



WOW 2015-16



Schools signing up to WOW this year have been delighted to receive a WOW trophy which can be used as a class or pupil reward for travelling actively. If you would like to know more about WoW please contact Nancy on nancy.turnbull@cumbria.gov.uk.

◀ Nancy Turnbull and WOW Trophy

Inside this issue:

- WOW 2015-16
- Road Safety Week poster competition
- Bikeability & cycle events
- School Councils
- Cycle to Work Scheme
- Pedal Your Way to Health Tour

Walk to School app now launched

Bring your WoW badges to life with a new augmented reality smartphone app. Venture into a different world each month by simply scanning your WoW badge and watch the scene unfold. You can download the app by searching 'Walk to School' within the App Store and Play Store

Road Safety Week – 23-29 November

This year's BRAKE charity theme is 'Drive Less- Live More' - a theme to tie in nicely with Active Travel's aims. A free email action pack can be downloaded from www.roadsafetyweek.org.uk

Driving less, or as little as possible, or not at all, can make a huge difference to road safety, health, wallet, community, and the planet. That's why this Road Safety Week, we're encouraging parents to consider how they use roads, and if they can ditch some driving, and instead walk, cycle, scoot or use public transport as much as possible.

Is there anything preventing your school from promoting active travel? Let us know – we may be able to help – contact Nancy – nancy.turnbull@cumbria.gov.uk

Design a poster competition – Drive Less, Live More

Details of this competition are on the school portal. Schools enter their 3 favourite poster designs by 6th November. Great prizes – we look forward to receiving entries. More details from the school portal or the Active Travel team.



Bikeability

Our Bikeability programme is delivered throughout Cumbria by Eden Valley Sports Partnership and Cyclewise Ltd. They are now busy booking schools in to receive fully funded Bikeability training for their year 5 and/or 6 children. We were delighted to receive fantastic feedback praising their enthusiasm, organisation and instruction and Active Travel are really happy that you are pleased with the service.

Last financial year:

- 3445 children trained at Level 1 Playground (yr 3 & 4) – 194 schools
- 3870 children at Level 1 & 2 combined (yr 5 & 6) – 187 schools
- 112 students at Level 3 (yr 8 and 9) - 10 Secondary schools (including 1 pupil referral unit)
- Some Primary/Junior schools have training at Level 1/2 (yr 5/6) bi-annually due to small numbers.

As you know the Level 1 funding for Year 3 & 4 was a 'one off' and we were really pleased that the majority of schools managed to provide an observer to the session – well done and thanks, you are now in a position to deliver this yourselves with the plan provided. We are delighted that this training is paying off and have already had great reports from our instructors. Annie Donovan and Julie Stephenson from Eden Valley Sports Partnership recently delivered Level 2 training with year 5 & 6 at Patterdale School.

Annie said *"It was interesting to observe that the students who had had just 2 hours of playground skills the previous year had retained most of the information and just seemed very confident. Their bike handling skills were excellent. Julie and I were very impressed with how much the students had remembered from just a 2 hour session in the playground."*

If you need any more information please contact Judith Aris - Judith.aris@cumbria.gov.uk.



▲ Yr 3/4 Children at Ghyllside Primary School enjoying Level 1 Bikeability training

New Bikeability website.....

The Department of Transport have launched an all new Bikeability website – which may be of interest to you as educators as it has teaching resources around the cycling/bikeability theme such as templates, activity sheets and know your area exercises: Planning your bike journey to school; Benefits of cycling lesson plan etc:
<https://bikeability.org.uk/resources/>

Sky Ride Local – the next step on from Bikeability?

Would your staff, children and families like to get out on their bike more, but not sure where to start? Why not encourage everyone to ride with Sky Ride Local this Autumn. As part of its partnership with Cumbria County Council, British Cycling is running a series of free guided bike rides across the County this autumn and one could be coming to a location near you.

Sky Ride Locals are fantastic free bike rides which are guided by friendly British Cycling Ride Leaders along scenic local routes providing something for everyone whatever your level of fitness. All the hard work has been done for you so all you need to do is visit www.goskyride.com/Cumbria, find a ride near you and book your free place. It couldn't be simpler to get on your bike and ride.



The Big Pedal – keep your youngsters pedalling to school – scooters and bikes count!

The Big Pedal 2016 will run from 18th April to 29th April



Registration for The Big Pedal will open in December – can we pass the 30 mark of Primary schools taking part? www.bigpedal.org.uk

This really popular event gets bigger each year, is easy to organise and everyone loves taking part! Last year 29 Primary Schools and 4 Secondary schools clocked an amazing 21661 cycling and scooting journeys in 2 weeks!

John Brown (Y6) at Crosby on Eden C of E School cycled with friends every day of the duration of the Big Pedal. Here he is with their attractive Big Pedal trophy, awarded by Sustrans, for being first primary school in England. ►



School Councils – promoting active travel to school

We've had some fantastic stories about how you are involving your School Councils in promoting sustainable travel to school.

Park and Stride – Heron Hill

Heron Hill School in Kendal have engaged their 'Jedi Council' and they have been heavily involved in setting up a highly popular Park and Stride scheme from their local leisure Centre. An artistic year 2 teacher designed a fabulous logo which has been included on all promotional literature and banners.

Lou Curry, teacher said *“initial findings/results were very positive and a quick hands-up survey found that more parents were using the Leisure Centre car park, having setting up the Park and Stride scheme”*

If you need help setting up a Park and Stride scheme contact Nancy.



Grange CE School – School area safety concerns

Phillipa Summers, Headteacher at Grange is delighted with the role their School Council plays in improving safety in the area around the school *“The School Council have been pivotal in our WOW work. They were asked to speak to the Town Council recently about their concerns about parking and possible speeding outside school. They are part of Rotakids as well and they have a pledge to 'Take action!' The Town Council were so impressed by their 3 minute speech that they asked the S Lakes District Councillor to look at the issues. He has been helpful and has been to school to meet with staff and parents and brought the Traffic Management Leader South along to talk to us about possible next steps. The result is that we will be having some speed monitoring and also they will look at improving the parking issue -which relates to the area where children cross. Good news!”*



Cycle to Work Scheme Why not cycle to work?

Did you know that you can purchase a new bike through CCC Cycle to Work Scheme and save money on your purchase as well as your travel costs? More details on the scheme: <http://www.intouch.ccc/cycletoworkscheme/default.asp> or contact: servicecentre@cumbria.gov.uk - 01228 223333

Pedal Your Way to Health Tour



◀ Children at Ormsgill Primary School greet Mr Stretch who stopped off on his tour around Cumbria

It was great to see so many schools greeting Mr Stretch on his tour around Cumbria. As part of his two week tour on behalf of Active Cumbria Mr Stretch has visited a total of 22 schools and educated, engaged and inspired approximately 2,300 children through the means of music, magic, movement and laughter. Mr Stretch encouraged the children of Cumbria to make small changes of building 60 minutes of physical activity into their daily routines. Cycling, walking and scooting to and from school can be built into the school day and into every day life – if your schools are enthused, why not join in The Big Pedal and keep things active!

Brunswick School – free cyclepod

Brunswick School were delighted to receive a Scooterpod from Active Travel. They were lucky in the prize draw which was run for schools which returned valuable data from the WOW scheme.



Active Travel Team

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



◀ Active Travel's Nancy and Judith join Mark Brierley, Cycling Officer and children and hundreds of others to Cycle the Solway for Eden Valley Hospice



Nancy Turnbull
Active Travel Officer
07971 446231
nancy.turnbull@cumbria.gov.uk



Judith Aris
Active Travel Officer
07818 671874
judith.aris@cumbria.gov.uk

Dates for your diary

WOW starts	2 November 2015
Poster Competition	6 November 2015
Deadline	
Road Safety Week	23-27 November 2015
Car free day	25 November 2015
Big Pedal	18-29 April 2016
Walk to School Week	16-20 May 2016