

Sustrans Bike it+ news

Bling it and 'be safe, be seen' assemblies



Bike It Crews at Sacred Heart, Braybrook, Hampton Hargate, Matley, Ravensthorpe, Woodston, Southfields, Fulbridge and William Law helped Bike it officer Gemma with 'be safe, be seen' assemblies. The Bike It Crews dressed up two nominated members with different types of hi visibility gear and the assembly voted on the most appropriately dressed person. Many of the assemblies tied in with a bling your bike and scooter competition. We had some great ideas, have a look at the photos above!

New Bike It Officer

Gemma has joined Sustrans team as Maya's maternity cover. Gemma has spent the past few years working in the environmental sector, her teaching focused on environmental sustainability and she has joined Sustrans to continue working and sharing that message. Over the past few months she has been working with schools to promote cycling, scooting and walking as well as helping to coordinate other classroom based sessions such as working the smoothie bike and 'be safe be seen' assemblies.

I'd love to hear from you...



I'm Gemma Murphy, 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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is back! Join hundreds of thousands of pupils between 3-14 March for the UK's biggest school cycle and scooting event. The more you scoot and cycle, the more Wheelies you collect and the more powerful they become – can you make them all the way to superheroes? There are loads of amazing prizes for the best schools across the UK, plus new categories like the most improved school and even for early registration! Enter the whole two weeks or just try out our challenge days. Details and

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

Heard this term...

"Bike-it is amazing as it is real people engaging the children in the positive aspects of biking, sustainable transport and physical exercise. The Bike-it crew thrive on their responsibility and their excitement feeds down to their peers. Congratulations Sustrans on delivering such an excellent programme for engaging school children."

Bike it Champion, St Thomas More

"The smoothie bike was the best"

Children at St Thomas More during Farm House Breakfast Week

"Sustainable travel has become a big part of our school life now and the children are enthusiastically supporting this."

Bike it Champion, Hampton Hargate

Did you know? The [CMO report](#) estimates the cost of a range of preventable health and social outcomes faced by young people is £4 trillion over 20 years

Walking Bus at St Botolphs C of E Primary School



St Botolphs Primary School has been running a successful Walking Bus. They now have nearly 30 children as well as parents with a few younger brothers and sisters joining in with the fun! The Walking Bus is part of the schools

commitment to promote sustainable travel to school. The Walking Bus departs from Orton Mere at 8.30 am on Wednesday. The School Champion and Bike it Crew have requested an exciting send off for the last Walking Bus of the year by having a smoothie bike breakfast as a reward for all that have taken part.



...and across the UK

As 2013 draws to a close, Sustrans currently has over 130 officers working with over 2,200 schools, colleges and universities across the UK to encourage walking, cycling and scooting – up from 1,600 last year.

In England, Wales and Northern Ireland, their work has led to a doubling of regular cycling in the first year of engagement, from an average of 8.4% to 16.6%. In our teacher survey, 88% said they had seen cycling numbers increase.

Of course reduction in regular car-use is another key indicator – and this has dropped from 47.7% to 43%. Again, feedback from schools showed that 67% believed that fewer children were driven to school.

Meanwhile in Scotland, Sustrans' I-Bike project saw regular cycling increase from 11.5% to 17.3% and regular car-use drop from 49.3% to 45.4%.

Our School Mark accreditation scheme to acknowledge excellence in sustainable travel continues to be popular. At last count, 571 had achieved Bronze, 42 Silver and 9 Gold, with a further 311 working towards their Bronze level—good luck!

Smoothie Bike!

Smoothie bike has been very popular this term. It has been at Hampton Hargate Primary during their Power Down week and at St Thomas More and Woodston this January during Farm House Breakfast week. Smoothie bike is a great way to create some fabulous smoothie flavours with the added bonus that they are made using Pedal Power!



Sustrans Stall at the Voyager Academy; Winter Freeze!

