

# North West Sustrans Active School Travel Programme Spring Term 2020 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.

## #StayHomeStayActive



The Spring Term was shorter than we all imagined but there were still loads of brilliant Active School Travel activities and events that happened this term that we want to celebrate in this newsletter. We hope this finds you well in these difficult times. Let's all do our part by staying home and staying active. And for those of you teachers, NHS staff and other keyworkers who are heading out each day, thank you for the important work that you are doing. We have some excellent resources to support parents and carers with home schooling and ideas for staying active — please read on!

~ Take care from everyone at Sustrans!



ACTIVE SCHOOLS

## Spring Term

Wow, that was a quick term and I'm back with another termly newsletter. Unfortunately the term was cut short as we all battle the Covid-19 outbreak, but thankfully we did have lots of fun and some great active travel events before the lockdown. I'm dedicating this newsletter to all those great times and hope to spread some good vibes by looking back with some fantastic photos. Stay safe everyone, and hope to see you all soon!

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](http://www.sustrans.org.uk)

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# Active Travel Events

We had another action packed term full of events. We had Ditch the Stabilisers for all those who were lucky enough to get bikes from Santa. We had Big Street Surveys for schools developing new safe routes to school for walking and cycling.



We had our annual Feet First Families day with lots of schools getting involved with walk to school days and parties in their car parks, which as you can see was loads of fun!



Above: P1s learn to cycle without stabilisers at Steelstown Primary

The fun wasn't just for the pupils. We had parents and grandparents attend assemblies, and we had our annual champion training workshops (CTW) for teachers and any adults who wish to promote active travel within their school communities.



Richard (ATO South West) presenting at the Maghera CTW

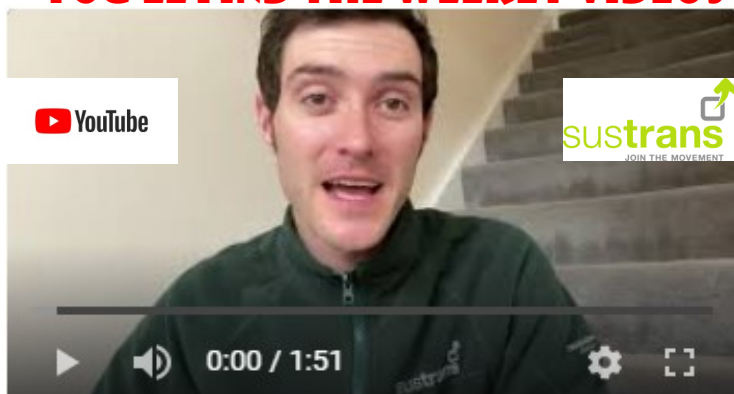
Below: L&R—Pupils at St Matthew's PS in Drumsurn enjoying FFF day on Friday 13th March.



# #StayHomeStayActive

The first **Sustrans at Home** activities are now up on YouTube! Using channels created especially for this project, the Schools Team hope that we can help bring variety to the remote learning provision for your pupils and families. Each week, I will post a short video to introduce a learning activity that focuses on being active, staying healthy or active travel. There will be an accompanying PDF that contains instructions for an at-home activity. Please consider adding this to your timetable for remote work or share to your colleagues so it can be sent to pupils and families through your normal parent communication apps. If you have any requests for specific topics or themes, please let me know. You can also tag @SustransNI on Facebook or Twitter and use #stayhomestayactive in your social media posts. Enjoy!

## YOU'LL FIND THE WEEKLY VIDEOS



## BY SEARCHING "RONAN AT SUSTRANS" ON YOUTUBE!

ACTIVE  
SCHOOL  
TRAVEL

## CLIMBING HIGH



**DURATION** — ALL WEEK **MATERIALS REQUIRED** — TAPE MEASURE/RULER, PENCIL, PAPER

**Aim:** Climb the equivalent height of some cycling's most famous climbs from both home and abroad, all without leaving your home. Learn about the facts and history of these climbs as you complete each challenge.

