

Welcome to a bumper newsletter to round off another successful and very busy year of Active Travel

Walk to School Week 2013 Congratulations!

You have saved a brilliant 8000 car journeys to school – an emissions saving of 10 tonnes of CO2 – that's the weight of 100 baby elephants!



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Judith Aris, Active Travel Officer, joined the children at Armthwaite School for the walk to school. The school is at the top of a very long, steep hill – great for burning calories! *"I was very impressed by the big turnout and lots of children making the effort".*

Lesley, from one of our smallest schools, Allonby, saw nearly the whole school walking *"even the children who live opposite the school have joined by walking from school to the meeting place and back again"*

Megan Cotton- Dew, Orton CE School said *"We had 22 children walking (one cycling) as a group, joined by 10 adults. Others have also made their own way to school on foot. In a school of approx 55 children the challenge is being supported well, especially considering our year 5-6 are away on residential! The children are also being supported in their learning with activities done in the classroom, as well as out and about in the village."*

Pollyanna Shields, St Bridget's CE Primary *"We have had a great response to Walk to School Week with nearly all pupils taking part. Some children are even coming from the next village on their scooters".*



Headteacher, Mr Owen with children going to Allonby school



Mollie Harvey from Morland school arrived by pony and trap – that's novel!



Children and staff from Lowther Endowed School

The Big Pedal March 2013

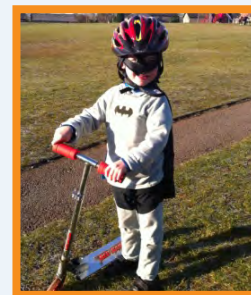
This year's Big Pedal saw a three fold increase in Cumbrian schools taking part. These schools have reduced their carbon footprint and stayed healthy as part of a three-week challenge that saw almost 10,000 journeys to school made by scooting or cycling. The 10,000 Cumbrian journeys contributed to around 847,000 journeys travelled nationwide. Active Travel awarded schools with a cycle bundle so that they were able to award prizes to those children who made a special effort to cycle or scoot to school.



Winners from Vickerstown School



Kirkby Stephen Primary



Kirkby Stephen Primary really got into the spirit of the event with staff and pupils dressing as superheroes for the journey to school on the first day of the Big Pedal and organiser Ben Hutchinson certainly looked the part, along with Superman and Batman too! Kirkby Stephen Primary managed to raise £65 for Sustrans.

Grasmere Primary even set up a cycle train from Ambleside to Grasmere. Tara Blackburn from Grasmere said *"We have had 2 staff cycle in with the children on the 3 days that we have taken part in the Big Pedal Challenge. It has been a lovely event again. The children have really enjoyed the cycling into school - we won the small school category of the Hull to Wisbech daily stage."*



Grasmere Primary



Nancy admiring full bike racks at Seascale Primary school



Children scooting to school at St Oswald's Burneside

Once again, **Crosby on Eden school** and community got behind the Big Pedal and achieved first school in England status for which they were awarded a fantastic scooter pod. "All pupils made a big effort to arrive at school by bike or scooter for the whole of the 3 week Big Pedal. Staff were also fully involved – the car park was empty for the duration of the Big Pedal – staff parked ½ a mile or more from school and cycled the rest of the way. Those who were unable to cycle scooted from the village hall! A fantastic achievement to come 1st in England. We could not have done it without the support of our whole school community". Sara Varian, Head teacher.



Children at Crosby on Eden school

Results

Small primary schools (less than 150 pupils)

118 schools took part nationally, 16 schools in the North West Region

North West ranking	School	Location	National ranking
1	Crosby-on-Eden C of E School	Crosby On Eden, Carlisle	4
4	St Oswald's C of E Primary School	Burneside, Kendal	20
6	Plumpton School	Penrith	26
7	Great Corby Primary School	Carlisle	36
8	Seascale Primary School	Seascale	41
10	Cummersdale School	Carlisle	58
11	Dean Barwick School	Grange Over Sands	59
12	Warcop C of E Primary School	Appleby	68
16	Ulverston C of E Infant School	Ulverston	112

Large Primary schools – over 150 pupils

694 schools took part nationally, 68 schools in the North West region

North West ranking	School	Location	National ranking
18	Victoria Junior School	Barrow-in-Furness	202
19	Thomlinson Junior School	Wigton	211
20	Yarlside Primary School	Barrow-in-Furness	214
33	Dean Gibson Catholic Primary School	Kendal	431
45	Victoria Junior School	Workington	570

Bernadette Calvey, Head at **Ulverston Infant School**

"We are a school of 73 children. We had an extra 271 journeys to school by bike or scooter over the three week period with 50 children taking part for some or all of the week!"

