

South West Sustrans Active School Travel Programme Autumn Term 2019 Newsletter

I'd love to hear from you...

I'm Ann-Marie Cox, Sustrans' schools officer for the South West area. 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.

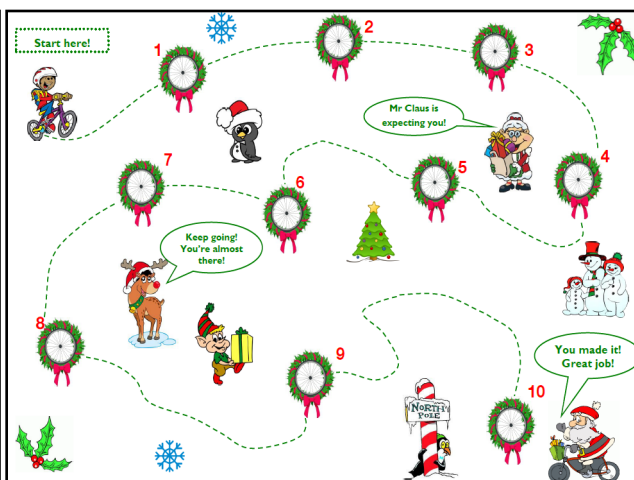
Journey to Santa 2019

We had a fantastic uptake in our annual active travel winter-themed challenge, with over 300 pupils from various schools around the South West area participating. The aim of the challenge is to get more of your pupils being active, i.e. walking, cycling and scooting to and from school. Each pupil was given a stamp sheet and received a stamp from their class teacher after every active journey.

Pupils with 10 or more active journeys after the 2 weeks were entered into the prize draw.

The overall winner was P5 pupil from **Ballinamallard Primary School**, Katie Robinson (pictured above with Principal Christina McEldowney).

Katie was presented with a £50 Halfords voucher for her brilliant efforts, and we are sure she will put this to great use for even more active travel in the future!



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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What we've been up to this term...



We started Autumn term as we meant to go on for the year-lots of exciting activities and events to get more of your pupils walking, cycling and scooting to school.

We welcomed 10 new schools to the Active School Travel Programme, and continued our work with the remaining 20 Level 2 & 3 schools. This involved Assemblies, Cycle Skills sessions and Carbon Footprint lessons, to name but a few. Check out P1 pupils (top) at **Bush P.S. Dungannon** learning how our fold-up Brompton bikes work, and **St. John the Baptist P.S. Belleek** out on their Daily Mile walk (right).



One of our absolute favourite sessions is Ditch the Stabilisers with P1 & P2 pupils who can't yet ride a bike independently. Look at the big smiles below of 2 very proud P1s from **Augher P.S.** and **St. Martin's P.S. Garrison**, who successfully learned how to ditch their stabilisers and cycle by themselves for the very first time! A pivotal moment in everyone's childhood, I'm sure you will agree. And a great way to get parents in to school, helping their child and seeing first-hand the positive effect that Active Travel can have.



National Standard Cycle Training

Every school receives free Cycle Training in their first year of the programme so that more of their KS2 pupils are equipped with the skills and knowledge needed for cycling on-road if they so wish to.

We also carry out bike checks to make sure pupils' bikes and equipment are road-worthy. Photos right and below from **Tummary P.S. Dromore** and **Carnall P.S. Clogher**.



Ditch the Dark!

Here are some of the fabulous bright photos we received of many Ditch the Dark days held in the first few months of term.

Maybe your pupils arrived on horseback like **St. Davog's P.S. Belleek** (left, and above) or brought the whole family including the dog like **St. Martin's P.S. Garrison** (below right) or were simply 'too cool for school' like these pupils at **Cooley P.S. Sixmilecross!** (below left)



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...

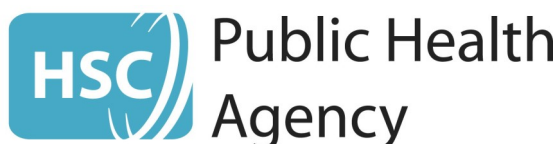
We are now recruiting 60 new schools for the final year of the current Active School Travel Programme. If you would like your school to be a part of this inspiring initiative, please visit our [website](#) where you can download an application pack today.



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!

