

Sustrans Bike It in London

Power to the Pedal 2011 Virtual Bike Race

Secondary sessions...

Bow Boys Secondary school are doing Mountain Biking as part of their P.E GCSE. Since the outset of Bike It, the school has been keen to integrate cycling into the curriculum. Seventeen year 11 boys are now swapping their football boots for cycling helmets and are attacking the mountain bike track at Redbridge cycle centre. The course has been organised, written and delivered by James and Andy. James says "the boys enthusiasm towards this new sport is inspiring, they are all fully committed to the lessons and many of them are practicing outside of the sessions".

Sustrans are powering the Big Pedal (7th to 25th March) and we are excited to see how our London Bike It schools will perform over the next few weeks.

The race is a fun way to encourage children, parents and teachers to cycle to school. Check out the website to see which schools in your local area are taking part.



For those schools not yet signed up, there is still chance to get involved; visit www.thebigpedal.org.uk to find out how to register, you have until midnight of 4th March before registration closes. 72 London schools are already registered...GOOD LUCK!!!

Below: London region winner of the Bike It 'Resolution' winter competition. Nyewuma from Burdett-Coutts (Westminster) won himself a brand new Islabike!



Right: The Bike Marshals at Coleville Primary during Bikeability training (RBKC)



About Sustrans

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. Our work makes it possible for people to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

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.

To find out more, visit: www.sustrans.org.uk/bikeit

Well done!

Since the last newsletter, Bronze Awards have been presented to:

- St Augustine's Primary (Hammersmith and Fulham)
- Cranmer Primary
- Joseph Hood Primary
- Dundonald Primary (Merton)

Love your Bike

Westminster schools Millbank, Hampden Gurney, St Josephs RC and Robinsfield celebrated a different St Valentines day!



Georgie ran 'Healthy Heart' classroom experiments, 'Love your Bike' poetry competitions and 'Spring Clean' bike sessions.

Yr 4 pupils at St Mary Abbots and St Thomas' (RBKC) were treated to a science lesson with a difference as Owen brought in his Brompton to show effects of friction on bikes. Pupils also worked out the bike's "footprint" by painting the tyres and printing them onto paper – a flat tyre has three times as much contact

with the ground, so get the pump out if you think your bike is going too slowly!

Who are your Sustrans Bike It Officers in London?

| | |
|---|-----------------------|
| Hounslow, Merton..... | Ali Jafarey |
| Barking & Dagenham, Bexley, Redbridge..... | Andy Casson |
| Kensington & Chelsea, Lambeth, Lewisham..... | Felix Hilton |
| Westminster..... | Georgie Fyfe-Jamieson |
| Tower Hamlets..... | James Scott |
| Hammersmith & Fulham, Kensington & Chelsea..... | Owen Powell |

Sustrans Bike It in London

So much more happened in London...

- Congratulations to 33 children at Cranmer primary school in Merton for commitment in cycling to school for a Bikers breakfast
- Glenbrook Primary in Lambeth had a day of training during which all of Year 3, 4, and 5 took part on the schools pool bikes.
- Sandhurst Juniors in Lewisham ran a bike to school day each week over the past half term and clocked up some impressive amounts of riders, averaging 25 riders each time.
- The Bridge Academy will soon be starting a City and Guilds course in bike maintenance.
- Pupils at Our Lady of Dolours RC (Westminster) enjoyed a 'Brighten Yourself Up' day followed by an after-school bike maintenance class for parents
- 45 brave pupils from 2nd year Bike It school Burdett Coutts CE Primary school (Westminster) also cycled in 'Brightened Up' on a cold & wet January day—maintaining momentum like mad!
- Owen's Dr Bike service worked wonders— 27 bikes at St Mary's and 34 at St Mary Abbots (RBKC).
- Bike equipment sales have proved hugely popular in London Bike It schools—book one in with your Bike It officer if you've not yet enjoyed the discounts!
- St Luke's Primary school on the Isle of Dogs have now got a brand new covered bike shelter!

Roll up, roll up!

Secondary London Bike It schools are currently running 'Gym Qualifier' sessions as the first stage of the Rollapaluza secondary schools league...good luck, pedal fast and we'll see you at the Grand Final!



More roller racers

Park Walk Primary had a fantastic day with Rollapaluza, their dedication and hard work with Bike It had earned them a treat so roller racing was the order of the day.

KS2 took part with some really impressive times. Particular mention goes to Valentine (left) in year 6 who clocked an impressive time of 15.4 seconds over 250 meters, reaching an incredible 36.5 miles per hour!



Above: Parents and kids at Strand on the Green school (Hounslow) after their 2 hour bike maintenance course.

Bike maintenance course

Ali's course covered three main areas: How to clean and care for your bike, making sure your bike is safe and how to do puncture repairs. Other schools included Wellington Primary and Grove Park Primary—in total 11 parents and 22 children were involved and all went away with free puncture repair kits.

Puncture repair...

In addition, Georgie ran a day of 'puncture repair' at Christ Church Bentinck Primary (Westminster) and James has run Dr Bike sessions in all his Tower Hamlets Bike It schools; they are now ready to roll...

...In the Curriculum

Andy has also been running puncture repair classes in a number of his schools recently; passing on this valuable life skill to the next generation of cyclists.

To help them remember, their literacy skills were used to produce an instruction manual. Pupils from Farnham Green, Rush Green, and William Bellamy Junior schools in Barking and Dagenham used their understanding of instructive writing making use of connectives, bossy verbs, and chronological order to produce their personal puncture repair manual.

Cycling to Silver...

Addison and Larmenier Primaries (LBHF) have set up a joint Bike Marshals meeting as part of their plans to progress towards the Silver Award.

Miss Davis from Larmenier and Paul from Millbank also gave great presentations at Georgie, Owen, Ali & Felix's Bike It Action Day! Many thanks...