**Instructions:** If you live in a house with a staircase you can use these. If you live in a bungalow or flat you can use any steps at your front or back door or even just a set of exercise steps (anything an adult in your house has said is ok). Measure the height of one single stair in your stair case (or the height the exercise step) Then count how many stairs in your staircase. Multiply the height of one stair by the number of stairs to get the total height of your staircase.

The challenge is to then see how many stairs or step ups you and your family can make this week. Track this by using the climb tracker below. Print off a Climb Tracker for each family member. Use these trackers to track everyone's individual climbs and the combined family total. Challenge yourself to see how many of the famous climbs below you can check off over the next 7 days.

Share pictures of your badges, climb trackers and tell us all about your journey up some of cycling's most challenging climbs on Facebook and Twitter by tagging @SustransNI and use the hashtag #stayhomestayactive

Check out my video on the challenge for more information - [YouTube video here](#)

### Famous Climb Heights:

- Box Hill — 129m
- Mamore Gap — 250m
- Speiga Dam— 380m
- Madonna del Ghisallo—754m
- Alpe Du Huez — 1860m
- Passo Dello Stelvio — 2835m

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on Facebook and Twitter

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 programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.



ACTIVE  
SCHOOL  
TRAVEL

BIKE PARTS  
SCAVENGER  
HUNT



**DURATION** 1HR

**MATERIALS REQUIRED** — SCISSORS, PENCILS PAPER OR PRINTER

### ACTIVITY NAME - Bike Parts Treasure Hunt

**Aim:** Hunt around your home for all 13 hidden bike parts. Label the bike correctly and write down all the red letters in the box. Once you have found all the parts, unscramble the red letters to reveal the hidden message.

### Instructions:

1. Print off attached file or have kids draw the clues with a pencil.
2. Cut out the clues and hide them around the house. The better the hiding place the longer the activity will take :)
3. Have kids find the clues and unlock the puzzle

It's been super to see families sharing photos to our social media platforms. You'll be able to find us on Facebook and Twitter using @SustransNI.



Pupils from Knocknagin PS in Desertmartin completing their bike parts treasure hunt at home last week.



Pupils at Elmgrove Primary enjoying Feet First Families day

## Feet First Families

On Friday 13 March, pupils from schools across Northern Ireland made their school a 'car-free zone', and encouraged families to use their feet first to walk, scoot or cycle to school.

With school car parks closed for the day, pupils reclaimed the space in all kinds of creative and fun ways, including parties in the parking lot. Some schools held 'bling your bike' events, coffee stands or simply turned their car parks into an extended play-ground. There were also led walks and walking buses to encourage children to travel actively to school.

Dr Hannah Dearie, from the Public Health Agency said: "We are delighted to support children and their families to actively travel to school to increase their physical activity and improve their overall health and wellbeing. Feet First Families is a fun day to highlight the benefits of actively travelling to school by showing children, parents and the wider community how easy it can be to walk, cycle or scoot to school."



## Follow the Leaders

Congratulations to the following schools across Northern Ireland who have achieved **School Mark Awards** in January, February and March!

### Bronze Awards

- ◆ Artigarvan PS
- ◆ Bushvalley PS
- ◆ Chapel Road PS
- ◆ Faughanvale PS
- ◆ Phoenix Integrated PS
- ◆ Sion Mills PS



### Gold Award

- ◆ **Doagh PS**— see pictured below.

Active Travel Champion Mr Dowds and pupils from the Eco Committee pictured with the Mayor of Antrim and Newtownabbey, Ald John Smyth and John Blair MLA.



## We *still* want you...

We don't know exactly what the 2020-21 school year will look like, but at this stage we are still intending to take on new schools in the Active School Travel Programme. If you would like your school to be a part of this inspiring initiative, please contact us or 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.

Currently, the deadline for applications has been waived. Please get in touch with any questions— [schoolsNI@sustrans.org.uk](mailto:schoolsNI@sustrans.org.uk) or 02890434569.

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

