

Sustrans Bike It news

A great year for GEMS Bike Belles (now on YouTube!)



'GEMS Bike Belles' is a girls bike club that was set up this year at Gosforth East Middle School. Made up of 12 girls from years 5 and 6, Miss Comb (school Bike It Champion) and Naomi (the school's Bike It Officer), the club's aim was to try and inspire, motivate and encourage more girls to get on their bikes.

The group met at lunchtimes 3 – 4 times a term to listen to pupils' ideas and issues around cycling and discuss how to tackle the barriers that stop girls from cycling. Some of the major barriers that were discussed included the lack of appropriate gear and clothing, the fear of 'standing out from the crowd' and the time and energy it can take to get the bike out. In these sessions the girls also designed and decorated their own club T-shirts, wrote poems and recorded their own video diaries.

In June the group went on a visit to another Bike It school - Morpeth Road Primary School, Blyth - to see how a school can be cycling mad for both boys and girls. As well as being treated to a scrummy breakfast and lunch the group also went on a bike ride with the school's cycling club. It was great day out for all involved and many thanks go to Morpeth Road Primary School for being very generous hosts! To see the GEMS Bike Belles' YouTube video please go to:

<http://tinyurl.com/kqotove>

Did you catch the Tour de France fever?



To celebrate 100 years of the Tour de France, some schools in Newcastle took part in fun (and at times eccentric!) Tour de France-themed activities. These included classroom fact-filled sessions, French Bike It Breakfasts and extravagant Bling your Bike competitions (see pic).

I'd love to hear from you...



I'm Naomi Mackintosh, Sustrans' officer for Newcastle. Please get in touch if you have any great school stories or would like to find out more about our work in education and with young people.

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Follow the 'Sustrans North East' crew on Twitter and Facebook! @SustransNE

Danny Butler comes to town!



In June, as a reward for great work during the Big Pedal, Gosforth Central Middle School and St. Oswald's RC Primary School were treated to an awesome display from the Extreme Mountain Bike Show, featuring Trials Champ, Danny Butler. Danny and his crew returned to Newcastle in July at Grange First School as a surprise reward for all the school's hard work since becoming a Bike It school in September 2012.

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

Heard this term...

“I have been cycling 1.5 miles to school with my children each day during the Big Pedal, instead of driving. I will definitely cycle more once the Big Pedal has finished.”

Parent, St Helens

“Since our Scoot to School day, the number of children who are scooting into school each day has risen dramatically. Whilst before we were getting about ten, we now regularly have 30 to 40.”

Deputy Head, Bridgewater

“His attendance and engagement at school have completely been turned around by the bike club!!”

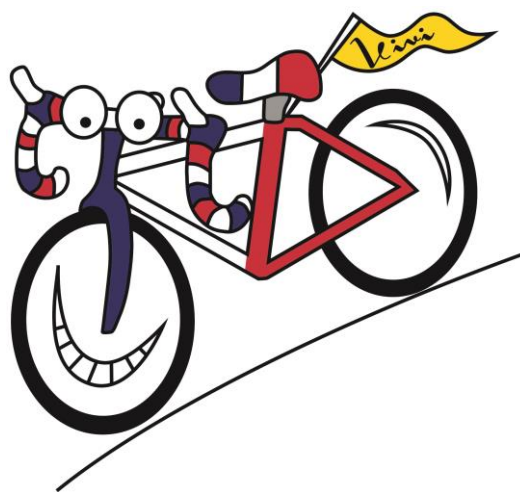
Head Teacher, Brighton, talking about a Year 10 pupil

How Sustrans is working with young people in your region

This summer over 40 schools across Tyne and Wear took part in their very own virtual Tour de France. Children and staff cycled daily into school to tally up their active journeys whilst also taking part in fun French and cycling activities in school.

Each school awarded four Vive le Vélo jerseys to lucky cyclists in their school. Four winning schools from Newcastle, Gateshead, North and South Tyneside came together for a French celebration day in July to receive their prize bikes at the Cycle Hub.

The overall winning school was Grange First School from Newcastle which had over 60% of their school cycling daily. Bravo tout le monde!



This term in numbers

Newcastle Bike It schools

Number of events run – 153
Number of pupils worked with – 6690
Number of parents – 497
Number of staff – 325
Bike sheds installed - 4

In the region

We have delivered 1372 activities in the Summer Term alone.

We have had 77,100 participants in the Summer Term enjoying the warm weather and lots of outside activities.

Did you know? A study of 20,000 Danish children showed those who walked or cycled to school had better concentration than those who came by car. sciencenordic.com

...and across the UK

In 2013 we worked with over **2,100 schools** throughout the UK, promoting cycling, walking and scooting to more than **half a million pupils!**

Feedback from teachers tells us that while we deliver fun activities, pupils have a real awareness of the benefits of active travel:

“They’ll say to their parents, it’s safer to come to school by bike or to walk, it’s healthier, it’s good for the environment – so those messages have really been sustained throughout the school.”

