

# South West Sustrans Active School Travel Programme Spring Term 2020 Newsletter

## I'd love to hear from you...

I'm Richard Farrow, Sustrans' schools officer for the South 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!

## It's a boy!

In these strange and unusual times it's great to celebrate the fact that life still goes on as normal! Many congratulations to South West Active School Travel Officer Ann-Marie Cox who welcomed a son Jude in February. Both mum and son are thriving!

Also I'd like to say a personal thank-you from me to all the school pupils, all the champions and all the principals who have made me feel so welcome as I cover for Ann-Marie as she spends a happy few months with her newest family member. It's a big area and for those that might not have noticed I'm not a local so I'm learning a lot as I go. Keep pointing me right, and I'll be grand soon enough!



Baby Jude (above): Richard Farrow (right)



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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# #feetfirstfamilies

## Aughnacloy PS Leads the Way!



It was an absolute delight to visit Aughnacloy Primary School for Feet First Families on the 13th of March. Aughnacloy are a hugely proactive school and have always really committed to events that bind their school and their community.

School Champion Sharon Loane said, "Aughnacloy Primary School takes part in the Feet First Families event as it is a great opportunity for all staff, pupils, parents/grandparents to travel actively to school. Our children also love closing the school car park and using the extra space for fun activities e.g. trike races, obstacle course, making bird feeders, hockey. This is a fantastic day and is thoroughly enjoyed by all staff and pupils."



Aughnacloy PS closed their gates and turned their carpark into a variety of play and activity areas including a playground trike sprint race! Members of the Eco-Council were involved in

deciding which activities to permit, and then took responsibility for setting them up before allowing the remainder of the school to explore and experience throughout the rest of the morning.



## Making an Active Choice

Aughnacloy Primary School are keen to make sure that the benefits of Active Travel last longer than Feet First Families Day.

I'm giving out prizes to children who are demonstrating that they can make Active Travel journeys all year round!

## Tour de France Data Handling

Congratulations to P7 St John the Baptist Primary School in Belleek where one pair of pupils managed to score a perfect 25/25 in my demanding Tour de France Data Handling challenge.

This popular lesson has been really testing the KS2 pupils around the South-West as we had been forced indoors due to the weather!



## St Joseph's shows heart!



Children from 3 different classes learned about how to keep their hearts healthy at St. Joseph's Primary School, Drumquin. Children from Key Stage 2 even managed

to brave a bitterly cold day to 'Drive', Walk, Run and Scoot to school for Active Healthy Heart Circuits on their playground before the snow came!

## Cycle Training

National Standard Cycle Training began in Walker Memorial Primary School, Castlecaulfield before twice getting cancelled as we all experienced the wettest February since the 1860s.



# #StayHomeStayActive with Sustrans Home Activities

The first two **Sustrans at Home** activities are now up on YouTube! Using channels created especially for this project, the Schools Team hopes 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. I will email the video link and the resource to you each Monday. 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.

## How to access and share the resource:

- View the YouTube videos searching for **Sustrans Richard**
- Share the video through your parent communication apps and send the activity PDF as an attachment for download.
- There is also a link to the PDF download in the video description along with a password to open

## Sample Text for your Parent Communications:

Dear Parent. Our Sustrans Schools' Officer Richard, who pupils will know from his visits to school, will be sending through a weekly video and learning activity which pupils can do at home.

These activities are aimed at keeping active, having fun and learning as part of our schools' involvement in the Active School Travel Programme. Please feel free to watch this video together and use the activity sheet whilst learning at home this week.

You can show us how you're staying active while staying home by tagging @SustransNI on Facebook or Twitter and using #stayhomestayactive in your posts. Enjoy!



YouTube videos are online now!

**ACTIVE SCHOOL TRAVEL**

# RESEARCH & PRESENT

**DURATION: AS LONG AS YOU NEED**   **MATERIALS REQUIRED: INTERNET, IMAGINATION**

### Research and Present: The World of Bikes

**Aim:**  
The aim of the task is to research, using the internet, and then present what you have found out. You can choose how you want to present and even what you want to research!

**Instructions:**

- You can choose your own title, for example: The History of the Bike; Bikes around the World; Great Journeys by Bike; Famous Cyclists; Famous Cycling Events.
- Use the internet (computer, tablet, big sister's phone etc.) to research the information.
- Then present that information in any way that you want, for example: A Research Poster; A PowerPoint Presentation; A News Report; A Newspaper Article; Interpretive Dance!

**Extension:**  
If you want to you could present to your family, take photos or even film the presentation! If you are posting on Social Media please include us by using:  
**@sustransni and #stayhomestayactive**

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. Find out more at [www.sustrans.org.uk/NIschools](http://www.sustrans.org.uk/NIschools)

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## A Great Response in the South West!

Sustrans NI another pupil taking up the research challenge.

#stayhomestaysafe

Well done Artur!

### Famous cyclists

PDF - 783 KB

**Famous cyclists**

**de la Merckx**

- 5 Tour de France
- 5 Tours of Italy
- 1 Tour of Spain
- 3 world championships

**Chris Froome**

- 4 Tour de France
- 1 Giro d'Italia
- 2 Olympic bronze
- 2017 world championship

**Artur Pielis**

- 2018 Rise valley triathlon
- Davos forest mountain bike of the year!

**Reg Le Mond**

- 2 time road race champion
- 3 Tour de France
- Greatest American cyclist of all time.

5   1 comment

Like   Comment   Share



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:

