

South East Sustrans Active School Travel Programme Summer Term 2018 Newsletter

I'd love to hear from you...

I'm Dave Wiggins,
Sustrans' Active Travel Officer for
South East.

Please get in touch if you would
like more information on how the
Active School Travel Programme
works and how your school can
get involved.

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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
award-winning programme since
2013. In the 2016-17 school year, the
number of **children walking, cycling
and scooting to school increased
from 36% to 46%**. You can read more
about these exciting results [here](#).

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



A bike games session at Abercorn Primary School in Banbridge.

The Summer Has Been Kind

Getting outside was the main focus of my work in May and June. The weather
was really kind and the pupils were delighted to get out of the classroom and
onto their feet or onto two wheels.

For the first time, I delivered a lot of orienteering sessions for schools. These
sessions were delivered within the school grounds and catered for whole class
groups.

'Ditch The Stabilisers' sessions were popular too and it was great to see KS1
pupils taking to two wheels on their own for the first time.

Bike skills and games also featured a lot. There are more photographs inside ...



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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Awards Season

The pressure was on but I managed to present lots of Bronze & Silver School Mark awards in the summer term.

It is always special to present School Mark awards in schools because it is not just an award for one person or a sports team or a year group, it is something that the whole school can be collectively proud of, from the principal to the champion to the other teachers and staff and of course the pupils!

Silver awards presented this term were: Seagoe Primary in Portadown, Drumgor Primary in Craigavon, Maralin Village Primary in Magheralin, St. Anthony's Primary in Craigavon, Waringstown Primary and the bronze awards were Kilkeel Primary and St. John The Baptist Primary in Portadown.

Well done everyone, keep up the good work!



Kilkeel Primary School.

Hardy Memorial Primary



In June I spent a great day outdoors at Hardy Memorial Primary in Richhill coaching two groups of KS1 pupils to ride their bikes with no stabilisers for the first time. We also took two groups of KS2 pupils for bike skills and games in the playground which was really good fun!

National Standards Training



Primary 6 pupils from Our Lady's Tullysaran.



The Big Pedal Prize Winners

Can I offer a massive congratulations and thank you for all of your effort and enthusiasm during the Big Pedal fortnight.

A lot of you went over and above to make it as enjoyable as possible for the pupils in your school which I'm sure was really appreciated by all.

Killylea PS near Armagh came second in the UK in their category and others won both local and national prizes for participation.

St.Patrick's Primary in Aghagallon won some scooter parking for their school and a pupil from Downshire Primary in Hillsborough won a brand new bicycle. Enjoy!



Big Pedal Prize Winner.

Walking Bus



The photograph above is a recent 'Walking Bus' at Scarva Primary School.

Walking buses are a great way to encourage more pupils and parents out of their cars and onto their feet for the journey to and from school.

Some schools start these as a 'one off' and this can be developed into one per term or one per week and in some instances the 'Walking Bus' becomes a daily activity giving more pupils the opportunity to walk, cycle or scoot to school.

Retiring With A Silver Award



I have been working closely with Mr Shane Magee (pictured above left) at St.Anthony's Primary School in Craigavon over the last three years as the school has put in a huge effort to encourage more pupils and parents out of their cars and onto the Craigavon Community Greenway for their journey to and from school.

Shane leads by example and most days of the week can be seen travelling on his bicycle for his journey to school, encouraging pupils on their own journeys along the way.

His enthusiasm filters through the rest of the school to staff and pupils and at a special assembly in June, they were presented with their 'Silver School Mark Award'.

I wish Shane all the very best as he retires from school life and enjoys more time on the golf course!



Feet First Families is back!

Our first ever Feet First Families day was in March 2018, and was a resounding success. We're delighted to tell you that



we will be making this an annual event. Thanks to your feedback, we've moved the day to Term 1, **Friday 19th October**, coinciding with International Walk to School Month.

"Many parents commented on how nice it was to meet people on the way into school. The pupils commented the quietness, the freshness of the air, the freedom from cars and the safety that created. We had an excellent day and the buzz created was phenomenal."

Feet First Families is a fantastic opportunity for the whole school community to take to their feet to walk, scoot or cycle to school. And why not go all out, close your school car park to traffic for the day, and give the space to the kids to be creative with? You'll be amazed at what they come up with.

"I rate it 5 stars as all our children were engaged, it was a beautiful fun day and children and staff had great fun!!"

Need inspiration? Look no further. We produced a great little video during Feet First Families day last year, which will definitely help inspire some ideas about how Feet First Families can look at your school. Check it out: <https://www.youtube.com/watch?v=-3KBHIDczZU>

We'll provide you with a champion pack of resources with everything you need for a successful event - and your local schools officer will be on hand to support you.



Northern Ireland tops the Big Pedal leaderboard!

The 2018 Big Pedal competition took place in Term 3, and it was our biggest effort yet. Across Northern Ireland, a fantastic 145 schools signed up to be part of the action - and they did not disappoint!



Scooting & cycling superheroes at Jones Memorial PS, Enniskillen

Over two fantastic weeks, pupils, parents & teachers took to two wheels to scoot & cycle their way to school, between them racking up **over 175,000 miles!**

To give some perspective on that pedal & scooting power, that's **almost one whole trip to the moon ...** and exactly **7 times around the world!**

We all know that using cars less means the air around our schools is cleaner & healthier. So during Big Pedal fortnight in N.Ireland, an amazing **42 tonnes of CO2 was NOT emitted**. If you find that hard to picture, just try to imagine **3.2 million balloons** - that's how many you could fill with the CO2 not emitted during Big Pedal fortnight.

The Big Pedal helped everyone's wallets too! Approximately **4451 gallons of fuel were NOT used** - saving teachers & families **more than £24,000!**

All that cycling & scooting takes a bit of effort. **3.4 million calories** of effort, to be precise. Sustrans loves a donut comparison - it's the equivalent of burning off **over 14,000 donuts!**

How's that for some 'blow your mind' figures?!

Same time, same place, next year? We can't wait.



Carrick Central PS loving their bikes & scooters

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

