

North East Sustrans Active School Travel Programme Autumn Term 2019 Newsletter

I'd love to hear from you...

I'm Johnny McCrystal, Sustrans' schools officer for the North East region. Please get in touch if you have any great school stories or would like to find out more about our schools work.

Tel: 028 9043 4569

Mob: 07788 365 057

Email: johnny.mccrystal@sustrans.org.uk

Twitter: [@SustransNI](https://twitter.com/SustransNI)

Facebook: [Sustrans NI](https://www.facebook.com/SustransNI)

Message from Sustrans...

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an **active and healthy** journey to school. The aim of the programme is to increase the number of pupils walking, cycling and scooting to school.

Sustrans is being funded by the **Public Health Agency** and the **Department for Infrastructure** to continue delivering the Active School Travel Programme across Northern Ireland until 2021.

Sustrans has been delivering this successful programme for the past three years. In 2018-19 within participating schools, the number of pupils travelling actively increased from 35% to 53%.

We are currently working with over 400 schools across Northern Ireland. Please visit our [website](https://www.sustrans.org.uk) where you can learn more about the programme and download newsletters from other areas.



St Columba's PS, Kilrea celebrate scooping the School Mark Bronze Award

School Mark Awards

Six schools have achieved School Mark Awards since last term in the North East region. Our School Mark award scheme recognises schools that are beacons of best practice in encouraging a culture of active school travel.

Congratulations to **Millquarter PS**, Toomebridge, **St Columba's PS**, Kilrea, **St Mary's PS**, Portglenone and **Dunclug PS**, Ballymena who all achieved their Bronze awards recently; and to **Macosquin PS**, Coleraine and **Braidside IPS**, Ballymena who both achieved their Silver awards! Read the full listings for School Mark awards throughout NI on page 3.

We're also excited to be piloting a new Rural School Award this year too, so look out for updates on how this is going throughout the year.

(Pictured right) Mrs McAuley and Mrs Carey from Braidside IPS received the Silver award at a special assembly in November. The school have seen a 29% rise in children travelling actively to school.



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

Jingle Bikes

Excited pupils from schools in the Antrim area received a special visit from Santa's elves giving out prizes to pupils who cycled or scooted to school on Wednesday 11th Dec!



School bike sheds at **Parkhall PS, Round Tower IPS and Randalstown Central PS**

had a total of over 150 bikes and scooters tagged with a gift to reward pupils for using pedal power instead of relying on the car for getting to and from school that day. Well done everyone!



An incredible 92 bikes and scooters at Round Tower IPS

Walking Bus Success

Irish Society's PS in Coleraine joined our schools programme this term and kicked off their first year with a brilliantly supported walking bus and 'Ditch the Dark' day.

Over 100 pupils, parents and staff strolled into school together resulting in a noticeable reduction in traffic. Principal, Mr Murdock and Active Travel Champion, Mr Forde praised the pupils efforts at assembly that morning saying that the turnout for the walking bus that morning was about treble the norm!

If you'd like help setting up a walking bus at school please get in touch!



Junior Bike Doctors



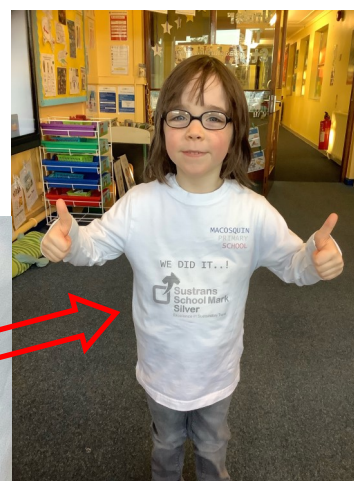
Any cyclists passing **Millquarter PS** in Toomebridge needn't worry if they get a flat tyre or need their bike chain oiled! Primary 5 pupils recently completed a bike maintenance workshop to become 'Junior Bike Doctors' as the school begin to work toward the School Mark Silver award this year.

Active Travel Days



Throughout the term parents, pupils and staff have been putting in huge efforts to turn their schools into car-free zones whilst having lots of fun in doing so.

Pictured above (left) are Akino and her Mum from **St Colum's PS**. (Right) Jake and his Mum cycled to **Randalstown Central PS** together and (below) Joshua made a special t-shirt to celebrate **Macosquin PS** achieving their silver award. Many pupils also dressed in silver outfits to join the walking bus; or 'bling'd' their bikes to celebrate their achievement.



Safer School Streets

Pupils at Cumran PS in Clough have found their journey to school much safer and more pleasant thanks to innovative traffic calming and pedestrian safety measures that Sustrans set up immediately outside their school over five weeks. Street Kit is a bright and colourful alternative to bollards and barriers that can be used to protect pedestrian walkways from traffic or reduce traffic volume around the school gates.



Active Travel Officer, Claire Lundy said: "This was the first time we have placed Street Kit outside a school for an extended period of time and it was a real pleasure to support Cumran with their ideas for creating a more positive environment for pedestrians in the school grounds and on the paths outside the gates. Over the last two years the school has seen an increase in the number of pupils who travel to school by active modes and their designs for the Street Kit project reflected the need to promote a safe environment for pupils to do this."

