active travel, raising their game from 25% of the school travelling by bicycle and scooter in 2014 to 37% in 2015. They were rewarded with a pedal powered cinema for the whole school, which some pupils said was the best way to watch a film as they were exercising as well as watching a film!

We'd love to hear from you...



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

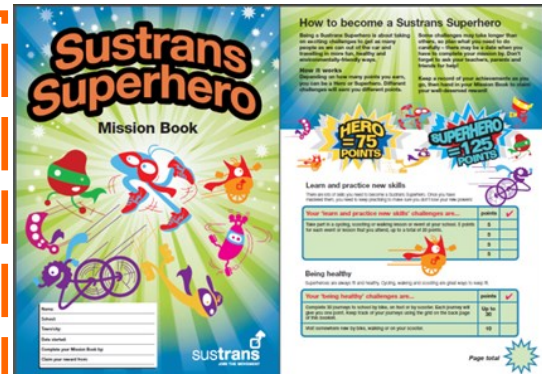
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New: Bike It+ Officer!

Hi my name is Eric Schneider and I am the new Bike-It + officer taking over for Maya who has moved to work with schools in Bristol. Although I am new to Bike-It I am not new to Sustrans or indeed to many of the Bike-It schools. I have been running Sustrans' Personalised Travel Planning projects in Peterborough for the last few years and in that capacity I worked with some of the schools in the Ortons. Before that I was a Bikeability instructor and have taught Bikeability in the majority of primary schools in Peterborough.

With my background in cycle training it won't come as a big surprise that I am very keen to work with the Bike-It schools to run lots of Dr Bike and bike and scooter skills sessions. I would also like to help schools plan and run led rides. I think one of the most effective ways to get more people walking, cycling, and scooting to school is to increase people's confidence through training and then put that training into use through group rides. These sessions don't just have to be for the students either, parents and staff can benefit too.

When I was taking my children to school the morning and afternoon bike ride together was a great time to talk about their day. It was great quality time with the kids that happened every day. I am excited by the opportunity to help more parents discover the benefits of active travel with their children.



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

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

Overheard...

“... Thanks so much for all of your support with this! (cycle skills sessions to prepare Year 4 for their Grafham Water cycling trip) The children couldn't be happier! You have been wonderful and the confidence you have given the children is amazing”

Deputy Head at William Law

“...Just wanted to share with you the extremely positive feedback from parents that did the off the stabiliser sessions with you, they loved it!”

School champion, Winyates

“... I think that what you do is such a great way to encourage, and help schools, children and parents to think about the ways in which they travel to school”

Member of the public at Green Festival

“I wish I'd brought my scooter as well as my bike. This is awesome.”

Pupil at Welbourne Primary Obstacle course day

Calling all **Bronze** and **Silver** School Mark schools

I am in the process of setting up a school cluster group so that Champions can talk with other Bike It schools to share ideas and to support the continuation of Active Sustainable Travel. The future of all government funding is uncertain, the School Mark is a great way to encourage you all to work together to continue to support each other to promote Active Sustainable Travel in your schools.

If you are happy to share your contact details with other schools or if you would like to be part of the School Mark award please let us know.

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.



This term in numbers

Your local schools May to July

Bike shed counts —3962

Scooter counts— 2636

Events run—50

Bike rides—6

Schools with Bronze School Mark awards:

Hampton Hargate, Braybrook, Woodston, Welbourne

Schools that are close to achieving Bronze:

Southfields, St Botolphs, Winyates, Sacred Heart and Ravensthorpe

Schools working towards Silver: Hampton Hargate, Braybrook and Welbourne

Did you know?

7-8 years old is a critical age in keeping girls motivated to play sport. Beyond this age, girls become more self-conscious, lose confidence and many stop participating. (Women in Sport and the Youth Sport Trust)

...and across the UK

Sustrans' School Mark recognises and supports schools' excellence in active and sustainable travel.

At last count we had **690** schools who had achieved **Bronze** level, **75** with the **Silver** award and **19** with **Gold**.

Schools have also demonstrated impressive increases in active and sustainable travel after taking part in **Sustrans' Big Shift**, our a free-to-access online challenge which sets targets and charts their success.

One of our officers used it to run an inter-school competition between six primaries, representing over 2,400 pupils. It ran for just a week, but the results were eye-catching:

- * **54.5%** - the % of active journeys (across all schools) at the **START** of the week
- * **78.1%** - the % of active journeys by the **END** of the week
- * **94.0%** - the highest % of active journeys recorded by a school on one day
- * **2,959** - the number of **ADDITIONAL** active journeys generated over the week

Visit bigshift.sustrans.org.uk to set your school a challenge.

Eco Awards Day at City of Peterborough

New resource: Cress bike, cress scooter and cress walking shoes!

The resource allows children to keep a diary of their cress bike. It teaches them about plant lifecycles and what the different parts of the plant do as well as learning about photosynthesis. Whilst growing the cress seeds on top of their favourite mode of travel to school.



Bike It planning meetings Autumn term

If you haven't already done so, please email Gemma or Eric to book in. We are keen to get your Bike It term into full swing!

If you know what activities you would like to begin with please email us your dates.

If you fancy pairing up with another Bike It schools, please ask as we have St Botolphs and Orton Wistow, Ravensthorpe and Sacred Heart working together.

