

School Travel Archive News

www.sustrans.org.uk/schooltravel

March-July 2011

Events in June and July

Check out our [Events page](#) for the latest, including the Sustainable Schools conference and Bike Week.

Scottish Travel Hands Up survey

The results are out and they make mixed reading. Half of Scottish pupils get to school under their own steam - but that means half still don't and the figures are poor compared to 10 or 20 years ago. But interventions like Sustrans i-Bike can make a huge difference. Read more or download the findings on our [Scottish pages](#).



We have a Big Pedal 2011 winner!

Pupils from over 800 schools across the UK have been showing their enthusiasm for cycling to school by taking part in The Big Pedal 2011. Congratulations to pupils at the winning school, Pontrhydyfen Primary School, who will be treated to a spectacular day with the M.A.D cycle stunt team and two Land Rover bikes.

During the three week race, young people, parents and staff made an astounding 606,919 journeys to school by bike.

[Read the full story](#)

Walk your way to good health

Physical fitness and physical activity are strongly linked with lower risk of ill-health from infections such as the common cold. Walking and cycling, as routine physical activities, provide increased protection against such causes of ill-health through enhanced immune function. Yet another brilliant reason to encourage children to walk and cycle to school!

[Read the research](#)

Time to tackle obesity

New NHS statistics show that almost a quarter of children are overweight or obese by the time they start primary school, and this figure rises to more than a third by the time they leave in Year 6. It doesn't have to be all doom and gloom though! Physical activity helps young people to maintain a healthy body weight so what better reason to encourage pupils in your school to travel actively to school?

[Read the full article](#)

Feb-March 2011

Get involved in Bike to School Week

From 21 to 25 March, [Bike To School Week 2011](#) will be taking place. Join in the fun by planning exciting bike-related events throughout the week to get pupils and staff geared up for cycling to school.

This year England, Wales and Northern Ireland will be taking part in the event. For Scottish schools, contact info@cyclingscotland.org to find out about Cycling Scotland's Cycle to School Campaign.

Read the latest Routes 2 Action and Tracks

Find out all about a unique project which proves that walking, cycling and scooting to school beats driving in the latest issue of [Routes 2 Action](#). In [Tracks](#), pupils describe an exciting challenge where they used the power of cycling...literally.

Fancy challenging pupils at your school to write an article for the next issue of Tracks? We'd love to hear from you. [Email us](#) or call the School Travel team on 01179 150100.

Jan 2011

Win an organic hamper worth £100

All you need to do is share your views about how Sustrans can support your efforts to promote walking and cycling by completing our short survey online. It really is as simple as that! Anyone who completes the survey will be entered into the prize draw to win a luxury organic hamper. The two runners-up will win £50 vouchers for our Sustrans online shop.

[Complete the survey online](#)

To be in with a chance of winning, complete the survey by 11 February.

BT's Big Voice Competition

Fancy winning £1000 to make a short film addressing a problem in your local community? Big Voice is a national competition for students, sponsored by BT as part of the Education Programme supporting the 2012 London Olympic and Paralympic Games. It is open to young people 11 - 19 years old, working in teams of between 5 and 8 members under the supervision of a responsible adult.

[Read all the details](#)

Nov-Dec 2010

Bike It calendar winners

Thank you to everyone who completed our e-bulletin survey last month. The following lucky winners have been selected at random to win a brilliant Bike It calendar: Steve Ansell, Nick Bradley, Kassia Wright, Jan Eaton, Deborah Wheatley, Wyn Evans, Anna Hair, Angela Hands, Beryl James, Phil Wheeler, Christine Whitmarsh, Sharon Hully, Colin Smith, Nick Shaw, Helen King, Dawn Dobson, Rhona Pollock, Vikki Pearce, Denise Ward and Alison Vass.

Don't despair if your name's not on the list! You can buy one of the colourful calendars from [Sustrans' online shop](#) and all proceeds directly benefit our work. A perfect stocking-filler.

[Sign up to receive our monthly e-bulletin](#) which contains loads of useful information from funding tips and curriculum resources to all the recent health news.

Preventing road injuries

This is one of three new pieces of guidance from NICE about preventing unintentional injuries among under-15s. The focus of this one is on road design. It covers 20 mph speed limits and making routes commonly used by children and young people safer, including routes to schools and parks.

[Read the guidance](#)

A cycle club with a difference

Turnbull High School in East Dunbartonshire have just launched a cycle club with a difference...the pupils ride and learn to maintain retro 1970's Raleigh Chopper bikes. Using a £4,600 grant from Sustrans, [ED's Cycle Co-op](#) has made the club a reality.

If you've got an unusual cycle club at your school, [email us](#) because we'd love to hear about it.

How green is your school?

Be in with a chance of winning up to £5000 for your school by entering the TOTAL Green School Awards 2011. The aim is to assist and encourage environmental education for children between the ages of five and 11. This year there is no limit to the number of people taking part in each project so your class, year group or even your whole school can participate. The deadline for projects is 11 May 2011.

Check out [the website](#) for more details.

Support available to sustainable schools

In response to the Sustainable Schools Strategy being cut, a consortium of organisations including Sustrans, have written a letter encouraging schools to continue putting sustainability at the heart of what they do. The letter outlines the benefits of a sustainable approach and the resources and support available to schools.

[Download and read the letter](#)

Read the latest Routes 2 Action and Tracks

Don't miss our autumn issue of [Routes 2 Action](#) as we explore some of the fabulous school travel projects taking place in schools around the UK. In the latest [Tracks](#) we feature an inspiring pupil-led bike recycling scheme, as well as the usual array of school travel-related websites, quotes and interesting tit-bits!

Sep-Oct 2010

Film competition: 'My National Cycle Network'

Make a creative, entertaining film to show us what the National Cycle Network means to you to help us celebrate its 15th birthday! The competition is open to all age groups and you can enter as individuals or groups. Why not challenge your whole class to contribute to a film? Enter online at www.myncn.org.uk. The deadline has now been extended until 30 November so there's still time left to enter.

Hands up for Scotland's school travel survey

This week, children across Scotland are being asked how they travel to school as part of Sustrans' annual Hands Up Scotland Survey - the largest and most comprehensive survey of travel-to-school behaviour. Last year, more than 415,000 children (almost 60% of Scotland's pupils) took part. John Lauder, National Director, Sustrans Scotland, said, "The information that we gain from the survey is invaluable in ensuring that both Sustrans and Local Authority School Travel Coordinators can continue to effectively tackle the school run by supporting young people to walk and cycle to school." See last year's results, and watch this space for 2010's.

Living Streets call for exclusion zones

National pedestrian charity Living Streets are calling for a ban on parking around school gates. An exclusion zone around schools would create a safer and more pleasant environment for walking to school and would also reduce congestion.

August 2010

Health News

New research has given us another fantastic reason to walk or cycle to school. Walking to school reduces stress for pupils during exams and lessens the risk of heart attacks, according to a recent study. Read more about this research.

Walk to School Month

October is the official Walk to School Month so it's time to begin thinking about how you can promote and celebrate the many benefits of walking to children and staff in your school. There are loads of ideas and resources on the Walk to School website so have a look and start planning!

Writing competition

We wanted to hear what Key Stage 2 and 3 pupils would tell the government to do to make it easier to walk and cycle to school. Over 2,500 of you entered with a host of great ideas and very strong opinions! The winner - Joshua Newby from Orchard Primary School in Nottinghamshire particularly impressed the judges. You can download and read the winning letter here ([pdf](#)).

Jun-Jul 2010

Health news

Physically active 12-17 year olds have improved levels of the hormones which control diabetes, energy expenditure and appetite control - read more at medicalnewstoday.com.

May-Jun 2010

Collect Fresh Air Miles, win a bike

Sustrans has a load of great family rides organised this summer. You can get out and about and win a bike into the bargain. More info at www.freshairmiles.org.uk or call 0117 915 0135.

Read the latest Routes 2 Action and Tracks

Our Sustrans newsletters for school travel. In [Routes to Action](#) (pdf), it's the usual menagerie of inspiring stories, new resources, funding tips and events. In [Tracks](#) (pdf), pupils ask pupils what they want to do about school travel, we have a film competition and strip down to the facts of 'naked streets'.

National Sustainable Schools Conference, June various dates

This conference gives you the chance to hear national speakers, network and share experience with like-minded participants, access and review new resources, and for you to plan your year ahead. Teachers and students understand that we must live and think more sustainably and our schools play a pivotal role in developing these essential skills and knowledge.

Peak District: 4 June 2010 Losehill Hall, Hope Valley
Newcastle: 8 June 2010 Centre for Life, Times Square
London: 18 June 2010 at the Wellcome Exhibition Centre, London
Bristol: 25 June 2010 Clifton Pavilion, Bristol Zoo

If you cannot make one of these dates, then join in their [Online Interactive Conference](#).

More details at www.se-ed.org.uk/conference2010 or contact Michael Cutts on michael.cutts@se-ed.org.uk, phone 020 7420 4446.

Change Your World, win prizes!

...between 1 June and 4 July. Take a walk. Get on your bike. Choose the bus or train. This year Sustrans' Change Your World campaign is asking people to make one of their journeys by foot, bike or public transport to help clock up enough miles to complete a virtual trip around the world by 4 July.

Having made a personal pledge to change a journey people can then ask Government to take action too. You can join in at www.changeyourworld.org.uk where you'll be entered into a prize draw with some great prizes to be won, including a fantastic break at Centre Parcs, a Riverford organic fruit and veg box for three months and a Lush spa treatment.

Mar-Apr 2010

Writing competition

We wanted to hear what Key Stage 2 and 3 pupils would tell the government to do to make it easier to walk and cycle to school. Over 2,500 of you entered with a host of great ideas and very strong opinions! The Winner - Joshua Newby from Orchard Primary School in Nottinghamshire particularly impressed the judges with his suggestions, awareness of the different benefits of walking and cycling to school, and practical solution to the problem of carrying books to school. Joshua has won an exciting assortment of walking and cycling equipment for his school. You can download and [read the winning letter](#) (pdf).

Funding for projects, up to £2500

Through [Vcashpoint](#) - grants are available for 16-25 year-olds, for projects inspired by the 2012 Olympics and Paralympics. Themes are Sport, Health Culture, Education and Environment.

Bike to School Week and Walk to School Week

Coming up in April and May respectively. Check our [Events](#) page, or go to bikeforall.net and walktoschool.org.uk for more info.

£300 grants for youth projects

And possibly more. Available from the [Think Big](#) project.

Infosheets - Welsh translations

We now have three of our infosheets in Welsh - Developing a School Travel Plan, Cycling to School and Pupil Participation. All free to download from our [Infosheets](#) section.

Observer Ethical Awards

QUICK! They close 12 March. They are looking for young people who have been taking action against climate change. £2000 bursaries up for grabs. Visit the [Observer](#) website.

Bike It Virtual Bike Race

100,000 pupils from Sustrans' Bike It schools are racing to complete an 8,500km race around all the Bike It schools in the UK. Over 60,000 journeys have been made in the first week of March with three more weeks to go - and you can check out everyone's progress live! Visit our [Bike It](#) pages.

Curriculum resources

Travelwise on Merseyside have got some new free curriculum resources - these are only for the local council areas, but they do have a useful website with a myriad free curriculum plans anyone can use, visit www.gotravelwise.com and click on the Staff Room.

Health News

Leeds University have found that [promoting emotional benefits of exercise](#) to teenagers may be more effective than highlighting health and physical benefits.

Jan-Feb 2010

Walk Once a Week expands to 900 new schools

Living Streets walking campaign for school shas received a £800,000 contribution to run in more areas of low activity and higher obesity rates, such as the West Midlands, Greater Manchester, Merseyside, and Tyne and Wear.

Read more on the [Department of Health website](#).

What's silent, costs up to £20bn and could prematurely kill up to 51,000 people per year in the UK?

Air pollution from transport. Every year Britain breaches EU limits on toxic airborne particulates and we now risk hundreds of millions of pounds in fines. Read more online in the [Telegraph](#).

Our latest newsletters are out

Both Routes 2 Action and Tracks, our young people's newsletter, are both out - just visit our [Newsletter](#) section under [Resources](#).

£60,000 Big Challenge Project fund

This is available for 16-25 year-olds. Does a school travel project you do help the community? If so, check their [website](#) - they are also looking for young people to sit on their Youth Leadership Team (deadline 12th February 2010).

Health Headlines

UK children's [fitness is falling twice as fast](#) as other countries and Manchester hopes to [tackle child obesity](#) via residents-only parking permits around schools. Also, polices to tackle climate change [make us healthier](#) and only [30% of teenagers](#) get the bare minimum recommended physical activity after they leave school.

New government road safety website

Replacing the old "hedgehog" and "arrive alive" resources - and much improve - visit talesoftheroad.direct.gov.uk. Includes games and ongoing competitions.

New National Travel Survey out

Find out who travels, why they travel and what they travel for - including to and from school. www.dft.gov.uk

Nov-Dec 2009

20mph zones save lives

Yet more research on the dramatic effectiveness of lower speed limits - a recent report found that the introduction of 20 mph zones in London was associated with a 41.9% reduction in road casualties. Read more at www.brake.org.uk, including Brake's response.

Interestingly, there are studies that show lower urban speed limits make little difference to journey times (and can improve them) due to better traffic flow and lower congestion.

What's going on in Scotland?

Sustrans' I Bike project to get more girls cycling and young people's Action Days for starters - more details on our [Scottish School Travel page](#).

SEEd/WWF online sustainability course for educators

Starting January 2010 and using the DCSF's National Framework for Sustainable Schools as a starting point, this professional development programme offers an opportunity to explore how taking a sustainable schools approach can benefit pupils, teachers, the wider community and of course the health and wellbeing of the planet on which we all depend.

Full details at www.se-ed.org.uk/onlinecourse2010

Free and discounted reflective gear

The Co-op has FREE hi-vis walking bus packs to give away if your school is near one of their businesses, visit www.co-operative.coop for more info. BrightKidz also have a new clearance section on their site, www.brightkidz.co.uk.

Seen and Heard Awards 2009 - closes 20 November

BT and the UK Youth Parliament are looking to recognise the achievements of inspiring young people. In their own words:

"Young people who've made a real difference to their own lives and the lives of others. Young people who make their voices heard about the issues that matter. Whether it was contributing to a magazine, defending the rights of young carers, or giving a voice to children on the streets - if you or someone you know has used their speaking and listening skills to achieve something positive, we want to hear about it!"

The closing date is 20 November 2009, so get nominating, either yourself or someone else - all the info you need is on the [Better World website](#).

Sep-Oct 2009

The Health effects of Climate Change

Eighteen of the world's professional medical organisations have warned that if December's Copenhagen climate talks do not produce a strong UN climate deal, it will be "the biggest global health threat of the 21st century". Read more on the [BBC](#) website, or on the [BMJ](#) and [Lancet](#) sites for more detail.

Funding

If cycling promotion at your school has a sports element and helps the community, you may be eligible for funding from utltd.org's [Sports Relief Awards](#). Find a host of other funding grants in our Resources section, within the [Toolkit](#).

Routes to Play

The school journey isn't the only one young people take! Our Active Travel and Play team have produce [Routes to Play](#), a new guide for local authorities and other organisations managing outdoor play space, on ensuring children and young people can get to play areas actively and independently.

Sustrans' Motion for Women - petition

Our research shows that most women (79%) don't cycle because they don't feel safe. We want the government to change that by creating environments that encourage and support cycling - specifically this

must include cycle paths separated from traffic. Lend your support at www.bikebelles.org.uk, it only takes a minute. Closes 29th November.

Youth Parliament debates transport

For the first time in 300 years, non-MPs will be sitting on the famous green seats. On 30th October, Youth MPs from ages 11 to 18 will debate the issues that affect them - including transport. www.ukyouthparliament.org.uk

Interactive cycle training resource

Developed for schools in Argyll and Bute, now nominated for a national transport award, iCycle was developed as the Council sought how best to boost children's theoretical knowledge of road safety issues. It's gone down a storm with pupils apparently, read more at www.argyll-bute.gov.uk. Want the resources? See the news story below!

Free interactive whiteboard resources

Available at www.prometheanplanet.com - they designed the iCycle tools used to great success in Argyll (see news story above). Check the Resource Pack section for various cycling lessons and packs.

Can you reduce your carbon output by 10%?

Can't be that hard, right? Thousands of businesses, organisations and individuals are showing the government - and world - what can be done by pledging to reduce their carbon use by 10% by the end of 2010. www.1010uk.org

2nd Scottish school travel Hands-up Survey

Taking place between 7-11 September - [get on board!](#)

Right to Ride - children's rights to cycle to school

The CTC continue their campaign to ensure every child has a right to cycle to school - for parents whose children have been prohibited, a free information kit will be available from the end of the first week in September. Visit www.ctc.org.uk/righttoridetoschool

Jul-Aug 2009

Sustain your efforts with The Pod

A website devoted to helping your school be more sustainable. Transport is covered alongside energy, water and waste, with some good features, appealing layout and a fairly comprehensive list of funding sources - visit www.jointhepod.org

Transition from Primary to Secondary School

Various councils in London have produced an excellent website to deal with this crucial period. This is when children are most keen to cycle and walk, but good work and habits learnt at primary are often lost as adapting to a new school seems to reduce opportunities.

With sections for parents, pupils and teachers, it features positive, practical advice but in a fun format with great graphics and features... prizes, games, lesson plans, discounts, mapping, videos and competitions are all on there.

If you aren't in one of the boroughs listed, just select one at random and see what they offer, it isn't just borough-specific. We had a snoop round a few and most of the info is relevant to all.

Visit <http://upgrade7.org.uk> and you can also have a look at Sustrans' own transition work in our [Resources](#) section - read the [Executive Summary](#) in our [Toolkit](#).

Why do some schools ban cycling?

The CTC wants to find out! Following the high profile case of 11-year old [Sam O'Shea](#) whose family moved mountains to over-turn the school cycling "ban", the CTC are asking people to let them know if their school bans cycling - so that they can find out why and help schools change their perceptions.

If you know of a school that bans cycling, please email debra.rolfe@ctc.org.uk with "school cycle ban" in the subject line.

£230,000 to get Scottish Schoolgirls cycling

Schoolgirls in Scotland will be encouraged to start cycling to tackle their decreasing levels of activity as part of a two-year pilot project by Sustrans - read more on our [News Release](#). Boys will benefit as well though!

Health headlines

More active children stay thinner as they get older, a University of Iowa study has found. For every extra 10mins of exercise they took at 5 years old, they had a third of a pound less at 8 and 11 years old - visit www.telegraph.co.uk

May-June 2009 news

- **Call for young people's views on climate change**

The Dept for Children, Schools and Families (DCSF) wants to take young people's views on climate change to the next key global talks in Copenhagen this December.

Climate change will affect young people the most and this is a great opportunity for them to have their say, which can be submitted at the DCSF's brief [online survey](#).

- **Change Your World**

Swap just one car trip between 29th June and 4th July and walk, cycle, use public transport or car-share instead. If we all take this one small action together we'll cut traffic by 10%.

Take your first step now at www.changeyourworld.org.uk and for a chance to win great prizes.

- **The National Sustainable Schools Conferences**

Brought to you by WWF-UK, DCSF and Sustainability and Environmental Education (SEEd), and hosted in four locations:

Leeds: 3rd July 2009, Preston: 6th July 2009, London: 8th July 2009, Bristol: 14th July 2009

To register, or for more info, visit www.se-ed.org.uk/conference2009. Places are limited, so book early. If you have any questions, please contact Hermione Fricker on 07525 264 540 or events@se-ed.org.uk

- **Tracks**

The latest edition of our newsletter for young people out now! Our first Star Letter winner, plus a chance to win an iPod, the Step Up campaign takes young people to Barcelona and all you ever wanted to know about CO2! Visit our [Newsletter](#) pages to download a copy.

- **DCSF Children and Youth Board 2009-2011 needs you(th)s!**

The Department for Children, Schools and Families are looking for 25 children and young people aged between 8 and 18 to form the Children and Youth Board 2009-2011.

This is a fantastic opportunity to advise Ministers and policy officials on the development of policy and practice that affects children and young people in England.

No similar previous experience necessary, just enthusiasm and ideas. Full information and forms at www.ncb.org.uk.

The deadline for applications is Monday 29 June, 10am.

March-April 2009 news

- **Scottish Hands-up Survey**

Results from the first ever 'National Hands Up Survey' in Scotland of how pupils travel to and from school. 400,000 pupils (about two-thirds of all school children in Scotland) participated across 29 of the 32 local authority areas in Scotland.

You can download the full report from our [Scottish Documents page](#).

- **Routes 2 Action 18**

Our [latest newsletter](#) is out now. Inspiring stories, new resources, Q and A's, fascinating facts and a host of other features to help encourage walking and cycling to school.

- **Tackling the School Run Report 07/08**

The report provides detail on the 182 projects delivered by Sustrans across Scotland - thanks to £9.5 million of government funding aimed at encouraging more young people to walk and cycle on the school journey.

The entire report is available to download from our [Scottish Documents page](#).

- **Cycling's for girls**

Have issues persuading female staff or students to cycle? It's Sustrans' Year of the Woman, so we have set up a specific website to help - www.bikebelles.org.uk.

All you need on bikes and fashion, role models and practical tips, plus health, fitness and beauty benefits, to dispel the myths and barriers that sometimes stop girls cycling.

- **School visits from The Otesha Project**

It started in 2002 with a couple of Canadians cycling across their homeland and making 250 presentations to 12,000 young people to inspire a low-carbon, sustainable and more equal world.

They have now presented to over 60,000 young people all over the world and won numerous awards... now you have the chance for them to visit your school.

Visit www.otesha.org.uk for details.

- **More initiatives in Northern Ireland schools**

Following the success of the Rural SRS project, Sustrans will be helping pupils at [five new schools](#) to walk and cycle to school.

January-February 2009 news

- **Routes 2 Prizes**

Do you receive our free newsletters? Does a school you work with, or that your child goes to? If not, why not?

It's sent out to over 15,000 schools, parents, governors and professionals in health, transport and the environment, but we want more schools to benefit.

Sign-up and nominate a school, and you could win **£25 to spend at our Sustrans Shop**, plus a whopping great toolkit stuffed with slapbands, bike tools, pedometers and other gear to help promote walking and cycling to school. **Closes 17th April**, full details and sign-up form in our [Newsletter](#) section.

- **Cash for case studies**

We want to know what you've done that's so great for sustainable travel at YOUR school... and we're paying top dollar.

Case studies are one of the most popular areas of our site and we want to keep them up-to-date, innovative and inspiring. We need rural, urban, primary, secondary, SEN and independent examples.

If yours fits the bill, you could receive one of forty **£25 book tokens**. Just visit our [Case Studies section](#) for full details, **closes 31st March**.

- **NEW Northern Ireland Curriculum Resource**

Completely updated, this is an invaluable aid to involving school travel within the secondary curriculum, saving staff time, involving the pupils and ensuring the longevity of all your good work.

Everything you need is in our [Guide](#) (2MB pdf) and [Resource Pack](#) (4MB zipped file), to download free from our [Toolkit](#) section.

- **Oscar nomination for Teachers' TV?**

Not quite, but there should have been for **Every Journey Matters**, a 15-minute reel showing how one London Primary switched the whole curriculum to sustainable transport for two weeks. You can watch on the [Teachers TV website](#).

- **Jan-Feb Health News**

It's now commonly accepted that lack of physical activity is almost as bad for you as smoking (see the latest Chief Medical Officer's report)! Now a new report finds a similar threat from being overweight or obese, just as more reports confirm around a quarter of Britons are obese (and many more simply "overweight")

You can read more on the [BBC website](#), but make sure you lace up your shoes and go for a walk or bike ride after!

- **Child-Parent Road Safety interaction**

Well-intentioned, ineffectually-delivered. There are new reports out from the Department for Transport on how parents communicate road safety messages to their children and where they "could do better."

There are lots of interesting reports on the [DfT website](#), but start with "Child-Parent Interaction... Part 2 - Main Report (Findings)" which covers all the key points succinctly.

- **The Children's Plan**

Sets out how the Department for Children, Schools and Families is going to make the UK ... "the best place in the world for children and young people to grow up" - the summary is in nice, big chunky print and 20mph zones and zero-carbon schools get a mention, plus FREE resources and downloads, all on the [DCFS website](#).

- **Why Play?**

Because it's good for you and it's fun! A new Sustrans publication from our Active Travel and Play project. Short and sweet, download [Why play?](#) (pdf).

- **New Case Studies**

We've added a few to our [Case Study section](#) - loads of real-life school travel initiatives from all over the UK, inspiration and ideas for you to pilfer!

- **Children spend more time in front of screens than with teachers!**

Yet more evidence to explain why we have an obesity issue in the UK. It was almost twice as much time as that spent with parents! Read more on [the Times website](#).

December news

- **FREE Bikeability Resource Pack**

... for cycle training. Poster, wall chart, teacher's guide and stickers - visit the Resources section of www.bikeability.org.uk or email bikeability1@btbmf.co.uk

October-November news

- **NEW pupil and teacher guides for our Healthier Routes DVD, November 2008**

To accompany our Scottish team's fantastic DVD! They can be downloaded from our [Toolkit](#). Hungry for more Scottish information? Check our [Scottish Schools Team's](#) own page!

- **Removing safety barriers... is safer! November 2008**

The Royal Borough of Kensington and Chelsea removed 600 metres of railings and after two years pedestrian casualties had declined three times faster than the London average. Sight-lines improved for drivers; pedestrians, cyclist and drivers all paid more attention of each other; drivers slowed down and pedestrians behaved more responsibly as they didn't make assumptions of safety. Read more on the [Times website](#).

- **Sustrans Christmas Cards, November 2008**

Thank you to all the schools who entered. The designs were so great we took a mix of many to produce a Christmas Card collage - you can have a look at the [final two designs](#) (pdf) and if you wish to order some (and why wouldn't you?!), you can purchase them online from the [Sustrans shop](#) or download an [order form](#) (pdf). A pack of six cards are just £2.50, with free P&P on orders of 10 packs and over.

- **FREE solar panels, October 2008**

Generation Green is British Gas's programme to encourage fuel efficiency in schools. The website has a wide range of resources and a "Green Leaf" scheme for schools to follow - tasks include transport-related events to, like Walk to School Week.

Be one of the first 10 primary or first 10 secondary schools to reach your Green Leaf goal and you will receive free solar panels! The scheme runs until July 2010 so there is plenty of time to get involved, all details at www.generationgreen.co.uk

- **More FREE solar panels - Closes 5 November 2008**

Ok, not quite transport related but it's all good and the Co-op's Green Energy for Schools programme is investing £1million.

Last year over 100 schools across the UK were fitted with £20,000 worth of solar panels.

You need to nominate your school by 5 November, so visit www.co-operative.coop now! You need to go to "our campaigns", then "Climate Change" (if you can't follow this link).

- **Win a mountain bike! October-December 2008**

With Bikeability, the cycle training scheme. Requires no more effort than visiting their [website](#) and answering a very simple question. Closes "December 2008" but no more specific than that, so get your entry in now!

August-September news

- **Win a £100 organic hamper, September-October 2008**

We want to know how you find our new web pages to navigate, what you find useful and what you might add. If you complete our [quick questionnaire](#), you could be in line to win a £100 hamper of organic goodies! CLOSED AS AT 31 OCTOBER.

- **1st ever nationwide school travel survey in Scotland! 8th-12th September 2008**

Sustrans is working with School Travel Coordinators to embark on the largest and most comprehensive survey of school travel behaviour across Scotland. Around 700,000 pupils will have the opportunity to take part in the national Hands Up Survey. Each participating school can choose any day that week to complete their own Hands Up Survey - see our [Press Release](#) for full details.

- **NEW - School Travel and the Obesity Challenge infosheet, September 2008**

Let's save the country a projected £50 billion and secure the health of future generations. Our latest infosheet cuts through the confusion and jargon to provide a simple, consolidated message about where we stand in the UK and where we need to walk, run, skip, cycle and generally get to, to give our young people a healthy, active future. Download free from our [Resources](#) section.

