

# Sustrans Bike It news

## Over 90% of Paulton pupils travel to school on two wheels for Bike It event!



On a cold October morning 221 Paulton pupils made the journey to school by bike or scooter in order to take part in a giant obstacle course on their playground. The remaining 20 pupils that were unable to scoot or cycle to school borrowed Jim's scooters so they could take part in the extreme skills course meaning that everyone had a positive experience of exercise! Head teacher Mr Grosvenor was very happy to except the B&NES Bike It record for over 90% of pupils travelling to school sustainably and actively by bike or scooter. Well done Paulton junior school!

## Fantastic Festive Bling!



Saltford, Newbridge, Farmborough, Castle, Marksbury, Peasedown St John, Welton and St Philip's schools all ran brilliant Bling your Bike competitions. Jim had to judge well over 200 wonderfully decorated bikes and scooters and award prizes like lights and helmets to the most creatively blinged entries.

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



### Santa got a new bike for Christmas!

I'm Jim Imeson, Sustrans' Bike It officer for B&NES. Please do get in touch if you would like to find out more about our schools work.

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Email: [jim.imeson@sustrans.org.uk](mailto:jim.imeson@sustrans.org.uk)

Sign the Free Range Kids pledge for 20mph limits in residential areas and investment in walking and cycling routes, particularly to school.

[sustrans.org.uk/freerangekids](http://sustrans.org.uk/freerangekids)



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](http://www.sustrans.org.uk)

## Heard this term...

*"We support the work Jim does in B&NES schools as it encourages more children and parents to cycle to school cutting the numbers of cars on the road and promoting a healthier lifestyle. We have noticed the impact of Bike It in local schools, such as Newbridge primary, where the increased cycling numbers and enthusiasm amongst the children has had a positive affect for our business with more bike services being booked in and an increase in the number of customers using our shop. We love Jim he's a righteous dude."*

**Jonny Brown-Jackson, Cadence bike shop owner**

*"Jim has been a fantastic advocate of cycle training and has promoted Bikeability training throughout his Bike It schools, which has resulted in increased numbers of pupils being trained."*

**Rita Maestri, B&NES Bikeability cycle training co-ordinator**

*"We have found working with the Bike It officer invaluable in furthering our work to engage the local community in Midsomer Norton through play, biking and scootering. Jim offered advice to us on the best way to organise events for scooter riders at the Somer Valley Skate Park and ran them for us."*

**Alice Mccoll, Strategic Development Officer Play Services**

## Beechen Cliff bike sheds overflowing!



Seeing over 100 bikes in Beechen Cliff's bike storage is not an unusual sight these days. Even on a wet and miserable December day (when this photo was taken) the storage is full of bikes proving that cycling is a popular mode of transport to school even when most students have to negotiate hills on their journey to school. Both Beechen Cliff and Wellsway school are now offering their students free advanced Bikeability Level 3 cycle training, a move which is very much being supported by Jim and the Traffic Safety Team at the Council.

St Martin's Garden primary school is well on their way to achieving their Bike It Silver School Mark Award and many of Jim's newer Bike It schools have nearly achieved their Bronze School Mark Awards!

## This term in numbers

### B&NES local schools

Over 50 school events delivered by Jim  
2758 pupils took part in Bike It events  
180 staff took part in Bike It events  
165 parents took part in Bike It events  
35 younger siblings took part in Bike It events

### In the region

In Bristol and South Gloucestershire regular cycling levels increased by 106%

300 bikes and scooters were recorded for Salford primary's two day relaunch of Bike It with obstacle courses in their playground.

### Did you know?

Studies from California have shown that the more active pupils were, the better the marks they got in Numeracy and Literacy?

## ...and across the UK

The results achieved in [town/ area name] contribute to Sustrans' school work throughout the UK. Slowly but surely we're helping to establish a healthy and sustainable travel habit amongst the next generation. In 2010 Sustrans worked with 180,000 children at more than 1,000 schools, overall there was:

- a 125% increase in the number children cycling to school every day
- a safe route to school created for more than 76,000 children
- a drop from 72% to 53% in the number of children who never cycle to school
- 92% of headteachers agreed that Sustrans helped their pupils get more physical activity

We also just had our first report in from our Scottish schools project:

- Every day cycling amongst girls went from just 1% to 5%
- 58% of girls now cycle outside of school, up from only 17% previously

## What's Sustrans up to with schools in your region?

We have also seen the creation of a number of new routes to schools in the South West, the largest of which is a new off road route and bridge linking Ottery St Mary to Kings School.



