

Sustrans Bike It Update

Didsbury Road Primary Bike It Breakfast RECORD NUMBERS!!



A Breakfast Feast for over 180 children who came with parents & siblings.

Picture the scene; one of the first frosty days before the snow started-breath billowing in the cold air. I knew we had nearly 200 slips back from pupils at Didsbury Road Primary in Stockport so I'd filled the trolley up at Asda, but of course you never know how many intrepid cyclists you are going to get on a cold winter morning.

Congratulations to all the children & families for braving the cold!

ACTION DAY UPDATE

Well done to all those who came to the People's History Museum in November; it was a jam packed day with lots of School Champions (that's you!) in attendance as well as some local authority folk.

I enjoyed it as an opportunity to get everyone together so early on in the year, in the past I've run the Action Day at the end of the year. Some of you learnt new skills; to mend a puncture and to do a safety check for a bike – the 'M' check. I hope you all got lots of Bike It info and felt it was a valuable day.

Apologies for the heating issues! You'll be pleased to know that we complained loudly about that. And it was the only negative feedback you gave so that was good to read.

Postcards to Myself will be on their way to you soon :0)



I'd love to hear from you...

I am Sustrans' Bike It Officer for Stockport & Rochdale, my name is **Lucy Sutcliffe**.

Contact me on my mobile **07884232279** or send me an email on: **lucy.sutcliffe@sustrans.org.uk**

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. It's time we all began making smarter travel choices. Make your move. Support Sustrans today.

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 around 24 schools over a three-year period 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.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:

www.sustrans.org.uk/bikeit

Sustrans Bike It Update



The plaques are made from recycled wood & join together like gears.

Bike It Vital Statistics for Stockport & Rochdale so far this year...

- **2 schools** got their **BIKE COUNTS** to me at the end of term; **Newhey Primary & Spotland Primary. Both School Champions** have won a **Body Shop treat** each- next term the prize is **chocolate or wine** (your choice) so make sure you get your bike counts in.
- Since I came to Rochdale & Stockport I've worked with **4279 pupils** (some more than once), **282 staff** (provided they weren't sleeping in my assemblies...), **69 siblings** have come to **Bike It Breakfasts** (probably sleeping in buggies), **22%** of our outdoor activities have taken place in overcast conditions (you're telling me), **16%** have been very cold (too right!) and **3%** have been in heavy rain.

Looking forward to Bike It Adventures for Spring Term 2011!!

The Bike It School Mark

I will be introducing the School Mark to new schools this term, please look out for stuff in the post or ask me anything when I'm around in your school.

The Bronze School Mark can be awarded at the end of your first Bike It year provided we cover the activities and organisation & policy criteria – I have a folder for each of you that lays it out in a straightforward & easy to follow way. We at Bike It don't feel the need to overcomplicate the task! If you have been a Bike It school in the past and are now an 'At Distance' school I can still support you to achieve Bronze so let me know if you are interested. We have found that a lot of the criteria supports Eco Schools & Healthy Schools so Bike It can work with other initiatives in your school- we all want the same thing; more activity for our children & less traffic for our school area!

There have been 2 Silver Awards so far in the country and one of them was to **Brookside Primary** in Stockport. The whole school are super enthusiastic about cycling, the PTA have had a cycle track built and every year the school does really well on the Virtual Bike Race (regional winners 2009!). Give them a run for their money this March with The Big Pedal!

Activities I am booking this term;

Primary Schools;

Puncture Repair for Y5 &6
Bike Breakfast with Doctor Bike &/or Learn to Ride
The Big Pedal Assembly

Secondary Schools;

Beauty & the Bike for Y7 girls
Bike Breakfast & Doctor Bike
Incentive Scheme with prizes such as BMX or Trail Riding trips.

Some of you are booked in but please contact me if you want to book a Bike It session :0)



Diary Dates...

We are running a national bike race in March called The Big Pedal: look out for it!