

# Sustrans Bike It Newsletter



Lord Mayor Belfast puts feet to pedals to celebrate St Matthew's Primary achieving the Bronze award

## Bike It Schools Pedal to Bronze Award Success

A number of Bike It schools have successfully achieved the Bronze award in the Bike It School Mark Scheme! To achieve a Bronze award, a school must work in partnership with their Bike It officer to bring about significant organisational, cultural, and behavioral changes that help to support pupils in cycling to school. The Bronze award recognises a school for its commitment to building a pro-cycling culture. In October, the Lord Mayor of Belfast presented St Matthew's Primary with the Bronze award. Irish BMX legend Captain Matt G visited Whiteabbey Primary and Gilnahirk Primary in December to help celebrate the both schools' achievement. De La Salle College also received their Bronze award in December. Congratulations Bike It schools for showing great enthusiasm and commitment to encouraging more students to cycle to school!

## Cycle to Santa Challenge!

Pupils at Bike It schools are demonstrating their commitment to cycling to school even in the winter months. Between the 16<sup>th</sup> November and 16<sup>th</sup> December, students were challenged to fill their Cycling Santa stamp cards by cycling to school 16 times. The students who successfully completed the challenge received a special prize from Santa's sack! At Gilnahirk Primary, over 20 students completed the challenge showing great enthusiasm cycling to school!



Winter Cyclists at Gilnahirk Primary

## 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.

Bike It in Belfast is made possible with the support of the Public Health Agency, Sport Northern Ireland, the Bike Hub, and Active Belfast

To find out more, visit: [www.sustrans.org.uk/bikeit](http://www.sustrans.org.uk/bikeit)



### We'd love to hear from you...

Sustrans' Bike It officer for Belfast is Beth Harding. Contact Beth on 07824627674 or send her an email on: [beth.harding@sustrans.org.uk](mailto:beth.harding@sustrans.org.uk)

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Hungry cyclists at Lisnasharragh Primary pedal to their breakfast.

## Welcome Aboard Bike It Schools!

We are delighted to welcome four new schools to the Bike It project this year! Harding Memorial Primary, Holy Child Primary, Lisnasharragh Primary and St Therese of Lisieux Primary will be joining the line-up of Bike It schools in Belfast.

The new schools have gotten off to a fantastic start! There have been school assemblies, classroom sessions, Bike It Breakfasts, and more. Over 100 pupils, parents, siblings, and teachers cycled to school for a Bike It Breakfast at Lisnasharragh Primary in October – a pedal perfect start!

## This year's Bike It schools are:

- 🚲 Harding Memorial Primary
- 🚲 Holy Child Primary
- 🚲 Gilnahirk Primary
- 🚲 Lisnasharragh Primary
- 🚲 St John the Baptist Primary
- 🚲 St Oliver Plunkett Primary
- 🚲 St Therese of Lisieux Primary
- 🚲 Strandtown Primary

The following schools will be continuing to encourage cycling to school apart from the direct support of the Bike It officer.  
*'Once a Bike It school, always a Bike It school!'*

- 🚲 Bunscoil Phobal Feirste
- 🚲 De La Salle College
- 🚲 Grosvenor Grammar
- 🚲 St Matthew's Primary
- 🚲 Whiteabbey Primary



Pupils brighten up the journey to school at Strandtown Primary

## Brighter Bike Day

To encourage students to cycle to school and to raise awareness of safe cycling as the days become darker, Bike It schools across the greater Belfast area held Brighter Bike Days throughout this term. On the morning of a Brighter Bike Day, students cycled to school looking as bright and shiny as possible! Cyclists on a Brighter Bike Day brightened up the journey to school with all varieties of brightness - neon green wigs, fluorescent orange legwarmers, pink tutus, aluminum foil helmets, and even bikes with Christmas tinsel and lights!

**The BIG Pedal**

It's back, it's better and, with your help, bigger than ever!

5-23 March 2012  
Open to every school in the UK.

Don't miss out.  
Register your school now.