

Sustrans Bike It Update



Breakfast for over a hundred

On Wednesday 20th October Guilden Sutton had their first Bike It Breakfast which was attended by 116 children and parents! The school hall was filled with food and fun as the children munched their way through croissants, brioche, cereal bars, fruit, pancakes and muffins all in the name of health week. Guilden Sutton still hold the record for the highest number of bikes on one day. 'Love your Bike Day' held back in February drew in 134 children cycling to school! Will anyone ever top them?!

About Sustrans

Sustrans makes smarter travel choices possible, desirable and inevitable. We're a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day. We work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with schools to create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

www.sustrans.org.uk/bikeit

Bike It Vital Statistics:

So far this term:

- 5105 children and
- 176 staff from
- 10 Bike It schools attended
- 74 Bike It activities

Highest ever bike count still held by Guilden Sutton with

134 bikes !!



SCHOOL MARK AWARDS

Congratulations to Newton Primary, Highfield Community Primary, Dee Point Primary and St Oswald's Primary who have all been awarded with the Bike It schoolmark BRONZE AWARD.

The award recognises those schools that have worked hard over the past year to build a durable cycling culture, bringing about organisational, cultural and behavioural changes that help to support pupils in cycling to school.

A number of other schools have achieved the award but are yet to claim it – if this is you, speak to Lydia!



We'd love to hear from you...

Sustrans' Bike It officer Chester, Lydia Wilde. Contact on 07501 017689 mobile or send an email on: lydia.wilde@sustrans.org.uk

Sustrans Bike It Update



Che Garner with his scary bike

Cherry Grove Saddle up to Scare

Pupils from Cherry Grove Primary School cycled to school with their bikes decorated as ghoulishly as possible to celebrate Halloween. Children were challenged to decorate their bikes to make them look as frightening as possible for the school's first ever 'Sustrans cycle to school' day and to be in with a chance of winning some great prizes. The school's dedicated 'Bike It crew' - a group of pupils dedicated to cycling and encouraging their peers to cycle - picked Jack Clerkin, Thomas Wynn-Jones and Che Garner as the winners for the most scary bikes.

This years NEW Bike It schools are:

- Cherry Grove Primary
- Hoole Cof E Primary
- St Werburgh's and St Columba's Catholic Primary
- Overleigh St Mary's Primary
- Mill View Primary
- Upton Westlea Primary
- Upton by Chester High School
- The Catholic High School

St Oswald's Primary School and Guilden Sutton Primary continue to work intensively with the Bike It officer

On their first ever cycle to school days

Overleigh had 85 cyclists
Hoole had 101 cyclists
St Werburghs and St Columbas had 59 cyclists
Mill View had 65 cyclists on the wettest day so far
WELL DONE to everyone who took part

Last years Bike It schools continue to be supported by the Bike It officer and are encouraged to lead the project themselves with help from Lydia, these include:

- Newton Primary
- Dee Point Primary
- Highfield Community Primary
- St Thomas Junior School
- Kelsall Primary School
- Upton Heath Primary School

Coming soon – Christmas Cycle to School Days – watch out for some amazing decorated bikes out and about near you!

Newton Primary hold an Eco Day

An Eco-Green Day was held at Newton School to celebrate the achievement of the Silver Eco Award. All children made a great effort in decorating their bikes which the Bike-It Crew judged. Besides this there were many other activities going on throughout the Eco Green Day, one of them being an assault course for those with bikes in school. We had a limbo bar for the children to go under with bikes, new ramps which went down well with juniors and infants, plus other skills to conquer. A fun day was had by all, even though it was a very cold wintery day.