Cumran Principal Rhonda Moles said: "We are delighted to be the first school to trial this type of project in Northern Ireland and have seen a really positive reception from parents and families towards the road safety initiatives taking place in Cumran."

If you have ideas of how Street Kit could be used at your school, please speak to your Active Travel Officer.



Follow the Leaders

Congratulations to the following schools across Northern Ireland who have achieved **School Mark Awards** in recent months!

Bronze Awards

- ◆ Augher Central PS
- ◆ Aghnacloy PS
- ◆ Ardstraw Jubilee PS
- ◆ Ballyoran PS
- ◆ Carnmoney PS
- ◆ Carrick Burren PS
- ◆ Corran Integrated PS
- ◆ Culmore PS
- ◆ Dromore Central PS
- ◆ Dunclug PS
- ◆ Edenderry PS, Banbridge
- ◆ Forge Integrated PS
- ◆ Gilford PS
- ◆ Greenisland PS
- ◆ Grey Abbey PS
- ◆ Kilcooley PS
- ◆ King's Park PS
- ◆ Larne and Inver PS
- ◆ Millington PS
- ◆ Millquarter PS
- ◆ Mossley PS
- ◆ Old Warren PS
- ◆ Rosemount PS
- ◆ St Brigid's PS, Mountfield
- ◆ St Columba's PS, Kilrea
- ◆ St Columba's PS, Straw
- ◆ St Ita's PS
- ◆ St John's PS, Swatragh
- ◆ St John the Baptist PS, Belleek
- ◆ St Joseph's PS, Killough
- ◆ St Malachy's PS, Armagh
- ◆ St Mary's PS, Banbridge
- ◆ St Mary's PS, Glenview
- ◆ St Marys PS, Gortnahey
- ◆ St Mary's PS, Portglenone
- ◆ St Matthews PS, Drumsum
- ◆ St Patrick's PS, Armagh
- ◆ St Theresa's PS, Glebe
- ◆ Tandragee PS

Silver Awards

- ◆ Braidside Integrated PS
- ◆ Cumran PS
- ◆ Dickson PS
- ◆ Grange Park PS
- ◆ Knockbreda PS
- ◆ Macosquin PS
- ◆ Our Lady's PS, Tullysaran
- ◆ Sacred Heart PS, Dundrum
- ◆ St Martin's PS, Garrison
- ◆ St Mary's PS, Killyleagh
- ◆ Fane Street PS
- ◆ Mercy PS
- ◆ St James' PS, Newtownabbey
- ◆ St Anthony's PS, Larne

Gold Awards

- ◆ Bocombra PS



Active School Travel is Up

The results are in—children have been voting with their feet to show us that active journeys to school are on the rise!

At the end of the 2018-19 school year, **the number of children walking, cycling and scooting to school at Active School Travel schools increased from 35% to an incredible 53%**. At the same time, the number of pupils being driven to school fell from 58% to 41%.



More 2018-19 Active School Travel results:

- over **85,000** pupils, parents and teachers took part in more than **1,700** active travel activities
- **825** pupils completed National Standard cycle training
- the number of children completing physical activity for at least 60 minutes each day increased from **27% to 38%**
- while 53% of pupils now usually travel actively to school, as many as **83%** would like to - potential for more active travel!

We want you...

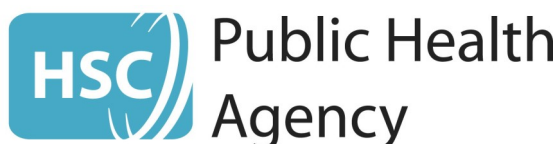
We are now recruiting 60 new schools for the final year of the current Active School Travel Programme. If you would like your school to be a part of this inspiring initiative, please visit our [website](#) where you can download an application pack today.



If your school is already part of AST, please help us spread the news and encourage teachers at new schools to get on board with this exciting opportunity.

Deadline for applications is 8th April. Please get in touch with any questions—schoolsNI@sustrans.org.uk or 02890434569.

Sustrans is grateful for the continued support of our schools work in Northern Ireland from the following:



Department for
Infrastructure

An Roinn
Bonneagair

Save the dates in 2020!

Daily Mile Launch Event :: 14 February

Feet First Families :: 13 March

Eco-Schools Youth Summit :: 25 March

Big Pedal :: 22 April - 5 May

For more info about any of these events, please email us at schoolsNI@sustrans.org.uk or speak to your Active Travel Officer.

Feet First Families

On 13th March 2020, your school can be a part of an exciting day called Feet First Families, which aims to inspire families to put their feet first by walking, cycling or scooting to school and making their school a car-free zone.



Schools all across the country will be encouraging families and staff to ditch the car and use their own steam to travel to school. Some schools will be hosting a 'Party in the Parking Lot' on the day! Please put this date in to your school's calendar. Come along to one of the School Champion Training workshops in the new year for more information and resources. In the meantime, check out this [video](#) to see Feet First Families in action!