- **Have we really only got 100 months to save the world? August 2008**

Fuel prices, credit crunches, food shortages and climatic tipping points... this is a common sense article that doesn't have to be alarmist because the evidence speaks for itself. Do you agree? The future could be bright though, AND low-carbon. In fact, they go hand-in-hand. Read it on the [Guardian website](#), but maybe you better hurry!

- **Scottish Active School Co-ordinator notches up 1000 miles of cycling - for work! August 2008**

Chris Thompson, School Travel Co-ordinator from Moray Council in [Scotland](#), describes how one Active School Co-ordinator, Hein Mijzen has managed to reach 1000 miles on work-related journeys.

[Tackling the School Run funding](#) provided Hein with a new bike and kit trailer and he has received support from his Active School Manager to transfer his work related journeys to bike.

Chris said "He's found that through intelligent planning and pedal power he's managed to leave the car at home nine days out of ten. It would be good to see other ASMs considering similar initiatives and another example of the type of project that wouldn't have happened without the broad ranging TSR funding."

June-July news

- **New funding for local authorities in Scotland, July-August 2008**

£400,000 has been made available in Scotland for "soft measures" under the banner of **Tackling the School Run**, administered by Sustrans. School Travel Co-ordinators (STC) have been invited to submit bids for soft measure projects up to the total value of £11,000 per local authority. The deadline for applications is close of business on **1st September 2008**. Contact your STC if you are a Scottish school with an initiative that could benefit.

- **Climb Snowdon for Brake (20 September 2008)**

Raise money for Britain's biggest Road Safety charity by hiking in beautiful Snowdonia. 1, 2 or 3 day treks on offer, see www.brake.org.uk for full details.

- **Scottish road casualties down, July 2008**

Travel in Scotland is getting safer. In 2007 there were fewer road casualties than 2006 and the lowest figure since 1950. There were a total of 282 fatalities and 2,316 seriously injured. There were 1,809 child casualties - the lowest recorded since records began. There are three national targets for casualty reductions by 2010 - in all cases a larger reduction in casualties has been achieved. For more information see the [Scottish Government website](#).

- **Christmas Card Competition, June-September 2008**

Win 200 cards of your own design and become Sustrans' official Christmas Card this year! Open to pupils aged 5-16, closes 22nd September (extended from 31st July). Download our [flyer](#) for ideas and our [terms and conditions](#) for further info.

- **Health Headlines, June 2008**

Men who cycle and walk regularly are less likely to die from cancer, www.dailymail.co.uk/health.

April-May news

- **Driving our kids to primary school diminishes their road sense**

Young people who are driven too much are left at greater risk of accidents later in life, as they fail to learn how to negotiate traffic, judge speeds and navigate through their neighbourhood. They are often most vulnerable when they make the switch to secondary school and travel on their own, says "Back Seat Children", a report from [Living Streets](#).

- **Childhood exercise reduces adult heart disease**

A study on 389 young people found that exercise levels in childhood had a big effect on the risk of getting heart disease in later life.

The conclusion is that children should be encouraged to be active from a young age to reduce the symptoms of "metabolic syndrome" in adolescence and later life.

"Metabolic Syndrome" is the collective term for various symptoms that can influence a person's risk of heart disease or stroke - abdominal fat, high blood pressure and blood cholesterol amongst others. Read more at www.channel4.com.

- **Free curriculum resources**

The Environmental Transport Association has produced some free curriculum resources for Walk to School Week in May and Green Transport Week in June.

These are available free online for Years 5 and 6 and are available in a Word format so teachers can adapt to their needs. Author of the resources, Rob Hattersley of WyEd, said: "… this resource is specifically designed to provide an exciting topic for a whole week of teaching across different subjects where all the planning and preparation is already done. It would be a welcome change after SATs for Key Stage 2 pupils."

For more information and to download the resources, visit www.eta-schools.co.uk

- **Grants to be a cycle trainer**

Want to be a cycling instructor? Or would a parent or staff member at your school be interested?

The CTC has a bursary scheme to fund instructor training on approved courses. Bursaries will be open to local authorities, other organisations or individuals to help new instructors deliver the national standards.

More information is available at www.ctc.org.uk or call the National Cycle Training Helpline on 0870 607 0415.