



2 March 2015

**Get pedalling - mark it
in your diary!**

We had our biggest and best Big Pedal yet between 3-14 March 2014 – what an amazing response we had for this National and Cumbrian cycle challenge. In the last newsletter we were able to report on the results and thank you to all schools who provided valuable feedback on the 2 weeks. As a result all bike businesses have been invited to support next year's challenge and some feedback has been passed on to Sustrans, who run the website. The good news is that ALL schools who took part want to take part next year – and ALL found it easy to run!

Inside this issue:

- The Big Shift
- WOW – 2014-2015
- Road Safety Week
- Welly Walking Wednesday
- School Travel Plans
- Bikeability
- Active Travel Team

The National picture:

- Over 1,300 schools made 1,142,374 journeys to school by bike and scooter
- On average 25% of pupils at participating schools took part every day - amazing when you consider just 2% of pupils use cycling in the UK as their usual way to get to school
- If those journeys had been made by car, over 1,000 tonnes of CO2 and approximately 85,000 gallons of fuel were saved, costing over £500,000

We are hoping more schools will get on board this coming year – the winning schools in Cumbria were rewarded with a fantastic prize, Beetham CE Primary, Milnthorpe won the small primary category and Yewdale School in Carlisle won the large primary category – each were rewarded with a scooter pod for their playground by Active Travel and they won prizes from Sustrans too. Let's hope their new scooterpods are full this term! This time we are delighted to repeat the prize.

Students who cycled the most to Newman School, Carlisle, Cumbria's top Secondary school, were rewarded with a trip to the National Cycling Centre in Manchester where they had a session on the largest BMX track in Europe and a session on the velodrome track where they got to see Team GB training. They were especially pleased to see Sir Bradley Wiggins. Any questions and for more details contact Judith at Judith.aris@cumbria.gov.uk



The Big Shift Sign up now!



Active Travel is urging all Cumbrian schools to sign up to The Big Shift Challenge. This is a Sustrans initiative to encourage active travel to school and change habits.

The Big Shift is a brand new, free-to-access online challenge to motivate the school community to travel more actively. We like it because it looks simple to run and fun to do and we will be supporting any school which signs up.

The challenge sets schools individual targets based on how pupils currently travel to school, helping them make a Small Step, Big Stride or Giant Leap to increase active travel.

Key features

- Open to all schools in the UK free of charge
- Available all year round – schools can choose any five days to take the challenge
- As well as a whole school, individual classes and year groups can take part
- Option for schools to repeat the challenge to improve on their achievements

Visit the www.bigshift.sustrans.co.uk for more information and to take part. Read FAQ to find out more. You are able to see which schools in your area are taking part and how they are getting on too! Once logged on you can access Big Shift promotional materials and other support resources for you to promote the Big Shift at your school.

Before taking part in the challenge we recommend you take a look at their fantastic free guide 'Increasing active travel to school – a six-week step-by-step guide'. Designed for teachers, parents and governors to help get more people active on the journey to and from school, the guide contains a suggested programme and top tips for events, activities and lessons to inspire more journeys by foot, bike or scooter.

Don't forget, we will be able to see which schools in Cumbria are taking part and we are here to support you in any way we can.

Dates for your diary

WOW 2014-15 – 3 November onwards
Road Safety Week 17- 21 November

Be Bright and Bling Day – 19 November
The Big Pedal – 2 March

WOW 2014-15



As you read this lots of schools will be gearing up to WOW (Walk or Wheel Once a Week – or more) and children will begin earning their badges, which this year are based around the theme of 'when I grow up'. The popular scheme is fully funded by Active Travel and online resources to support each badge and term can be found on www.livingstreets.org.uk.

Headteacher of Upperby School, Carlisle, Jane Hodgson is a fan of the scheme "Upperby Primary School has been signing up to WOW for a few years now and there is always a great response right from Nursery to Year 6! The children love collecting their "Strider" badges with a change in theme each year to maintain interest. The incentive to collect these badges continually promotes the important WOW message to both children and families and the class resources further engage the children.

The themed days throughout the year, for instance "Walk To School Week" and the annual "design a badge" competition, provide further opportunities for us to raise the profile of this excellent scheme within our school community. Keep up the great work at Active Travel!"

Last year in Cumbria 8585 children joined in the scheme and walked, cycled and scootered the whole year – well done! If your school has yet to join please contact nancy.turnbull@cumbria.gov.uk urgently to see if it is possible to join.

Road Safety Week 17- 21 November

Bright and Bling Wednesday 19 November

Many of you will have taken part in this week in the past and supported the road safety campaign group Brake. This year we are holding a 'Bright and Bling day' and encouraging all youngsters to walk to school wearing anything bright and reflective.

The first 15 schools to let us know you are taking part will receive a high vis goodie bag from Active Travel. Contact Judith.aris@cumbria.gov.uk

Look at the following website to find lessons on reflective and high visibility <http://www.brightkidz.co.uk/being-bright/activities.html>



Children at Allithwaite School

Welly Walking Wednesday

28 January

Why not get as many children walking to school as you can and make this a fun event? This ever popular day is simple to run and children love it. Watch out for details coming to your school from Nancy Turnbull.



Success?
Shout
About It!

Does your school do anything special to encourage walking, cycling or scooting to school? Do you run a successful car share scheme? How have you overcome inconsiderate parking? Have you any great tips to pass on to other schools? We will help you spread the word and would love to hear from you if you have had success in encouraging safe and sustainable travel. Write to Judith.aris@cumbria.gov.uk – we would be delighted to hear from you.

School Travel Plans

Are you still looking at how you can improve your children's sustainable journey to school? Is your school travel plan in need of an update? Perhaps you have outstanding or new road safety issues where engineering measures need investigated?

Download a new template from:

www.cumbria.gov.uk/activetravel

Your Active Travel team will support you – contact Nancy Turnbull nancy.turnbull@cumbria.gov.uk



Bikeability – a huge thank you!

What a fantastic response we had from schools who returned their cycle training questionnaire – a huge thank you for giving us an overall picture of the provision of cycle training. Because of the amazing response we have been able to apply for more funding to deliver Bikeability and now have virtually the whole county covered with top quality Bikeability training – training nearly 6000 children annually. Remember our low cost helmet scheme which can be accessed on www.cumbria.gov.uk/activetravel.



Bikeability training at Skelton School, near Penrith

Active Travel Team

The Active Team is down to two so we have taken on new roles! **Nancy Turnbull** is the main contact for anyone interested in **WOW, Park and Stride, Walking Buses** and **School Travel Plans**. **Judith Aris** is the main contact for anything **cycling** and **Walk to School Week**. Both can be contacted regarding any school travel issues or further information from our website www.cumbria.gov.uk/activetravel



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