

Safe Routes to schools

Scotland

Autumn 2011 Issue 17

Thumbs up for Hands Up

When Sustrans asked nearly 440,000 Scottish pupils how they normally travel to school, over 49% said they get there under their own steam



ARE YOU READY FOR THIS YEAR'S HANDS UP SURVEY WEEK FROM 12-16 SEPTEMBER 2011?

"Walking and cycling to school is an easy way children can be active as part of their everyday routine." Recognising that there's still work to be done, John added:

"These figures can be improved through cost-effective initiatives that are easy to make happen.

"Recent figures from Sustrans' I Bike project have shown that encouraging kids to get on their bikes can, on average, double cycling levels." (Read more about I Bike on page 4 of this newsletter)

"The SNP now has a once-in-a-generation opportunity to turn rhetoric into action and deliver the excellent active travel policy commitments they made whilst in a minority government, particularly the Cycling Action Plan for Scotland," said John.

Sustrans' third Hands Up Scotland Survey, has netted its biggest ever response.

The survey is a joint project between Sustrans and Scottish local authorities.

For the first time, schools from all 32 local authorities took part in this, Scotland's largest survey of modes of school travel.

Last September, councils the length and breadth of Scotland asked 439,401 pupils at 1,987 schools 'How do you normally travel to school?'

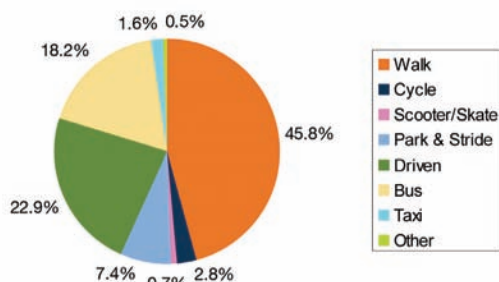
The results show that nearly half of Scotland's pupils are getting to school actively.

While 49.3% of respondents said they walked, cycled, used scooters or skateboards, an additional 7.4% chose to park and stride – that's to say they parked then walked the final distance to school.

What could your school and community do to boost cycling and walking in 2011? Why not refresh your School Travel Plan, ask Sustrans or your local authority for ideas?

• To see the full report go to www.sustrans.org.uk/saferoutes and click on the National Report link.

For more information on this year's survey contact your local authority or Sustrans.



Breakdown of travel modes for state primary, secondary and schools for children with special educational needs

John Lauder, National Director Sustrans, Scotland, said: "It is hugely encouraging to see half of pupils in Scotland travelling in an active way.

sustrans
JOIN THE MOVEMENT



Welcome to the *Safe Routes to Schools Newsletter*

Enjoying being out and about is at the heart of Sustrans' work. But with our streets overrun with cars and our fears of traffic stifling young people's freedom, we need to act.

We want our kids to enjoy playing on bikes and discovering new places like we did when we were young. Besides keeping fit, it's an essential part of growing up.

For 16 years, we've helped to provide Safe Routes to Schools support new paths, cycle parking and training giving young people safe and independent travel to and from school.

Now it's time to do more. So we've launched our Free Range Kids campaign (see page 7 of this newsletter).

This new drive to get more children out and about safely is calling for widespread 20mph speed limits and more investment in safe walking and cycling routes – especially on the journey to school.

So please add your voice to mine on the Free Range Kids pledge at www.sustrans.org.uk/freerangekids

We've helped realise Street Design projects in Elgin and Kirkcaldy (see page 4 of this newsletter).

These projects are inspiring local people to think about and make their outdoor environment somewhere they want to spend time: where neighbours make friends and children play as part of happier, stronger communities.

It's also why we've opened up a competition to inspire children to design their own Dream Street with some fabulous prizes up for grabs. Go unleash your inner, greener town planner!

Malcolm Shepherd
Chief Executive

The Big Pedal



Sustrans' virtual bike race The Big Pedal 2011 took place in March this year

The three-week cycling event was organised like the Tour de France with each day having a different stage.

The more pupils, parents and teachers who cycled to school each day, the faster the participating schools completed the stage. Times were uploaded and published on The Big Pedal website daily.

Across the UK, 280,000 pupils from over 800 schools competed to win. In Scotland, 17,876 pupils from 78 schools took part, racking up a total of 36,683 journeys of which 82% were by pupils and 18% were by staff or parent supporters.

Congratulations go to the UK's overall runner-up and Stage 5 winner Leswalt Primary School, near Stranraer in Dumfries and Galloway.

The regional winner for Scotland was Barcaldine Primary School, near Oban, Argyll and Bute. Read about how Sciennes Primary's expectations were overtaken by a magnificent turnout of cyclists. Well done everyone!

To take part in 2012 Big Pedal, keep an eye on our school travel pages and we'll be in touch.

- For more information go to: www.sustrans.org.uk/saferoutes and search 'The Big Pedal'.

Barcaldine Primary, Argyll and Bute

Logging on to The Big Pedal website every day really motivated pupils at Scotland's regional winning school.

Being next to Sustrans' Route 78 of the National Cycle Network gave younger children – and their parents – the confidence to cycle five-mile round trips during the race. While two pupils who couldn't cycle were inspired to learn by the end of The Big Pedal.

"We were over the moon with their great accomplishment," said the school's clerical assistant Gillian Stewart.

She added that one parent supporter who took part in The Big Pedal said taking up cycling again had helped him "find his new vocation".

The loch-side school is now looking at upgrading its cycle parking with covered storage.



Barcaldine pupils bowl along Sustrans' National Route 78

Leswalt Primary, Dumfries and Galloway



Leswalt School

Clowning about by James and Kerr made the Big Pedal at Leswalt even more fun

Before The Big Pedal, 15% of the school cycled, during the project 90% came on bikes and now – depending on the weather – 75% pedal to school.

Headteacher Sheila Baillie said that pupils who normally caught the school bus, members of staff on their days off and parents joined the cyclists.

Heavy snow didn't deter them and, to keep everyone moving safely, the school janitor fixed chains and oiled parts.

"The Big Pedal spiralled into a whole Curriculum for Excellence mini topic integrating with health and wellbeing and ICT," said Sheila.

"It fed into Active Schools work, the Hands Up Survey and our new School Travel Plan.

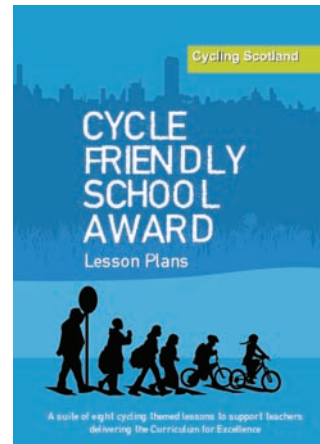
"From it, we got the fitness and confidence for a whole school cycle to a local wetland gardens."

Leswalt aims for Cycle Friendly School award

Leswalt's Big Pedal prizes of a cycle minipod for the playground and bike repair workshop kit is bolstering its application to be a Cycle Friendly School.

Aiming for an Eco School green flag and setting its sights on further improving bike storage should also help secure the award for the school.

- For more on the Cycle Friendly Schools Award go to www.cyclingscotland.org.uk



Sciennes Primary, Edinburgh

As the largest primary school in Edinburgh motivating over a third of its 640 pupils to cycle was quite an achievement.

Around 5% children regularly bike to school but, on Friday 25 March, 252 pupils cycled to school along with 213 parents, grandparents and teachers.

P1 Teacher Dana Marley said: "It was a really buzzing, community atmosphere and we were pretty overwhelmed at the positive response.

"Some parents taking part said they felt safer than usual as, with so many cyclists on the roads, the cars were driving more cautiously than usual.

"Many others said we should do this more often."

Meanwhile the school is looking at ways to channel its enthusiasm for cycling in the coming academic year.



Sciennes School

The scale of Sciennes' turnout meant every available parking spot was used!

I Bike schools double rates of cycling

Cycling at I Bike schools has more than doubled in the project's first year.

I Bike is a fun and fantastically effective project. It's delivered by Sustrans officers who use tailored and targeted cycling activities to create a lasting cycling culture for schools.

I Bike was piloted in Perth and Edinburgh, and both areas saw impressive results.

The project delivers an intensive pro-cycling educational programme which aims to increase the numbers of pupils cycling regularly to school. It also has a particular focus on maintaining cycling momentum when the pupils move onto secondary school and on supporting the differing needs of male and female pupils regarding cycling. And it's doing just that.

Interim results show daily cycling to school has doubled from 3.05% to 7.05% and regular cycling rose from 10.7% to 19.3% at I Bike schools.

Now, the number of children who've never cycled to school has decreased from 73.3% to 59%.

Parents of secondary school age pupils have reported an increase in cycling outside of school, from 36% before I Bike to 55.9%. Across primary and secondary school the number of girls cycling for leisure has accelerated from 6.9% to 13.3% suggesting that I Bike has an impact in travel behaviour beyond the school gate.

This success has been recognised and funding has been secured to extend the project to new schools and local authorities. I Bike is planning more rides to prepare P7s for transition to secondary school such as fun pedal picnics and summer bike breakfasts. Sounds delicious!

- If you're interested in I Bike for your school or want to find out more, go to www.sustrans.org.uk/saferoutes or get in touch using the contact details at the bottom of the page.

Pupils patch it up!



I Bike Edinburgh, Sustrans

Puncture repair was among the safety and maintenance skills taught by Sustrans' I Bike officer Lynn Stocks to young cyclists at Royal High (photographed) and Parsons Green Primary Schools, Edinburgh.

Red noses at bike breakfast

Red Nose Day at Inch View Primary School, Perth, started off with a bike breakfast.

Almost 40 pupils and their families met at the Sir Walter Scott monument before pedalling up an appetite for a hearty breakfast back at school.



I Bike Perth, Sustrans

Beauty and the Bike

Sessions with handmade cosmetic specialists Lush, are showing girls from Firrhill and Portobello (pictured) how to look good on a bike whether en route to school or out and about.

After a three-day session at Portobello High School, 12-year-old pupil Clara Keen pleaded: "I loved it! Please can you run other sessions of biking things? I would love to do it again!"

More events are planned for Edinburgh and Perth.



I Bike Edinburgh, Sustrans

Boost your Bikeability

Bikeability Scotland is the new name for Scotland's multi-level training scheme for schools.



Cycling Scotland

Scottish cycling hero Graeme Obree joined on-road training at Longstone Primary School, Edinburgh

The former Scottish Cycle Training Scheme has been re-launched as Bikeability Scotland, a three-level cycle training programme to give children the road skills to travel independently on their bikes.

It shows them how to plan the safest route along quiet roads and cycle paths, teaching them how to negotiate traffic and junctions when they encounter them.

At the scheme's launch, cycling legend Graeme Obree said: "The training is really comprehensive. Having the confidence to let your kids out on their bikes gives them so much more independence, which is something children seem to have less and less of these days."

Bikeability Scotland Level 1

This teaches the basics: balance, control skills and making turns. It's designed for teaching to P5 pupils in very safe settings such as the playground.

Bikeability Scotland Level 2

P6 pupils can progress to risk-assessed, on-road training with Level 2. They learn how to ride a bike safely on the road and navigate simple junctions

Bikeability Scotland Level 3

Journeys are planned and more complex junctions tackled in the third level which aims to support P7s making independent journeys ahead of the transition to secondary school.



Need some volunteers to help deliver Bikeability Scotland in your school?

Cycle training is often delivered by volunteers from the community such as parents or grandparents who are keen to make sure their local school is teaching pupils to cycle safely.

Cycling Scotland-accredited training can be provided free of charge through the local authority to ensure instructors have the skills and qualifications to support the delivery of Bikeability Scotland.

- For more information on Bikeability Scotland or to access training go to www.cyclingscotland.org/our-projects/bikeability-scotland-2 or contact your local authority.

What active travel stories do you have?

We know there are loads of bright and brilliant ways of promoting active school travel in Scotland – there are several in this newsletter.

But what about the ones you haven't told us about? Don't hide it, share it and we can help inspire others to give it a try. If it's published, a copy of *Teach Your Granny How to Text & other ways to save the planet* could be yours.

Email us at schools-scotland@sustrans.org.uk or call our School Travel team on 0131 539 8128

All aboard the bike bus!

A bike-powered bus in Elgin has helped set the wheels of a school travel plan in motion by pedalling young pupils to a village school.

One of Hopeman Primary's teachers leapt onto the Dutch cargo bike towing a passenger pod loaned by Elgin's sustainable transport agency.

Health and wellbeing co-ordinator and local authority Travel Champion of the Year Iain Lunan collected six young passengers each day during Healthy Schools week. Alongside, cycled other pupils and about a dozen parents.



Elgin Council

Teacher Iain Lunan and passengers aboard Hopeman Primary's bike bus

"This is the second year we've run the bike bus which, with the nearby Sustrans cyclepath, are great ways to get more kids cycling," said Iain.

- For more information go to www.moray.gov.uk

Street makeover by Kirkcaldy and Elgin pupils

Pilot community design projects in Kirkcaldy and Elgin have been inspiring local people to design their ideal street



A young resident plays with ideas for a stepping stone path during Cockmuir Place's community barbecue

Both projects are giving residents and users – including school pupils – a real chance to work with Sustrans project officers and their local authority to develop their streets into more pleasant places where they can be safer, more active and sociable.

Pupils from Torbain Primary School and Fair Isle Primary School in Kirkcaldy have taken a fresh look at nearby Katrine Crescent. For many, it's their route to school, but walking around it with a local artist prompted them to share their ideas about how to improve it.

Besides mapping the areas around the schools, path surfaces, plants, handrails – even litter – were photographed and woven into the children's artwork which will add to ideas and feedback from residents and street users. Street design improvements at a mirror project at Cockmuir Place in Elgin, have already been tested by the local people who inspired them.



My Dream Street, by a P6 pupil from Torbain Primary School

Besides green space improvements and measures to slow traffic, a colourful stepping stone path has been created with pupils at nearby Greenwards Primary School, while students at Elgin High School also contributed ideas.

Building work on both projects is due to start this autumn.

For more information go to: www.sustrans.org.uk

- For information on the Katrine Crescent project mark.chalmers@sustrans.org.uk and for Cockmuir Place project contact alex.bottrill@sustrans.org.uk

Dream prizes for Dream Streets



Here's an idea: tell us what your dream street looks like and your school could be in with a shout to win some eco-designed outdoor furniture.

Schools can enter two categories: Juniors (for primary schools) and seniors (for secondary schools). The winners will be the best and most creative examples of streets that kids want to live on and play in.

Judges include design guru and Sustrans' Patron Wayne Hemingway and Alan Pendlewood whose wooden playground equipment will be the school category's prize.

How to enter:

A3 or smaller designs of your Dream Street must be sent with a completed official entry form and cover slip to: My Sustrans Dream Street, Sustrans, 2 Cathedral Square, College Green, Bristol BS1 5DD.

The deadline for entries is 31 October 2011.

Entry forms, cover slips and more can be found at <http://tinyurl.com/mydreamstreet>

A broolly good idea!

Wet home times at a Penicuik primary are covered thanks to a Borrow a Brolly scheme

To discourage nearly half the school's parents driving to the gates on rainy afternoons, Mauricewood Primary ran a pilot umbrella loan scheme in February and March this year.

Umbrellas could be borrowed overnight by pupils caught out with no waterproofs.

Sustrans funded 40 brollies for Mauricewood which inspired nearby Bonnyrigg Primary to run the scheme too.

Now, fewer parents are driving to pick up pupils on rainy afternoons – and less traffic makes it safer and more pleasant for the pupils to walk home.

A follow-up survey showed 93% of parents felt it was a good idea, over 60% of children are using the scheme, and the teachers are happy to run signing out books.

Councillor Wilma Chalmers, of Midlothian Council, is supporting Borrow a Brolly, and is planning to seek funding to extend it to other schools that have expressed interest in the scheme.



Midlothian Council

Printed with the Midlothian Council logo, the bright brollies are being used by over half of Mauricewood Primary School

Free Range Kids

Sustrans' new campaign has hit the streets to support the right of young people to roam free and discover the great outdoors safely

Getting out and about on your bike, exploring new territory, building dens down the road – remember that? It's the stuff most of our happiest childhood memories are made of.

But a sad sign of the times is that while 70% of today's adults enjoyed this kind of freedom when they were young, only 29% of today's youngsters do so – and mostly with an adult in tow.

We want to see future generations of happy, healthy, independent kids with the confidence, skills and opportunities to roam free from their front door.

To support this, Sustrans' Free Range Kids campaign has kicked off.

We will be giving out loads of useful information – including resources for schools to ensure that children can walk and cycle more on the school run, and have fun and be active whilst at school.

We'll also be campaigning for:

- 20mph speed limits in residential and built-up areas – 71% of the British public agree with this
- more investment in creating safe routes for walking and cycling, particularly to school.

So join us now at www.sustrans.org.uk/freerangekids and add your voice to the campaign by signing the Free Range Kids pledge

- For school resources go to www.sustrans.org.uk/freerangekids/schools/classroom-activities
www.sustrans.org.uk/freerangekids/schools/the-outdoor-classroom
www.sustrans.org.uk/freerangekids/schools/playground-activities



Sustrans EOM

Keeping fit in the fresh air is part of a child's right

New and improved resources

These latest uploads are designed to help lighten the load for schools who want to promote active travel



Interactive Travelling Green adds an extra dimension to classwork

Travelling Green goes interactive

The award-winning Travelling Green project has taken on an interactive dimension.



a safer and active journey to school.

Available to P5 classes across Scotland, Travelling Green has inspired long-lasting changes to primary pupils' active school travel habits.

Now, interactive Travelling Green (ITG) offers a series of eye-catching flipcharts for use on interactive whiteboards with the lesson plans and worksheets in the teacher's pack.

The flipcharts cover physical activity, road safety, human anatomy and healthy eating and link to the Curriculum for Excellence topics Health and Wellbeing and Sciences.

- for more information go to www.sustrans.org.uk/saferoutes and search 'Travelling Green' or contact cecilia.oram@sustrans.org.uk or call 0131 539 8128

Updated infosheets for schools

Staying safe on the school journey

With independent travel to school comes responsibility. This guide looks at perceptions of safety and coping with anti-social behaviour as well as road safety.

Developing a School Travel Plan

Written with teachers and parents in mind, this new infosheet lists six manageable steps to writing a successful plan for safe, sustainable school travel.

Scooting to school

Scooter use is growing among younger pupils, and nurseries and schools could find this new guide to training and storage inspiring!

Stride Guide

Taking the first step to getting pupils to walk to school could start with a walkers' breakfast. This brand new guide has simple, smart ideas to help schools every step of the way.

- Copies of all these and other Sustrans info sheets can be downloaded from the resources section www.sustrans.org.uk/saferoutes



Safe Routes to Schools Scotland Newsletter is aimed at transport, health, education and environmental professionals and is published bi-annually as a free resource. To subscribe, contact Sustrans School Travel Information Service by phone, email or via the SRS website. The newsletter can also be downloaded from www.sustrans.org.uk/saferoutes

To submit ideas, news, images and stories for inclusion, email schools-scotland@sustrans.org.uk

The School Travel project in Scotland is coordinated by Sustrans and is supported by the Scottish Government, Charitable Trusts and Sustrans Supporters.

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

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