

Sustrans Bike It Plus news

BMX star inspires pupils to get on their bikes - in more ways than one!

BMX professional Matti Hemmings wowed Bike It Plus schools with a jaw-dropping display of BMX stunts, inspiring pupils to get on their bikes over the Easter holidays and beyond.

Following his daring display, pupils (and teachers) had the opportunity to test their own skills. Each day ended with a host of budding BMX'ers and enthusiastic cyclists:

"It was amazing 'cos I've never been on a BMX before and I've never done a trick on a bike. I'd like to get a BMX." Summer, year 3, Woodborough Primary School



"He was awesome. I liked when he was doing a handstand and he nearly put his head on the floor." Eleanor, Horningsham Primary School



"It felt really good. I wasn't scared because Matti was holding the handlebars. I'm definitely going to get out on my bike more." Flo, year 5, Whitesheet Primary Academy

Bronze School Mark Awards



Congratulations to Horningsham, Pewsey and Winsley Primary Schools who all achieved Sustrans Bronze School Mark. Each school successfully completed a number of steps toward increasing active journeys to school.

Stacey and her daughters, Livi and Freya (pictured), have walked, scooted and cycled up the hill to Horningsham Primary School for 'Smileage Thursdays' since the project began.

Thank you!



A huge thank you to everyone who has been involved in the Bike It Plus project in Wiltshire over the last 4.5 years.

The project leaves a great legacy as many Bike It Plus schools continue to enthusiastically promote active travel.

Check out the range of fantastic resources on Sustrans website to support schools in making active journeys to school easy, fun and inspiring:

<http://www.sustrans.org.uk/our-services/who-we-work/teachers>

Jo Collett, Bike It Plus officer, Wiltshire 2013-16



...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

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**

On playing out in Wiltshire....

"Sometimes I go for long bike rides. I play outside with my friends. We sometimes do wheelies and just ride around for fun."

Zach, Year 3, Pewsey Primary School

"I've got a mountain bike I ride down the tow path and see how far I can go without my legs aching."

Tom, Year 5, Pewsey Primary School.

"I go out playing on my bike with my friends. We play tag on the bikes. Someone's it and you have to chase and touch them."

Sian, Year 4, Pewsey Primary School

"Sometimes I ride my bike in the field near my house. It's cold but I still go 'cos it wears us out before I go to bed."

Sophie, Year 2, Pewsey Primary School

"I like doing bunny hops and tricks on my scooter. My favourite is grinding."

Vasco, Year 4/5, Woodborough Primary School

A Project Legacy

Each Bike It Plus school was given some funding to choose resources to support them to continue promoting active journeys when the project ends.

A number of schools chose a Scooterpod to encourage pupils to ride and park their scooters.

The Scooterpod was a hit at Pewsey Primary School where Daisy scooted for the first time as she wanted to put her scooter in the new Scooterpod. "We call it the mushroom." Mum



Other resources included a set of scooters for use at school, a trike and balance bikes for younger pupils and road safety signs for use on the playground.

Each current Bike It Plus school has committed to continue to promote active travel using ideas and experiences they have gained during the project.

Previous schools have signed up for The Big Pedal 2016 including Holt Primary school who will be competing to come first in the South West for the fifth year running.

This term in numbers

At Wiltshire Bike It Plus schools:

49 bikes arrived for a free service at Pewsey Primary School for a busy Dr Bike.

92% of pupils said they owned a bike in March 2016.

78% of pupils said they wanted to travel to school by bike, scooter or walking in March 2016.

In the South West

Nearly 700 activities/events engaging with nearly 45,000 pupils.

45 Dr Bike/Dr Scooter sessions and 27 Competitions or Incentive Schemes

Hot stuff... Did you know 2015 was the hottest year on record, 15 of the 16 hottest years have been in this century and, globally, February 2016 was the hottest month ever?

...and the benefits of active travel

You'd be hard-pressed to find someone who disputes the benefits of physical activity, but do they know the numbers to back these up? Our **Benefits of Active Travel** infosheet sets out most of them, with all the relevant sources, but here are a few headline figures:

- Walking, cycling or scooting the school journey can **provide pupils with about half of the recommended amount of daily physical activity.**
- Walking the average distance to school each day **burns more calories** over a week **than two hours of PE.**
- Participating in at least **15 minutes of physical activity promotes a positive mood** in children – that's only about a 1km walk to school, or a 3-5km cycle ride.
- Pupils who travel to school on foot or by bike have **wider social networks** and are **more actively engaged with their community** than those who travel by car
- Research shows that pupils who cycle or walk to school. can **concentrate up to four hours longer than those who arrive by car.**

How about a Sky Ride?