## Photo competition



This fun photo was taken by a teacher at Marksbury primary school during their festive Bike Bus to school. If you take a great photo of one of your friends cycling or scooting then why not email it to me, you may even win a prize if your photo is chosen to go in my next newsletter!

Send your photos to:  
[Jim.imeson@sustrans.org.uk](mailto:Jim.imeson@sustrans.org.uk)

## Hype that site – [www.freerangekids.org.uk](http://www.freerangekids.org.uk)

A **FREE treasure trove of resources** for schools, both for in the classroom and in the playground! Teachers and Champions put your feet up and **click on the SCHOOLS section** to get all the **lesson plans, assembly ideas and activities** you need to get your pupils walking and cycling... tried and tested from the best and brightest ideas Sustrans' schools officers have to offer!

## What else is new?

Since the summer we have welcomed three new staff members into the region.

**Lucie Taylor** joined our team over the summer and is the Sustrans bike it plus Officer for Wiltshire. Lucie is bringing the experience gained as a Bike It Officer in the SE into a new role designed to enable both cycling and walking on school journey.

**Joe Bigwood** joined in October and is the third Sustrans bike it Officer for Bristol. Prior to joining Sustrans Joe was a primary school teacher in Bristol. A new post has been created to support the work of the bike it team and we welcome

**Gary Seabrook** has recently taken up role of Champion Support Officer.

We are also about to appoint a new **Bike It Officer for Torbay** thanks to a Health Lottery Grant, Torbay Care Trust and Torbay Council

## Top tips for the term

- Join us for the **Big Pedal in March...** incredible prizes for 52 winning schools in the UK's biggest cycle to school event [www.thebigpedal.org.uk](http://www.thebigpedal.org.uk). We're aiming for a million cycle trips and 1000 schools, will you be one?
- **Bright ideas** run events to make sure children are seen in the dark winter months by promoting lights and hi-vis gear

## Get this resource...

- **Scooting to School...** our information sheet on how to encourage and accommodate scooters, which can be a key link to cycling to school. Download the Action sheet at [www.sustrans.org.uk/schooltravel](http://www.sustrans.org.uk/schooltravel) and click on Resources, then Infosheets

## School travel news from the UK

It's been another busy autumn term for Sustrans' Schools, Children and Young People team. We now have more Schools officers working around the country than ever before, highlighting the value put on their fantastic work by our partners and funders in local authorities, Primary Care Trusts and in government... see P2 for the headlines!

There was a fantastic response to our **Dream Streets competition** with over 2,500 entries from children telling us what *they* would like their local street to look like, from giant rabbits to water slides, egg dispensers to dog vs cats football matches... and a notable lack of cars!

Our **Winter Sticker competition** occupies many pupils as we go to print and we will shortly be launching our **Heroes award scheme** for Sustrans schools. Various officers have worked hard for it to be Inspire marked for London 2012 Olympic games, so children can earn Bronze, Silver or Gold accreditation by achieving various Olympic and Paralympic values related to cycling and sustainable travel.

Our **Free Range Kids** campaign continues to offer free resources to schools and campaign for nationwide residential 20 mph limits (the biggest difference we can make for children's safety and to encourage cycling) and in March **The Big Pedal** aims to generate over a million cycle journeys to school – will you be in the saddle?

## Dates for the diary

### January

**23<sup>rd</sup> – Chinese New Year starts**  
**25<sup>th</sup> – Burns Night... pen a poem in praise of cycling!**

### February

**14<sup>th</sup> – Valentine's Day... show how much you love your bike!**  
**15<sup>th</sup> – Nirvana Day (Buddhist)... cycle heaven?**  
**21<sup>st</sup> – Shrove Tuesday... pancakes for your bike breakfast?**

### March

**5<sup>th</sup>-23<sup>rd</sup> – The Big Pedal... help us reach a million school journeys by bike!**  
**18<sup>th</sup>-23<sup>rd</sup> – Bike to School Week**

## Let the kids take the kids to school - please continue to support 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 16 years of work by Sustrans and our school travel professionals.

Without your support, many children would not have the opportunity to enjoy an independent and active school journey, so a huge thank you from all them on our behalf. The long-term benefits of creating a healthy and sustainable school journey will be shared by all 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 in your area could benefit from our work, or you want to know more, please get in touch with us.  
email [info@sustrans.org.uk](mailto:info@sustrans.org.uk)  
phone 0845 113 0065  
online [www.sustrans.org.uk](http://www.sustrans.org.uk)



Sustrans is grateful for the continued support of our schools work in Bath and North East Somerset from the following:



**Bath & North East  
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**NHS**  
**Bath and  
North East Somerset**