Bike It officer, Gemma ran a stall at Voyager to promote being safe as a cyclist and to find out the ways in which students at Voyager Academy travel into school.



Bike it Crew badges!

BIC, Martyna Yr 5 at Woodston Primary, had her badge chosen as the schools bike it crew badge. Lots of bike it crews are designing their own crew badges. For templates contact Gemma your Bike It+ officer.



Hype that site - madegood.org

Does what it says in the URL! A natty little bike site, with some clear, simple videos on bike maintenance, plus routes to ride and bike news. The videos could definitely be useful in schools to revise skills or to follow in bike clubs.

Bike themed Christmas Cards!

Welbourne Primary School had a go at designing and making their own bike themed Christmas cards. These were really easy to make and the Bike it Crew got messy with glitter and arts and crafts. If you are interested in doing something similar but on a different theme. Please feel free to contact your Bike It Officer, Gemma.



Top tips for the spring term

- End the term with a bang and take part in the Big Pedal! Two weeks, loads of prizes, hundreds of thousands of pupils and a million bike and scooter journeys www.bigpedal.org.uk
- Do our NEW Big Street Survey lesson plans. With added elements like Street Trumps, this fun, inspiring session allows pupils to discover the area around their school and produce a manifesto for change for national and local decision-makers www.sustrans.org.uk/bigstreetsurvey
- There are plenty of themed weeks, dates or events to celebrate walking, cycling or scooting in various ways, eg Love Your Bike on Valentines Day, stay bright at Chinese New Year, get mum walking or cycling on Mothers Day...

Get these resources...

In 2014, the Tour de France heads to Yorkshire for le Grand Départ, so download our Yorkshire Tour de France pack. Bright, bold and inspiring, this is first education pack to accompany the Tour de France and ties into Key Stages Two and Three, with lesson plans and resources for 11 subjects. - www.sustrans.org.uk/tdfschools

Our work with young people in the UK

It's been another year of more officers working with more schools in each of the UK nations – and with more partners and authorities.

Have a look at P2 for some of the fantastic results in your area and across the whole of the UK, including an update of how many schools have their Bronze, Silver or Gold School Marks.

The Big Street Survey **has made a real impact on pupils' influence** in their neighbourhoods. MPs and councillors have attended sessions, and Sunnydale Community College convened a forum with local experts and council officers to discuss their manifesto – before presenting evidence in Westminster to a Parliamentary Commission. See P3 for details on downloading the resource.

Between 3-14 March, this spring term sees the Big Pedal into its fourth year. This UK-wide challenge is the biggest school cycling and scooting event. In 2013 pupils, their families and staff generated nearly 850,000 journeys to school, saving over 2 million car trips and £360,000 in petrol. Cycle/scoot rates average 20% during the Big Pedal – the usual UK rate is just 1-2%.

This year it takes place over two weeks rather than three, but we are still aiming for a million cycle and scooter journeys to school... so we want a lot more schools taking part! Any UK school can enter and it is free, so please encourage any you work with to get involved. **If they can't manage the whole fortnight, we have two** daily challenges they can do instead.

There are lots of fun new elements for the pupils, free resources for school and lots of prizes on offer – and not just for the winners! But we know what really excites the pupils is just seeing how well they can do. Schools can register now at www.bigpedal.org.uk.

Dates for the diary

January

25th Burns Night – can you write or find any poems about walking and cycling?

February

14th Valentines Day – show how much you love walking, cycling and scooting

30th Chinese New Year starts – renowned for their fireworks, what can you do to stay bright and visible on the school journey?

March

3rd Big Pedal STARTS

www.bigpedal.org

14th Big Pedal ends

18th Good Friday

20th Spring Equinox

30th Mothers Day – can you get mums on their bikes?

30th British Summer Time starts

April

7th World Health Day

22nd Earth Day

May

5th Bank holiday

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 18 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.

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Sustrans is grateful for the continued support of our schools work in [town/ city/ area name] from the following:

