

# Sustrans Bike It Plus news

## Award winning schools in Wiltshire!



### Holt Primary School and Longmeadow Primary School celebrate gaining their bronze Bike It award.

Two Trowbridge schools have been working extra hard this year and have become the first schools in Wiltshire to achieve their bronze Bike It Plus awards. Holt Primary had a brilliant year- coming 1<sup>st</sup> in the South West area in the national cycle and scooter challenge, running bike breakfasts, safe routes to school lessons and a cycle fun day at the end of term. They celebrated their award with a Diamond Jubilee themed “bling your bike” day. Longmeadow have also held lots of events, including a year long incentive where pupils received a raffle ticket each time they walked, cycled or scooted to school. The winners were selected and are pictured with their JD Bugg scooters and Sustrans prizes. Lots of other schools are not far behind and we hope to see Grove Primary, Queen’s Crescent Primary, Hilperton Primary, Aloeric Primary and Derry Hill Primary will gain their awards soon too.

## I’d love to hear from you...



I’m Lucie Taylor, Sustrans’ schools officer for Wiltshire 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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Sign the Free Range Kids pledge for 20mph limits in residential areas and investment in walking and cycling routes, particularly to school.

[sustrans.org.uk/freerangekids](http://sustrans.org.uk/freerangekids)



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](http://www.sustrans.org.uk)



## Bike and scooter days are a big hit!



Aloeric Primary pupils took part in obstacle courses, challenges and even set up their own velodrome on the school field just like the Olympic athletes! Pupils at Holt Primary and Hilperton Primary also had hundreds of bikes and scooters taking part in their challenges.



## Grand cycle shelter opening at The Mead



Pupils at The Mead Community Primary School in Trowbridge celebrated the grand opening of their new Sustrans funded cycle shelter. MP Duncan Harmes was given a tour of the eco facilities including the gardens, recycling facilities and solar panels. He ended by officially opening the shelter which has already been overflowing with bikes.

### Heard this term...

"Our work with Sustrans really has been life-changing and the Big Pedal competition was simply amazing. It has improved community spirit at the school and in the surrounding area, pupils and their parents have continued to cycle to school long after the competition, and enthusiasm for getting to school on two wheels continues to grow - we're even including cycling in our school curriculum.

It integrates smoothly with our 'Healthy Schools' status and we have introduced a whole range of exciting bike-based activities. Cycling is firmly part of our culture now here."

Jonathan Moody, Teacher, Washingborough Primary School

## This term in numbers

Nearly **10,000** pupils in Wiltshire attended a Bike It Plus event this term!

Holt Primary now have **23%** pupils regularly cycling to school

Hilperton Primary have seen an **increase of 18%** of pupils cycling and scooting to school!

In the South West region Sustrans' 13 Schools Officers have run a total of nearly 500 events and activities attended by over 30,000 pupils, 1500 school staff and 2,000 parents!

## Did you know ?

A review of 14 studies concluded that "participation in physical activity is positively related to academic performance" (Singh et al 2012)

## ...and across the UK

**Sustrans has 94 officers working to increase levels of walking and cycling in over 1500 schools UK-wide.**

Meanwhile, the National Cycle Network, co-ordinated by Sustrans, has seen a huge rise in usage – over 40 million extra bike journeys in one year, with bike and walking trips up 15% combined. Our work in linking schools with the Network has played a key role. In addition:

- We estimate that 91 million trips were made by children to school or for pleasure
- The annual health benefits to all those using the Network in 2011 equates to £442 million
- Traffic-free walking and cycling links pay back four times more than they cost over just a decade
- Since we began monitoring usage in 2000, the number of bike trips on the Network has increased by over 500%.

We could go on, but we wrote a report so we don't have to. Visit: [www.sustrans.org.uk/assets/files/Press/real-cycling-revolution.pdf](http://www.sustrans.org.uk/assets/files/Press/real-cycling-revolution.pdf)



## A flurry of Sustrans officers is descending on the South West!

**Plymouth's** NEW Bike It Officer starts this August – Ryan Evans has been working as a Bike It Officer in South Gloucestershire for several years. As a former secondary school teacher, Ryan brings tonnes of experience and boundless enthusiasm to help Plymouth school pupils get out and about and active! Plymouth PCT and Plymouth City Council have funded this post.

Sustrans has partnered with eight Local Authorities nationally to achieve a successful Local Sustainable Transport Fund (LSTF) "Access to Education" bid. This means the creation of a THIRD Bike It Officer in **Cornwall**, covering the Bodmin and East Cornwall area, plus TWO new Active Travel Officers for **Devon** who will focus on schools and communities in Newton Abbot and Totnes as well as Exeter and the Exe Estuary.

