

Sustrans Bike It Update

Southville Primary Big Pedals to Victory!



Pupils enjoy creating spin pictures using the spin paint bike

Southville Primary raced ahead during this year's Big Pedal competition and came first out of all of my schools. Their reward for so many pedal powered school journeys was a fun day which included a bike breakfast, a cycle and scoot obstacle course, maintenance sessions, bike powered smoothie making and a bike spin paint machine! The weather was glorious and the whole school got to take part in the fun activities. After using the paint spinner, one pupil commented: *"That was the most amazingist, fantasticist, anything that means good the world thing ever!"* Need I say more?!

Families at Holymead Junior School ride off into the sunset!

Holymead Junior school enjoyed their first family bike ride one sunny Friday after school. The ride followed the Whitchurch Way (National Cycle Network [NCN] 3). The route (a disused railway path making it very flat!) is a hidden gem; a lovely off road path surrounded by trees and fields which takes you from Brislington out towards Whitchurch. After stopping along the cycle path for a picnic, some families followed us back to school, while others chose to carry on and explore the rest of the path, then continue onto a nearby route into Stockwood Nature Reserve. If you have never explored this path it really is worth an afternoon adventure.

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, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

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



We'd love to hear from you...

Sustrans' Bike It officer in Bristol is Emma Parker.

Contact Emma on:

M: 07500 833 132

E: emma.parker@sustrans.org.uk

Sustrans Bike It Update



Christ Church Primary race ahead with the Bike It School Mark award!

Christ Church Primary in Clifton became the first school in the South West region to be awarded the silver Bike It School Mark award. The school have been organising their own bike activities as well as entering bike counts online using the Bike It monitoring online database (www.bikeitdata.org.uk). Four Acres Primary and Southville Primary are also very close to achieving this award. The summer term also saw Ashton Vale Primary and Fair Furlong Primary achieve the bronze Bike It School Mark for their efforts to promote cycling.

Things to look out for in Autumn:

- The brand new **Bike It Champion handbook** will be coming to each Bike It school. It contains electronic resources to help you organise and run all kinds of cycling events.
- The UK's biggest pedal-powered carnival, **Carnivelo**, will be held on Saturday 17th September to launch the second **Bristol Cycle Festival** which runs till 25th September. For more details see bristolcyclefestival.com
- The search is underway for a name for the new mountain bike trails at Ashton Court and Leigh Woods. The **Name That Trail** competition deadline is 30 September 2011 and the lucky winner will ride with Olympic 2012 hopeful and professional mountain biker, Oli Beckingsale, at Ashton Court later this year. Details can be found at www.betterbybike.info/name-that-trail
- Sustrans' new campaign, **Free Range Kids** is bringing freedom back into the heart of childhood. More information can be found at www.sustrans.org.uk/freerangekids. You can get involved by entering **My Dream Street** competition which has some great prizes for schools and families, deadline is 31st October 2011.

Royal Bling Your Bike: Pupils' Bikes are fit for a King!

Pupils at three south Bristol schools: Compass Point, Fair Furlong Primary and Gay Elms Primary celebrated the Royal Wedding at the start of the summer term by blinging their bikes in a Royal wedding theme. Pupils made crowns, attached pictures of Kings, Queens and even wedding cake to their



bikes! The bikes (and a few scooters) were then paraded around the playground in front of the whole school. The story was even printed in the local paper.

At Gay Elms Primary even the wheelbarrow was not safe from a bit of blinging!

Inventive incentives...

Last year the Golden Lock and Wheelie Wednesday incentive schemes worked really well. Can you think of any other ideas to encourage pupils to cycle from September to December? If you have any ideas to share please get in touch!