

North West Sustrans Active School Travel Programme Autumn Term 2019 Newsletter

I'd love to hear from you...

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

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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](#) where you can learn more about the programme and download newsletters from other areas.



Steelstown PS Lollipop Lady Mrs Maureen Kavanagh being presented with a highly commended award in recent NI Road Safety Awards. Pictured is Principal Mrs Gillen, Conor—representative from Specsavers (Sponsor), Davy Jackson, Maureen Kavanagh and Primary 1 children

Time flies when you're having fun

Happy new year! Term 1 really flew by this year for all the active travel schools in the North West. We welcomed 10 new schools to the programme, and they have all gotten off to a flying start.

Our Level 2 and Level 3 schools have kept up the momentum built up in previous years with lots of great activities, initiatives, challenges, rewards and most importantly good healthy, planet saving active travel fun!

Check out some of the photos of all this great work in our term 1 Active School Travel newsletter for the North West.



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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Ditch the Dark

The ever popular Ditch the Dark autumn and winter school challenge was back for another year. Schools across the North West enjoyed getting creative and dressing up in the brightest colours they could for a walk to school day.



Pupils in Chapel Road PS and St Mary's Gortnahey enjoy Ditch the Dark Day

Active Travel Mapping and Surveys

Many of the schools in the North West have been busy throughout Term 1 surveying their local areas and school communities. Eco councils, school councils and active travel groups all got involved to monitor traffic levels, infrastructure levels and potential meeting points as part of a plan to develop safe routes for walking, cycling and scooting to school. The PSNI were out to lend a hand in one school.



National Standard Cycle Training

The North West cycle training instructors- John, Colin and Amanda- were very busy through Term 1 delivering the National Standard cycle training to 7 schools. From the sunshine in September to the wind and sleet in November, nothing stops this team of instructors.



The team were delighted with the skills they observed in all the schools and a staggering number of participants passed both levels 1 and 2.

Before each block of training we always have a Dr Bike day in the school to check bikes' road worthiness, an MOT for bikes!



Following each training, we then have an assembly to celebrate everyone's achievements and present certificates.



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
- ◆ Aughnacloy 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...

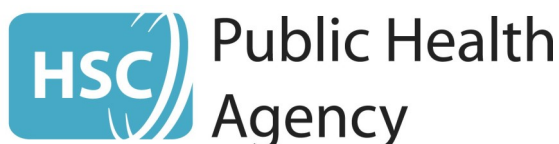
We are now recruiting 60 new schools for the final year of the current Active School Travel Programme. If you would like your school to be a part of this inspiring initiative, please visit our [website](#) where you can download an application pack today.



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!