Hype that site: movewithsustrans.org.uk

Get your pupils excited about walking, scooting and cycling with bright and fun ink stamps, stickers, buttons, reflective slap-wraps, banners and Superheroes badges – all available at our online shop for schools, groups of schools or local authorities.

What else is new?

Smoothie Bike curriculum run at a new Bike It school **St John Fisher**

Year 8 pupils took part in a carousel of Sustainable travelled themed sessions. One being a new smoothie bike session plan. Pupils were split into small groups. Pupils in activity 1 recorded their ingredients and quantities and made a smoothie, activity 2 they needed to work out the calorific value of their smoothie drink and design its packaging and activity 3 encouraged pupils to develop a sales pitch, and a poster to promote the importance of exercise.



Top tips for the autumn term

- See Events on the back page and use any themed weeks, dates or events to promote or discuss walking, cycling or scooting... World Car-free Day, International Walk to School Day (and Week) and Road Safety Week are all coming in the months between summer and Christmas
- Start thinking about when the evenings get darker and the importance of using lights and being visible. Diwali is the Festival of Lights, perfect for promoting being seen after the clocks change.
- Plan your activities for 2015/16 and take your hands-up/baseline surveys to see how pupils are currently travelling. Do you need to refresh a travel plan, or tweak your information for new parents and pupils? What new things do you want to try?

Get this resource...

- Bike to School Week may have come and gone, but our new guide, **5 Small Steps to Something BIG**, includes five activities designed to be delivered over five days, to help you turn any week into a Bike, Walk or Scoot to School Week. Download it at www.sustrans.org.uk/biketoschoolweek

St Botolphs and Orton Wistow

St Botolphs Champion and Bike It crew wanted to share their family bike ride treasure hunt at Ferry Meadows with Orton Wistow. Both schools crews, Champions and Bike It officer's cycled out to Ferry Meadows to come up with set a questions.



The weather was not the sunniest on the day but a number of families from both schools made it out and took part.



Ravensthorpe and Sacred Heart Bike ride

In a Bike It crew meeting at Sacred Heart we talked a few ideas through aimed at increasing children's awareness and understanding of active travel. The most popular choice was to develop a bike safety board game. Instead of just the Bike It crew we got the whole school involved with each class to split into small groups to develop group board games and game cards.

The Bike It crew were excited to be able to be at the front of developing their idea into something that could not only help their fellow pupils but also help pupils in lots of other schools. I worked to take their idea and make it a reality. In the end to make one mega 5m x 3m game with three smaller 1.5m x 1m games. Once all completed we planned a grand unveiling of the mega game, in an assembly.

Sacred Heart Bike It crew were keen to have their summer bike ride with Ravensthorpe's crew to show them the amazing games. Bike It officers organised two lead rides from each school to Bretton Park. We had a lovely morning of sharing ideas and playing the games!



Kid Country Food and Farm Day

We had a fantastic day at this years event. Me and Maya acted as extra marshals with St Botolphs bike ride to the Peterborough Arena. They took 75 children by bike! We also ran a Sustrans stall with lots of activities. One activity encouraged children to say 'why they love cycling, scooting or walking'. Lots of Bike It schools took part and... Maya put all of their words into wordl website and created



Cycling



Scooting



Walking

Our work with young people in the UK

The longer, warmer days always provide a fine opportunity for more walking, scooting and cycling, even if the exam period can sometimes make it more challenging to find time for events and activities.

To help, we produced an activity guide for Bike to School Week in June, **5 Small Steps to Something BIG**. We selected parts of our other resources so teachers had an activity for each day of the week, carefully designed to take their pupils from thinking about how they travel to what they can do to make healthier, sustainable journeys every day (see **Resources** on **P3**).

The idea is it can be used to run a bike, walk or scoot to school week at any time a school chooses. Another free resource to complement this is **Sustrans' Big Shift** – an online challenge where schools log the active journeys they are making to see how much they improve over five days. As with the Big Pedal, a little competitive spirit goes a long way and you can read the impressive results that some schools have achieved on **P2**.

These free resources are just part of what Sustrans is doing to help young people in the UK. Key to our work is our **partnership** with government, local authorities and numerous other like-minded organisations supporting young people to be happier and healthier.

Active children do better in every possible way. Their mental and physical health improves, they perform better in school, are better behaved and have better concentration and attendance. That's why, **in partnership with Nike**, we've helped to create a new **Active Schools guide** developed specially for school leaders, explaining in simple steps how to make schools more active.

It shares **best practice and success stories** from around the world, offers guidance, advice and support and **helps school leaders** to inspire pupils to have early positive experiences of physical activity. Get started and download it from www.designedtomove.org/resources/active-schools

Dates for the diary

You could start the new term with a Dr bike, off the stabilisers, cycle and scooter skills, assemblies and competitions! Have you thought of doing a Halloween style 'bling it'?

September

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

October

7th International Walk to School Day
5th-9th International Walk to School Week
25th Clocks change
31st Halloween

November

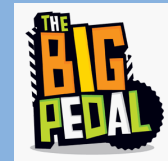
5th Bonfire Night
11th Diwali
23rd-29th Road Safety Week
www.roadsafetyweek.org

December

24th-26th Christmas

April

18th –29th Big Pedal



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:

