

# Sustrans Bike It Plus news

## 3 schools achieve Sustrans' national award!!!



In September Manor Fields, Greentrees and Bemerton St John were the first Bike It Plus schools to achieve a Sustrans School Mark Bronze award. The award is given to schools who have made institutional and organisational changes to promote and increase the level of pupils who travel actively and sustainably. In recognition of their achievement they were rewarded with a professional display by multiple British and European trials bike champion Danny Butler and his 'Extreme Mountain Bike Show'. The schools have been working on their Bronze award since they joined the project a year ago and have run various events and incentive schemes that have seen their level of active travellers increase and their car use decrease. For example, in Manor Fields the number of regular cyclists has increased from 3% to 11%, in Greentrees the number of regular scooter riders has nearly tripled and in Bemerton St John car use has decreased from 50% to 34% with many parents now choosing to use the 'park n stride' car parks. Sarum St Paul's also received a visit from Danny in recognition for their achievement in coming top of an inter-school 'Cycle and Scoot to School' competition that was launched over national Bike to School week in June.

Pictures below by Tom Gregory from an article in the Salisbury Journal.



I'd love to hear from you...



I'm Robin Imeson, Sustrans' Bike It Plus officer for Salisbury. Please get in touch if you have any great school stories or would like to find out more about encouraging your school community to walk, scoot & cycle more often.

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...is back! Join hundreds of thousands of pupils between **18-29 April** for the UK's biggest school cycle and scooting event. **Each day** that more than 15% of your school roll cycle or scoot, you'll be entered into a draw to **win some amazing prizes**, from bike and scooter storage to cycle stunt and skills shows from some of the world's top riders! Choose from the **10-day** or **one-day** challenge, and enter as a **whole school** or **individual classes**.

**Details and registration at:**  
**[bigpedal.org.uk](http://bigpedal.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](http://www.sustrans.org.uk)

## Overheard...

“... Cycling has become part of the culture of the school rather than something difficult. Children are much more likely to cycle now as the school partnership with Sustrans shows that cycling is a valuable, enjoyable, practical activity to all members of the community”

**School staff member**

“... It (working with Sustrans) gave my group of SEN learners the opportunity to spend time together as a group socially, improving relations and giving the students something to enjoy together and feel proud of”

**School staff member**

“... A number of parents in my class have enjoyed walking or cycling to school and commented on how it makes them feel better about themselves. ”

**Anonymous**

## Schools doing it for themselves!!

With the Bike It Plus Project's funding potentially ending in March we're working hard to make sure school's can keep the projects going when we're not around. This has always been the aim of the project to make encouraging active travel a sustainable and on-going part of the school community's life and annual calendar. Each school has at least one 'travel champion' whose job it is to make sure this happens. Some schools and champions have already started doing this really effectively:



Bemerton St John held a 'Scoot to Africa' challenge in their playground to raise money for Children in Need. Nearly 210 children arrived on scooters and over £1100 was raised!



Manor Fields held a Christmas 'Bling your Bike' parade and assembly, where all the pupils were encouraged to celebrate active travel by decorating their bikes, scooters and shoes!

## This term in numbers

### Your local schools

Bike/scooter shed counts  
Percentage increases  
Numbers of new cyclists/ walkers/ scooters  
Number of events run  
3 Schools with School Mark Bronze awards

### Across the South West

801 school activities and events  
11 Active Travel Breakfasts with 600 parent/carers experiences.  
169 pupils involved in Big Street Surveys  
163 pupils engaged in Cycle Skills activities

**Did you know?** Around 29,000 people die from air pollution every year in the UK. The main source of pollution in cities is vehicle emissions. (Public Health England)

## ...and across the UK

Each year we survey the schools we work with to check we are helping to increase walking, cycling and scooting to school. Here are a few of the headline figures:

- **88.2%** of respondents stated that **cycling levels have increased** since engagement with Sustrans, **87.6%** said the same about **scooting** and **55.1%** about **walking**
- **68.9%** felt the number of **children being driven to school had decreased**
- **96.7%** thought Sustrans had a **very positive** or **somewhat positive impact** on getting pupils at the school **more physically active**
- **92.3%** reported the same for **improving general wellbeing** amongst pupils
- **87.1%** said there had been a positive effect on increasing active travel amongst the **wider school community**
- **81.2%** said there had been a **very positive** or **somewhat positive** impact on **engaging disaffected pupils**
- **86.6%** responded that **enriched delivery of the school curriculum**.



## Rural schools benefit from Bike It Plus

The Bike It Plus project travelled further afield in September to eight new primary schools: Horningsham, Oaksey, Luckington, Pewsey, St Georges (Semington), Whitesheet, Winsley and Woodborough have become Bike It Plus schools.

A number of activities have taken place at each school such as the launch assembly, banner competition, road safety week, obstacle course, be safe and seen assembly and The Big Street Survey. Pupils in the School Council at each school have been involved in deciding what activities to hold at their school and helping run events.