Thinking about getting your family out on their bikes more this summer? Have you thought about taking part in a free Sky Ride Local ride?

British Cycling have found the best routes, trained up Ride Leaders to guide and support you, and picked some cracking places to visit along the way.

The rides are perfect for families looking to have fun together on two wheels! The guided rides take place on Sundays from June in Trowbridge, Calne and Salisbury. If you would like to find out more about the rides please visit:

www.goskyride.com/Wiltshire

A fruity fuel

Many schools welcomed the smoothie bike at workshops teaching about balancing energy in an out of the body.

Pedalling pupils used their energy to turn the pedals which turned the wheels which turned the blades in the blender to make delicious and healthy fruit smoothies.



Oaskey pupils re-fuel after cycling to make their refreshing fruit smoothies.

Hype that site: sustrans.org.uk/teachers

We have revamped our Teachers page (and added things), so take a moment to have a look. Everything is still there, but it may have moved around! If you can't see what you want in one of the nine 'tiles', please check the right-hand navigation pane.

An appointment with Dr Bike

Bike It Plus school pupils brought their bikes along to Dr Bike for a health check. Bike mechanics local to each school gave each bike a service and safety check which was funded by the project and free to pupils.



Dr Bikes clockwise from the top: Paul of Essential Cycling Skills, Malmesbury; Rob of Finely Tuned Ride, Urchfont; Lew of Mobile Cycle Medic, Swindon; Mike of Trowbridge Bike Workshop.

Top tips for the summer term....

- **Bike to School Week** is pencilled in for **6-10 June**... perfect for celebrating all the good work your school has been up to all year. This time, take advantage of **the Big Shift** — our web-based challenge, which sets a school individual targets based on how pupils currently travel to school, helping them make a **Small Step, Big Stride or Giant Leap** to increasing active travel. We have been amazed at the difference a week can make when schools are given something to aim for.
- **Lighter evenings and warmer weather** are ideal for events, guided rides or walks, and after-school skill sessions
- **See Events on the back page** and use any **themed weeks, dates or events** to celebrate walking, cycling or scooting in various ways... Earth Day, International Youth Day, World Environment Day and World Car-free Day are all coming up over the next few months
- **Consider what went well in 2015/16** with your Sustrans officer, staff, parents and, importantly, pupils! Don't shy away from discussing what didn't work either — everything you have experienced will help to make next year even better.

Our work with young people in the UK

Childhood obesity and the devastating impact of **air pollution** from traffic are almost daily headlines in the media – a constant reminder of the importance of inspiring more people to walk, scoot and cycle for everyday journeys.

It's not just our health that benefits – increased daily physical activity has been shown to improve academic performance, widen social networks and contribute to our sense of wellbeing. You can **read more on P2** and find all the research to back it up in our **Benefits of Active Travel infosheet**.

For this year's **Big Pedal (18-29 April)** we have used the reverse of the wallchart to make an **eye-catching poster** to display all these benefits, ideal for both class and staff rooms. If a school enters the Big Pedal, they get a giant colour version free, but anyone can now **download a copy** from our website – go to **sustrans.org.uk/teachers** and click on **[information sheets](#)** on the right-hand side.

Olympic champion Joanna Rowsell Shand has kindly lent her support to the Big Pedal this year. You can see what she has to say about cycling and scooting to school in a video at **bigpedal.org.uk**.

The Big Pedal represents where we'd like to get to, typically generating about 25% of school journeys to be made by bike or scooter at participating schools. This year the format has been tweaked to make it **even easier to participate** and **for any school** (not just the best performers) **to win some incredible prizes** (see **P1**). Make sure any school you work at or with join the more than 1,300 who have already signed up – there's still time!

We are also pleased to say that our **School Mark** accreditation scheme will be **available online** for all Sustrans schools later during the summer term, making it far simpler for schools to track their progress towards their Bronze, Silver or Gold award. **Look out for this towards the end of April.**

Dates for the diary

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

April

18th-29th The Big Pedal
7th World Health Day
22nd Earth Day
23rd St Georges Day

May

7th-8th Cycle Wiltshire Sportive, Salisbury
16th-20nd Walk to School Week
22nd-26th National School Sport Week
26th Wrong Trousers Day
30th Bank Holiday

June

19th Guided Sky Rides begin in Wiltshire
5th World Environment Day
6th-10th (TBC) Bike to School Week
15th Giant Walking Bus
19th Fathers day

July

4th-10th National Childhood Obesity Week

August

5th-21st Rio Olympics
12th International Youth Day

September

7th -18th Rio Paralympics
16th-22nd European Mobility Week
22nd World Car-free 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 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.**

youngpeople@sustrans.org.uk
www.sustrans.org.uk/youngpeople



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

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Wiltshire Council
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