

South East Sustrans Active School Travel Programme Autumn Term 2018 Newsletter

I'd love to hear from you...

I'm Dave Wiggins, Sustrans' Schools Officer for South East. 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 2017-18 within participating schools, the number of pupils travelling actively increased from 34% to 44%.

We are currently working with over 340 schools across Northern Ireland. Please visit our [website](http://www.sustrans.org.uk) where you can learn more about the programme and download newsletters from other areas.



Cycling To School at St.Mary's Primary, Banbridge

New Term, New Schools

September to December came and went very quickly in the South East area.

Ten new schools joined the Active School Travel Programme and the other twenty level two and level three schools continued their active travel activities, events and competitions with great enthusiasm.

Five of our new schools had National Standards on road cycle training for their primary six pupils. This was delivered to an excellent standard and the pupils had great fun learning their new skills both in the school grounds and on the roads around their local areas.

There were lots of introductory assemblies where pupils helped me to waken up my sleepy fold up bicycle 'Buzz Five Gears' and this was a great chance to engage with pupils for the first time about the super reasons we should be walking, cycling or scooting to school as much as possible.

Ditch The Dark days were delivered by many school champions and as these got closer to Christmas it was very evident that Christmas trees were being raided for tinsel and lights to dress pupils as brightly as possible on their journey to school.

Bicycle games, ditch the stabilisers sessions and plenty of classroom lessons made the autumn term very full and enjoyable.

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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JOIN THE MOVEMENT

Inter Class Competition

Waringstown Primary School have recently implemented a new inter class competition designed to encourage more pupils to walk, cycle or scoot to school as they work towards their Sustrans gold school mark.

Each morning while taking the roll, teachers simply do a show of hands of who actively travelled to school that day.

At the end of the month the class with the highest percentage active travel is awarded the trophy to be displayed with pride in their classroom.

One of the great benefits of this is that the pupils keep each other accountable rather than taking instruction from an adult.

Well done to Mr. Brown's class who were the December trophy winners!



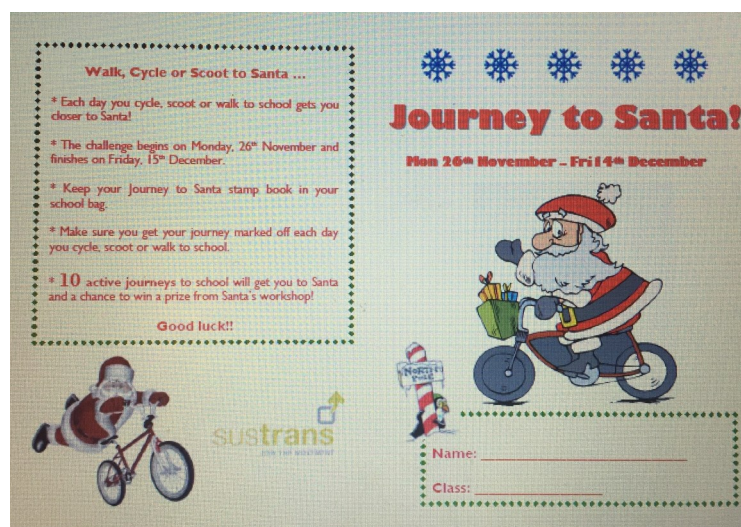
Mr Brown's Class

Ditch The Dark Day in Richhill



Journey To Santa

Journey To Santa is an annual stamp sheet challenge that I run in the run up to the Christmas holidays from the middle of November to the middle of December.

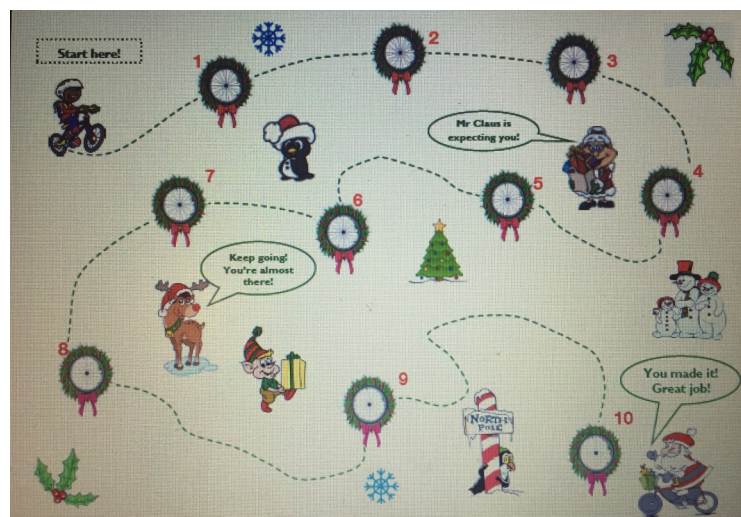


This is a whole school individual challenge designed to encourage active travel when the weather turns a little bit grey and cold in the early winter months.

Each pupil gets a stamp sheet with Santa on his journey.

They get their sheet stamped on each morning that they walk, cycle or scoot to school and when they have filled up their stamp sheet it goes into a draw in the school and then into the overall prize draw.

This challenge gives pupils the encouragement to keep going as the year draws to a close and the incentive of a reward at the end really helps.



This year I offered some £50 bike shop vouchers as the incentive and the three prize winners were:

1. Pupil at Millington Primary in Portadown.
2. Pupil at St.Mary's Primary in Banbridge.
3. Pupil at Dickson Primary in Lurgan.

Well done to everyone who completed their stamp sheet!

Featured School

One of the new schools on the Sustrans Active School Travel Programme this year is Millington Primary in Portadown.

A large and enthusiastic school, Millington have hit the ground running, under the guidance of Mrs Beggs, working really hard to encourage more pupils to walk, cycle or scoot to school rather than sitting in the back of the car.

Recently they held a Ditch The Dark Day to encourage pupils to be active on their journey and to be bright and be seen during the darker winter months.

It was so much fun delivering a whole school assembly and to award prizes to the pupils for all of their brilliant efforts.



Journey To Santa Year Winners—Millington Primary

Overall Prize Winner



The presentation of a bike shop voucher to a Primary One pupil from Millington.

This young pupil completed his Journey To Santa stamp sheet leading up to the holidays. He came out top in Millington and his name was drawn out in the overall final draw in the south east area to claim his prize.

This topped off a brilliant Ditch The Dark Day assembly on the last day of the school term.

Millington Primary

A bright and informative active travel notice board.



A classroom session being delivered.



School Champion Mrs Beggs with a pupil.



A B C D Bike Checks

One very important skill that we teach pupils in our schools is the ABCD bicycle check.

This simple check should be carried out quickly each time someone goes out for a ride.

A IS FOR AIR—is there enough air in my tyres?

B IS FOR BRAKES—do both of my brakes work well?

C IS FOR CHAIN—is my chain turning easily and a healthy colour with nothing sticking out of it?

D is for DROP— make sure nothing falls off my bike.



King's Park Pupils Checking Their Bikes

Feet First Families

A closed car park Feet First Families event at Our Lady's Primary School in Tullysaran.



Get Ready for Big Pedal 2019



Sustrans [Big Pedal](http://www.bigpedal.org.uk) is the UK's largest inter-school walking, cycling and scooting challenge that inspires pupils, staff and parents to choose two wheels or two feet for their journey to school.

The Big Pedal will run for 10 days from 25 March to 5 April 2019. On each day, schools compete to see who can get as many of their pupils, staff and parents walking, cycling or scooting to school. Your school's best five days will determine your final position, but you can log journeys on all ten days if you wish. There are fantastic prizes up for grabs each day of the challenge ranging from stunt shows to free scooters!



Registration for the Big Pedal 2019 will open in January 2019 with the launch of the new Big Pedal website. The Big Pedal has been going from strength to strength for nine years now and we are aiming to make Sustrans Big Pedal 2019 the best year yet. For the first time, walking will be counted alongside cycling and scooting so this opens up the leader board; it will be all to play for!

Save the date: Big Pedal 2019

25 March - 5 April

Registration opens in January
via www.bigpedal.org.uk

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