**Somerset** and **Gloucestershire** will both have Bike It Officers for the FIRST time, and **Dorset** will see the addition of a SECOND Officer to cover **Weymouth, Portland and Dorchester**.

It is hoped that **Bournemouth's** successful LSTF bid will allow Bike It to expand there too.

Finally, in the **West of England** (Bristol sub-region), also thanks to LSTF, a number of Sustrans Active Travel Schools Officers will build on the Bike It project by working with schools and colleges to promote all sustainable modes.

## DIY Scooter storage



The school caretaker at Queens Crescent Primary school in Chippenham followed the Sustrans scooter store instructions to construct this brilliant scooter store. If you want to make your own just search for Sustrans scooter store for the instructions or get in touch with your Bike It Officer for top tips!

**Hype that site** – visit [freerangekids.org.uk](http://freerangekids.org.uk) and enter our **Two-Zero Hero competition**. Schools can win a BMX display and pupils a family holiday, bike or goody bag. They just need to design a postcard showing how 20 mph limits could transform their neighbourhood. It could be a picture, photo, poem, message or slogan...

**London 2012 Heroes!** As if the inspirational GOLD MEDAL success of Bradley Wiggins at the London 2012 Games (and his win at the Tour de France!), isn't enough to raise the popularity of cycling to an all time high....The Sustrans Heroes Scheme (endorsed by the London 2012 Olympic and Paralympic games) will be re-vamped post-games to allow schools to continue using this fabulous resource to inspire children to ride their bikes! What a great opportunity to exploit the legacy of the first Olympic and Paralympic games to be held in the UK in over 60 years!



## Top tips for the new term

- Enter our 2-0 Hero competition (see above)
- The clocks change in October, perfect for a 'be bright, be seen' promotion, or exploring reflective and luminous materials in class
- Look out for Big Pedal registration in autumn – 890k bike or scooter trips in 2012, we can definitely reach 1 million in 2013!
- Halloween and Christmas both make excellent times to run 'bling your bike' events

## Get these resources...

- Finding funding – where to find ££ to support your school travel projects  
<http://tinyurl.com/finding-funding>
- ABC bike check video – the quick way to check your bike is roadworthy (and other tips!)  
<http://tinyurl.com/ABCbike-check>

## School travel news from the UK

Where Sustrans works with schools, regular cycling rates are **27%**, **95%** of teachers think pupils are more physically active and **23%** of parents walk more.

Want to know more? Want to know *how*? Then read **'Transforming Young People's Travel'**, our report summarising our work with schools and young people, and the benefits this brings. It also includes academic research and case studies from schools and communities. Read the report at:

<http://tinyurl.com/transforming-yp-travel>

Meanwhile, **our National Cycle Network saw 91 million journeys by children** last year. Walking and cycling trips were up 15%. Read more in **'This Term in Numbers'** on P2.

**Our current national competition is 'Two-Zero Hero'**, to support our call for default residential 20 mph limits. These would make local roads much safer for children, and social spaces for communities – not just rat-runs to race through. There are great prizes for both pupils and schools, **see 'Hype that Site'** on P3.

From September, we will be running our **curriculum activity to engage pupils** with their local spaces and **empower them** to make improvements by influencing decision-makers at local and national level. Designed by specialists, pupils will map and debate the good and the bad in their area, producing a manifesto for change, to discuss with elected representatives and local authority officers. More details will be available from your officer closer to the time.

## Dates for the diary

### July

**20<sup>th</sup> Ramadan begins**

**27<sup>th</sup> London 2012 Games begin...** is your school doing Sustrans Heroes?

### August

**29<sup>th</sup> Paralympic Games start**

### September

**16<sup>th</sup> European Mobility Week, incl;**

**22<sup>nd</sup> World Carfree Day**

Both [www.mobilityweek.eu](http://www.mobilityweek.eu)

### October

**International Walk to School Month**

[www.iwalktoschool.org](http://www.iwalktoschool.org)

**28<sup>th</sup> Clocks go back**

**31<sup>st</sup> Halloween**

**31<sup>st</sup> 2-0 Hero competition closes**

### November

**5<sup>th</sup> Bonfire Night**

**19<sup>th</sup> Road Safety Week**

[www.roadsafetyweek.org.uk](http://www.roadsafetyweek.org.uk)

### December

**Christmas!**

## Please continue to support 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 16 years of Sustrans and our officers working with schools 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 and young people in your area could benefit from our work, or you want to know more, please get in touch with us.

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

