

Sustrans news

Big Pedal 2014!



This year's Big Pedal saw 9 Bike It schools taking part; St Botolphs, Ravensthorpe, William Law, Braybrook, Dogsthorpe Juniors, Sacred Heart, Hampton Hargate, Woodston and Fulbridge Academy.

The top 3 schools in Peterborough were Braybrook, St Botolphs and Dogsthorpe Juniors. Congratulations and a big thank you to everyone that took part.

(Photo taken at Dogsthorpe Juniors)

Farm House Breakfast Week

St Thomas More and Woodston Primary enjoyed having **'smoothie bike' out for some yummy creative smoothies.**



(Photo taken at Woodston Primary)

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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The Big Shift is a brand new free-to-access online challenge designed to motivate the school community to cycle, walk, skate and scoot more. The school is set individual targets based on how pupils currently travel, helping them make a Small Step, Big Stride or Giant Leap to increasing active travel. Key features:

- Open to all schools in the UK
- Available all year round – schools can choose any five days to take the challenge
- As well as a whole school, individual classes and year groups can take part
- Schools can repeat the challenge to improve on their achievements.

For more information, visit: www.sustrans.org.uk/bigshift

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 during the Big Pedal...

“Usually I’m late, but on a bike I am not as late. I’m still late, but not as late.”

Pupil, Paulton

“It’s really exciting that we won and it makes me feel happy that we got to dress up as superheroes because we don’t have to do as much work and it’s fun.”

Pupil, Swindon

“Attendance has improved... because they [the pupils] wanted to get into school because of the competition. There’s also been far fewer problems with traffic clogging up around the gates and it’s actually meant parents have managed to get into work earlier.”

Head teacher, Swindon

Bronze School Mark at Hampton Hargate



Hampton Hargate achieved their Bronze School Mark award this February. They received this award as they have worked hard to bring about some organisational, cultural and behavioural changes which help the school community choose to travel in more active and sustainable ways.

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.

For more information please contact Gemma Murphy your Bike It officer.



...and across the UK

The Big Pedal took place at the start of March. We didn’t have 2013’s record cold weather to contend with, but we did reduce the number of weeks from three to two... yet the aim remained to generate over one million active journeys to school.

And we did it. Or rather tens of thousands of pupils, their parents and teachers did it, producing a string of Big Pedal records:

- 1,323 schools took part—up from 950 in 2013
- 1,142,374 journeys by bike or scooter were made to school (plus we assume the same again home!). In 2013 it was 847,725
- On average, 24.6% of pupils scooted or cycled at participating schools—up from 20% in 2013.

The latter statistic is especially incredible—the typical rate in the UK is just 2% of pupils cycling to school on a regular basis, let alone every day.

In exciting alternative statistics, this all equates to:

- * Over 3,200,000 miles by scooter and bike (incl. return journeys)
- * 14 trips to the moon or more than 130 trips around the world
- * Over 1,000 tonnes of CO2 saved (if replacing car trips) plus 85,000 gallons of fuel, which would have cost over £500,000.



Did you know? [Studies of over 6,000 adolescents](#) found girls classified as obese at 11-years-old had lower academic scores (in core subjects) at 11, 13 and 16 years, compared with peers of healthy weight.

What activities to look out for here in Peterborough

Gemma is running lots of exciting activities over the next term.

These include:

Off the stabilisers
Scooter skills
Cycle skills
Smoothie bike
Dr Bike
School summer fetes
In class sustainable travel activities
Bling it
Be safe be seen



Photo competition

Gemma's favourite photo this term is of Dogsthorpe Juniors after their Big Pedal!



If you have any photos or anything quotes you heard from any Bike It activity that has been done at your school, send them to Gemma and they will feature here in the next newsletter.

Send your photos to:
gemma.murphy@sustrans.org.uk

Hype that site

www.sustrans.org.uk/bigstreetsurvey

Be inspired by the pupils of Nether Green Primary in Sheffield in our new two-minute video, as they show you the Big Street Survey in action.

A big thank you to Dogsthorpe Juniors who **raised £100 for Sustrans during this year's Big Pedal**. Instead of dressing up as Sustrans Superheroes, Dogsthorpe Juniors decided to do a Superheroes cake sale. Check out these amazing cakes!



Top tips for the summer term *[use yours if preferred]*

- Try Suss It Out, our set of five themed sheets, each with 10, 20 and 30-minute simple, snappy activities to inspire action and discussion on active travel. Download at www.sustrans.org.uk/education
- Take advantage of the better weather and later evenings to run events, guided rides or walks, **after-schools skill sessions...**
- Take advantage of upcoming themed weeks, dates or events to celebrate walking, cycling or scooting in various ways, eg World Environment Day, Bike to School **Week, Walk to School Week and Brake's Giant Walking Bus**. See Events on P4.

Get these resources...

The Tour de France heads to Yorkshire in July 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. Visit www.sustrans.org.uk/tdfschoools.

Our work with young people in the UK

The big story in the spring term has been the Big Pedal.

You can digest a feast of inspiring facts and figures on P2, but in short over 1,300 schools made well over 1.1 million journeys to school by bike or scooter in just 10 days.

The importance of the Big Pedal is not just that tens of thousands of pupils, parents and teachers get a healthy journey to school and the surrounding streets become free of congestion. It shows what can be achieved with simply a change in habit and mind set... no expensive infrastructure, just a sense of fun and a hint of competitiveness.

Many schools are inspired to make a permanent change in how their pupils and staff travel. Others might still benefit from alternative incentives and so we have come up with the Big Shift.

This is a free online challenge for all UK schools, where they are set targets to increase active journeys to school. Schools can choose any five days to do it over — see P1 for more details or visit www.sustrans.org.uk/bigshift.

Meanwhile schools can also take part in **Sustrans' Superheroes** scheme, **an award 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. For more information, visit www.sustrans.org.uk/superheroes.

Dates for the diary

April

7th World Health Day
18th-21st Easter weekend
22nd Earth Day

May

5th Bank Holiday
19th-23rd Walk to School Week
www.livingstreets.org.uk
26th Bank Holiday

June

5th World Environment Day
9th-13th Bike to School Week
www.sustrans.org.uk/biketoschoolweek
11th Giant Walking Bus
www.brake.org.uk/walkingbus
28th/29th Ramadan begins

July

5th-7th Tour de France Grand Départ

August

4th Bank Holiday (Scotland)
12th International Youth Day
25th Bank Holiday (Eng, Wales, NI)

September

16th-22nd European Mobility Week
22nd World Carfree 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 19 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



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