Feedback from teachers also highlights the wider benefits of the project for pupils:

“Bike It is very much pupil led...”, “Pupils have developed a sense of responsibility.”, “They are more confident about their own abilities.”, “Pupil independence has improved.”

We have also extended our work in colleges and universities. Year-on-year the number of bikes parked at institutions we work with has risen, whilst **73% of students who loaned a bike from us said they cycled more** since the project started. **75% said they would not have cycled without their loan bike.**

St Catherine's Year 6 Bike Ride



The sun was well and truly out for this year 6 class's final days of primary school and what better way to spend the day than out on bikes exploring the local area? The group left the school gates to go on a bike ride around Jesmond Dene and Heaton Park. The ride was led by Naomi and Tom (School Champion Support Officer) from Sustrans and the school's head teacher, Mr. Ewing, also came along (always keen for a bike ride!). Highlights included a picnic lunch, learning the 'Leaf-fu' game and tucking into an ice cream from Sambuca's in Heaton Park. We wish this friendly group all the best for their future adventures at secondary school.

Photo competition

Check out this Tour de France blinged scooter from a pupil at Archibald First School:



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

Hype that site – tinyurl.com/britaincycling

Not the most thrilling URL, but this is the petition to ask Parliament to implement the recent **Get Britain Cycling** report (arising from a cross-party inquiry). It makes 18 key recommendations to increase cycling, including **high quality routes**, a default urban **20mph limit** and **£10 p/person to be invested** every year to increase cycling. It needs 100,000 signatures and currently has close to 70,000.

Tales of the Forgotten North

This summer over 50 children from six schools in Newcastle and North Tyneside embarked on an epic journey from Ingram to Haltwhistle. This was not just a cycle ride; it was a journey in time and imagination. Children and adults alike heard ancient stories along the way from 'A Bit Crack' Storytellers.

These stories weaved and eddied like the very scenery we were cycling through. We heard stories whilst next to Bastilles, beside ancient wells, on top of standing stones and underneath ewe trees. The ride took us to incredible places such as Lady's Well, Ingram Valley and Elsdon to name a few. These places challenged and inspired all who took part.



Top tips for the autumn term

- Kick off the school year by doing the **Big Street Survey** (www.sustrans.org.uk/bigstreetsurvey), it could help set your goals for 2013/14, and if you missed **Bike To School Week** (www.sustrans.org.uk/biketoschoolweek), use our guide to run your own.
- There are plenty of dates to promote walking, cycling and scooting, e.g. **Halloween** fancy dress/bling your bike, or looking at lights and being seen either for **Diwali** (the Festival of Lights) or when **the clocks change**.
- You can also **celebrate themed weeks or events**, there's one nearly every month, e.g. **Carfree Day** in September, **International Walk to School Month** in October and **Road Safety Week** in November.

Get these resources...

Download our **FREE Suss It Out activity sheets**. Fun, inspiring activities that require no special resources or preparation – perfect to fit into a busy teaching day whenever you need. Five sheets, five themes, each with a 10, 20 and 30-minute activity.

www.sustrans.org.uk/biketoschoolweek

Our work with young people in the UK



Make every week
Bike to School Week



Bike to School Week (BSW) was celebrated between 10-14 June and to help schools without the benefit of a Sustrans officer we produced a **6-week step-by-step guide** to run a BSW. The idea is that **any** week can be a BSW and ultimately **every** week will be. www.sustrans.org.uk/biketoschoolweek

Congratulations to **Escomb Primary** who won a camera for their **Big Street Survey** work. Creator, judge and Sustrans officer, Henry Norman, praised the “entertaining” manifesto and the fact pupils had written to their MP. Watch out for new elements for this resource later in the year. www.sustrans.org.uk/bigstreetsurvey

We are reviewing all the information we previously had on the **Sustrans website** with the aim of producing a more useful, focussed **set of resources**. Watch out for both this and a dedicated **Champions area** for those working with young people.

Finally Sustrans' Connect 2 project, creating **82 critical cycle and walking links** in communities, is a finalist in this year's **National Lottery Awards 2013**. Many schools and thousands of families have been amongst the beneficiaries of this. If you'd like to vote, just go to www.sustrans.org.uk/vote, or call 0844 836 9689. The deadline is 24 July. As with most of our work, this is collaborative affair and **thanks to all the communities and partners who helped make this enormous project such a success**.

Dates for the diary

July

9th Ramadan begins

August

5th Bank Holiday (Scotland)

12th International Youth Day

16th Sustrans' Pedal On UK ride (until 7th Sep) www.sustrans.org.uk/pedalonuk

26th Bank Holiday (Eng, Wales, NI)

September

16th -22nd European Mobility Week

22nd World Car-free Day

October

Walk to School Month

www.livingstreets.org.uk

9th International Walk to School Day

27th British Summer Time ends

31st Halloween

November

3rd Diwali

5th Bonfire Night

19th -25th Road Safety Week

www.roadsafetyweek.org

December

24th -26th Christmas

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

