

Sustrans Bike It news

There's snow stopping us: The Big Pedal 2013



Through wind, rain, ice and snow (and more!) schools across the country took part in the annual Sustrans Big Pedal competition. Between 28th February and 20th March, children and their families came to school on their bikes and scooters and contributed to their school's overall percentage of journeys in an attempt to win some amazing prizes. Participating Newcastle schools managed to make a total 16347 journeys on bikes and scooters. This is an amazing figure and can be put down to some hardcore dedication of pupils and supporters and some fierce competition between schools! Many schools held activities during the three weeks - Gosforth Park First School had a Big Bike It Breakfast (pictured) on the first day of the Big Pedal with 120+ people coming along on the bright but frosty morning.

Bling your Bike – Biscuit stylee!



As an Easter treat at the end of a term full of hardcore cycling, bike clubs across Newcastle had a special session decorating bike-shaped biscuits. A very popular activity with all ages, it produced some very interesting results – some more minimalist than others! Great British Bake Off – eat your heart out!



What's your next challenge?
Bike to School Week is coming



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I'd love to hear from you...



I'm Naomi, Sustrans' Bike It officer for Newcastle. 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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'Vive le Vélo' – le retour!

After a very successful pilot in October, the Vive le Vélo week is coming back to Tyne and Wear schools to celebrate the 100th Tour de France this summer. Similarly to the Big Pedal, schools try and get as many bike and scooter journeys to school during one week – competing against other schools across Tyne and Wear. However this competition is themed all things French, France and Tour de France - expect lots of French Bike It Breakfasts, Bradley Wiggins' Bling your Bike days and French classroom sessions (there's a special French song to learn!). For more information or to get involved, contact me on naomi.mackintosh@sustrans.org.uk. Vive le Vélo will take place from 24th June – 28th June, ready for the Tour's start on Saturday 29th June 2013.

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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Heard this term...

“I hate the hills when I am at the bottom and the middle but I love the sense of achievement when I am at the top.”

Pupil, North Tyneside

“The curriculum is imaginative and pupils are increasingly given stimulating first-hand experiences to help them improve their writing, for example, when a cycle ride took them to Bede’s World.”

Ofsted Report 2013

“The Bike It breakfast was a great success, nearly one quarter of the school attended, making a sustainable choice to come to school that day and delicious breakfast food.

This term the Bike It crew have worked hard to sustain the impact of Bike It. They've relished organising events and collating data for both the Sustrans survey and the Big Pedal.”

Teacher, South Durham

Secondary School Focus

Sustrans’ schools projects are leading the way in the North East in many ways and traditionally we have done very well with primary schools. Primary schools are often an easier audience and generate a lot of success quickly.

In the last 12 months we are now starting to get real success in some of our secondary schools. Two projects in particular are working really well – St Wilfrids in South Tyneside and John Spence in North Tyneside, with Sunderland City Council showing a lot of interest for their secondary schools. St Wilfrids and John Spence have been in communication with each and sharing ideas and best practice and it would be great to see more secondary schools taking the same route in the future.



Picture of children from St Wilfrids during their Coast 2 Coast bike ride.

This term in numbers

Your local schools

86 activities in 12 schools, working with:

- 6416 pupils
- 270 staff
- 221 parents

8779 recorded journeys on bikes and scooters from Newcastle Bike It schools during the Big Pedal.

In the region

Sustrans North East has delivered 2,404 activities in the 2012/13 academic year so far – with 133,000 children, teachers and parents.

Did you know? Car use costs the EU €240 billion p/a, mainly through accidents and emissions (External Costs of Transport in Europe, CE Delft, Sept 2011)

...and across the UK

Between **28 February and 20 March**, Sustrans ran the **Big Pedal** cycle and scoot to school challenge. Despite the second coldest March ever recorded, **nearly 1,000 schools completed 847,725 journeys**. In practice, this meant:

- over **two million miles of car journeys** were avoided (if each child had been driven by a parent)
- **£358,880** was saved in petrol costs. If this continued for a whole school year, it would save almost £3 million
- nearly **20% of pupils** at Big Pedal schools **took part on a daily basis** – the national average for regular cycling (not scooting) in primary schools is just 1%, for secondaries it's 2% (2010)

We have also revamped our **School Mark** to recognise many schools’ and officers’ work to increase scooting, walking and use of public transport in addition to cycling.

584 schools currently have the **Bronze** award, **40** have **Silver** and congratulations to the **nine** who have earned our first **Gold** awards over the last year. And good luck to the **1,000+** schools now working towards their **Bronze level!**

What's Sustrans up to with schools in your region?

In the North East the schools projects are all going from strength to strength with 13 schools projects working in Tyne and Wear, South Durham and South East Northumberland.

This summer is going to be a hive of cycling and walking activity with a huge number of bike rides taking place across the region – including epic challenges such as the Coast 2 Coast and a cycling trip to Paris.



Children from Morpeth Rd, Blyth celebrating Bike It.

Photo competition



One of my favourite blinged scooters at St Catherine's – the theme was 'what I've learnt this term' and this was a very detailed rainforest-inspired scooter!

Send your photos to:
naomi.mackintosh@sustrans.org.uk

Hype that site – www.sustrans.org.uk

That's right, us! **Our website is having an overhaul**, with the first phase launching **10 April 2013**. Better resources, clearer design, easier navigation, more inspiring stories and fantastic mapping. If you haven't visited for a while, now is a great time to reacquaint yourself.

FEAT 1st South Durham

In recent months Sustrans have been commissioned to work in South Durham to deliver the FEAT 1st project in addition to the Bike It project. FEAT 1st and Bike It have been making excellent progress in South Durham so far with a lot of invaluable help and support from Durham County Council.

In a recent event at Thornhill, Shildon FEAT 1st did a cycling skills day and the school had 116 bikes in school for the day out of only 207 pupils – a remarkable 56%.

In addition 4 schools had a visit from Alastair Humphreys, best selling author and explorer. Alastair came into the schools to talk to the children about his adventures and inspire a new generation of children.



Top tips for the new term

- Celebrate Bike to School Week, 10-14 June
- Join Walk to School Week, 20-24 May. Resources and advice available at www.walktoschool.org.uk
- Get involved with Sustrans' Superheroes scheme. Pupils get rewarded for getting around on foot, scooter or bike and helping others join in – ask your Sustrans schools officer for details

Get these resources...

- Download our **FREE** guide to running your Bike to School Week. Run one whenever it suits you, or join in our national celebration from **10-14 June**. The guide has been designed for schools not working with a Sustrans officer and is available at www.sustrans.org.uk/biketoschoolweek

Our work with schools and colleges in the UK

Increasingly our work goes beyond the cycling focus of our original Bike It project, to include walking, scooting and using public transport. A significant number of the journeys made in the **Big Pedal** (see P2) are now made by scooter and our **School Mark** accreditation scheme and guide has been adapted to recognise all these forms of sustainable travel (see P2). Ask your Sustrans officer if you would like further information.

As we work with more **secondary schools, colleges and universities**, public transport also becomes increasingly important as students travel further. **To support staff working with older students**, we have just produced **Moving Up**, a guide to working with young people between 11-18 years. You can download it from www.sustrans.org.uk.

For younger pupils, we have transformed our popular Olympic-themed Heroes scheme from 2012 into **Sustrans Superheroes**, where children can earn points and rewards for a variety of cycling, walking and scooting activities and helping others join in.

Finally, to continue the momentum of the Big Pedal, we are celebrating **Bike to School Week** between **10-14 June**, just before Bike Week. Schools can run a Bike to School Week any time of the year, but this is an opportunity to celebrate and recognise the benefits of cycling across the UK. **We have produced a practical step-by-step guide** to inspire schools and help run events and activities. This and other resources to help are available at www.sustrans.org.uk/biketoschoolweek

Dates for the diary

April

22nd Earth Day

May

6th Bank Holiday

20th-24th Walk to School Week

www.livingstreets.org.uk

27th Bank Holiday

June

5th World Environment Day

10th-14th Bike to School Week

www.sustrans.org.uk/biketoschoolweek

12th Giant Walking Bus

www.brake.org.uk/walkingbus

July

9th Ramadan begins

August

5th Bank Holiday (Scotland)

12th International Youth Day

26th Bank Holiday (Eng, Wales, NI)

September

16th-22nd European Mobility Week

22nd World Car - free Day

Please continue to support our work

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment, and this applies to children just as much as it does to adults. The positive experiences of all the children that you have read about in this newsletter are the culmination of more than 17 years of Sustrans and our officers working with schools, colleges and young people.

Without your support, many children would not have the opportunity to enjoy independent and active journeys in and around their communities, so a huge thank you from us on their behalf. The long-term benefits of creating healthy and sustainable journeys will be shared by every one of us – in terms of our health, the environment and the wider economy.

If you like the sound of what Sustrans does and think that more schools, colleges and young people in your area could benefit from our work, or you want to know more, please get in touch.

email youngpeople@sustrans.org.uk

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online www.sustrans.org.uk



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