The Big Pedal
Don't forget put it
your diary for
March 2014

Sing to Win - The Results!

CONGRATULATIONS – Victoria Junior School, Workington are the winners of our competition this year, with their song, Walk, Ride Scoot to School. Close runners up were **Newbarns Primary School**, Barrow, with Pace by Pace and **Yarlside Nursery and Infant School**, Barrow, with Walk, Walk, Scoot and Cycle to school. Well done to those schools and all schools who submitted an entry – the competition was fierce!

Each of the three finalists were presented with a framed certificate and a CD of their song.

District 3 visited the Victoria Junior School on Friday 24th May and the whole school was buzzing. The band went into each classroom and did question and answer sessions with the children and then they performed to the whole school. The place was bouncing, children and staff were on their feet waving their hands in the air and singing along with the band. The choir then sang their song to the school. The TV and press were there taking photos and interviewing the children. Here are a few photographs to mark the occasion.



Victoria Junior School Choir



Classroom Q&A and photo sessions



Judith Aris, Robbie Dee and Nancy Turnbull



County Councillor Keith Little presenting the certificate and CD to Mike Milner, music teacher, while Pauline Robertson, Headteacher, looks on.



District 3 in Action



'Everyone at Victoria Junior School thoroughly enjoyed the performance by District 3. We always take part in Active Travel activities as we promote healthy lifestyles and children being active and fit. We believe in offering our pupils a wide range of opportunities and experiences and entering the Sing to Win competition was another way of engaging our pupils in delivering the important health message.'

We would like to thank Nancy and the rest of the Active travel team as well as Robbie, Dan and others from CFM for organising the event and giving the pupils and staff from Victoria Junior School a truly was a magnificent day that will not be forgotten.

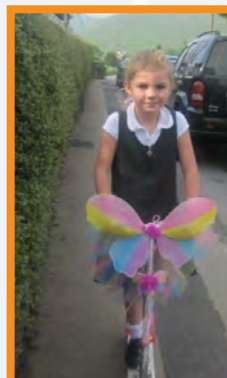


National Bike Week Wheelie Wednesday 19 June

Children had fun cycling and scooting to school on their decorated bike and scooters. The 'Bling your Bike' theme went down well with children really making an effort.



Children at St Patrick's C of E School, Endmoor, turned up in force and look very proud of their handy work.



Tebay Community Primary's playground was full of bikes during bike week. The staff saw the arrival of a butterfly and even Minnie Mouse!

WOW Celebration Day 4 July American Independence Day

65 schools and over 8000 school children pledged to walk, cycle and scoot their way to school this year – making a virtual journey around the world. They have been taking part in our popular WOW (Walk or Wheel) scheme. Children have travelled across 5 continents, learning about life in different places and those who have travelled actively for once a week or more have earned 5 attractive badges. To celebrate reaching their final destination, the USA, schools took part in Independence Day festivities on 4th July. A fun day was had by all!



Pupils at Grange CE School having a great time

Badge Design Competition

What a great response from Cumbrian schools – organisers, Living Streets, reported an increase in participants for this national competition. Thanks to all schools and children who entered. These schools had finalists: Inglewood Infant School, Tebay Primary School, Beckstone Primary, St James CE Junior School, Valley Primary School, Great Corby School, Flookburgh C of E Primary School, Millom Infants School, Vicarage Park Primary School and Heron Hill Primary School. Alex McHardy, Living Streets said “I would say ten schools from the county, each with three finalists, would put Cumbria right up there amongst the best supporting local authorities” Unlike some past years, Cumbria did not produce an overall winner.....there’s always next year.....

Giant Walking Bus

Pupils from Kingmoor Junior School, Carlisle, took part in the national ‘Giant Walking Bus’ on Wednesday 12 June. This brilliant event raises awareness of the dangers of traffic and how cool it is to walk. It raises funds for the road safety charity BRAKE to improve road safety and care for road crash victims. The event coincided with the start of two new walking buses for Kingmoor Junior and Kingmoor Nursery and Infant Schools in Carlisle. This year BRAKE hopes to beat their own record for the number of children participating.

The children walked around the streets adjacent to the school accompanied by members of the Active Travel team. The benefits of walking to school were highlighted in a talk given by Chris Wills to the children prior to the start of the walk.

If you are interested in setting up a walking bus, contact Nancy Turnbull of our Active Travel team.



Dates for your Diary

- **22 September** World Car Free Day
- **23 October** Big WOW Day
- **4 November** onwards WOW
- **18- 24 November** Road Safety Week

If you have any requests or need any information contact your Active Travel Team:



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