Oaksey School Council and Mr Skill are helping to run the Bike It Plus project

## Photo competition



The new Bike It Crew pose with the 'Bike It Bear' at St Andrew's C of E school. The crew are helping their fabulous travel champion Miss A Hodgson run an incentive scheme where each class competes against each other every week to see who had the most active travellers to school. The winning class has the honour of keeping the 'Bike It Bear' for the next week as a badge of honour! The crew have also been regularly monitoring the bike and scooter storage area to see how the project is having an impact.

**Hype that site: MOVE** This is our secondary school award scheme, to develop pupils' confidence, wellbeing and skills. The pilot is going well – invaluable feedback from schools and officers will be used to refine it for a soft launch this spring. To take part, visit [sustrans.org.uk/moveaward](http://sustrans.org.uk/moveaward)

## New officer for Salisbury

A big hello from me, **Sam Greening**, Sustrans' new officer for Salisbury! Robin and I are now **sharing the role of Bike It Plus Officer** for the city, as I divide my time between the Bike It Plus projects in Bournemouth, and in Salisbury.



It's been a busy and enjoyable first term, and a pleasure to follow on from Robin's hard work at **Greentrees Primary; Harnham Infants; and Harnham Junior**—the school's I've taken on.

Highlights include organising a '**Cycling Bus**' from East Harnham to Harnham Junior school; a **Bling Your Bike/Scooter** catwalk at Harnham Infants; and doing the **Be Bright Be Seen** assemblies at Greentrees, supported by my eager Bike It Crew — who are all budding actors/actresses!



Into the new year, I will be supporting the Harnham schools in working towards their **Bronze School Mark**, as well as supporting Robin with Champion Training as we move into the **legacy** phase of the project.

Please, do get in touch!  
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## Top tips for The Big Pedal

- It's easy to register and each day that over 15% of your pupils cycle or scoot to school, you'll be entered into a draw to **win some great prizes** — from bike and scooter storage to stunt and skills shows from some of the world's top riders. There are trophies for the winning schools too
- **If you only have a couple of classes** who you think can do it, just enter them in the **class category**
- Worried the **10-day challenge** might be too much? Or perhaps it's difficult to cycle to your school, or you have pupils with particular special needs? Then **try the one-day challenge**, which also includes cycling and scooting events held on the school grounds
- It's **your best five days which count** towards your final position, so if you can't quite make all 10, don't worry. You could even choose five to concentrate on
- **Use our other resources to help generate excitement** during the event — our Suss It Out activities are short, fun and can be delivered without anything other than what you'll already have in a classroom [sustrans.org.uk/sussitout](http://sustrans.org.uk/sussitout)
- Using the website, **compare how your school does** against others locally, to generate a little healthy competition.

## Our work with young people in the UK

We recently had the results in from our **annual hands-up survey**, asking pupils how they get to school. It confirmed our established record of typically doubling regular scooting and cycling in the first year a school works with Sustrans.

This doesn't always tell the whole picture of the benefits of more active journeys and the activities our officers run, so we **also ask schools for their opinions** on whether it raises awareness of health and activity, does it help engage certain group of pupils, is wellbeing improved, does the wider community benefit and so on.

The answer is a resounding yes. On **P2** you can read just a few of the headline findings, not least that almost **90% felt that their work on active journeys enriched the school curriculum**. Perhaps something to bear in mind when the Ofsted inspector calls. This supports the notion that physical and academic ambitions need not compete, but in fact complement one another.

Not surprisingly there are many studies now showing **a strong link between physical activity and academic attainment** – even when time was taken out of the classroom and allocated to PE, academic results actually improved.

Embedding active travel in the culture of a school is essential to its success, and including it in the curriculum is one of the best ways to do this. This is why we produce resources such as the **Suss It Out** activities and our **Big Street Survey** and continue to develop new ones.

For schools working to promote healthy and sustainable travel without the support of one of our officers, our new **Subscription offer** will provide access to our **School Mark** accreditation online, plus special offers, discounts and access to exclusive resources and guidance. This will be launched from early 2016, speak to your Sustrans contact.

## Dates for the diary

**Why not these occasions to help promote or celebrate cycling, walking or scooting to school...**

### January

**25<sup>th</sup> Burns Night**

### February

**14<sup>th</sup> Valentines Day**

**8<sup>th</sup> Chinese New Year starts**

### March

**6<sup>th</sup> Mothers Day**

**20<sup>th</sup> Spring Equinox**

**25<sup>th</sup>-28<sup>th</sup> Easter weekend**

**27<sup>th</sup> British Summer Time starts**

### April

**18<sup>th</sup>-29<sup>th</sup> The Big Pedal**

**7<sup>th</sup> World Health Day**

**22<sup>nd</sup> Earth Day**

**Map your school** Sustrans can produce a **bespoke map** for your school, showing **routes** and local **facilities**, with tips and advice to promote active and sustainable travel for pupils, staff and visitors. Ideal for classroom activities and available in a **variety of formats** from printed leaflets to wall charts and online versions. Contact [externalmapping@sustrans.org.uk](mailto:externalmapping@sustrans.org.uk)

## 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](mailto:youngpeople@sustrans.org.uk)

**phone** 0117 915 0100

**online** [www.sustrans.org.uk/youngpeople](http://www.sustrans.org.uk/youngpeople)



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

