

School Footprints

School Travel Plan Newsletter

Summer Term 2016

A regular newsletter containing news and information

Summer is the time that most schools encourage more children and young people to walk, cycle and scoot to school. I hope your pupils are enjoying their journey to school and managing to travel actively, safely and sustainably.



Take a look at photos that show the journey these Chinese children have to take to get to their school.

<http://www.theguardian.com/world/2016/may/27/worlds-most-dangerous-school-run-chinese-children-800m-cliff>

This summer the Olympics and Paralympics are taking place in Brazil. Maybe you could raise awareness of the event and promote active travel at the same time with a themed event, or a triathlon, pentathlon or decathlon Scavenger Hunt.

Nicky Batkin

What is inside this issue?

- Walk to School Week at Gayhurst
- Active Bucks
- Physical Literacy
- Safe Drive, Stay Alive 2016

Contact us



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www.schooltravelplanning.com

Dates for your diary



Walk to School Month

- October—walk for the month, a week or a day each week

JRSO Fun Day

- Friday 14th October, Aylesbury

School Travel Conference

- Friday 18th November, Aylesbury

Footsteps Tutor Training

- 18th October, Holmer Green First School
- 20th October, Brookmead School

FURTHER DATES WILL BE PUBLISHED SOON!



Bikeability Cycle Training

From September 2016 Buckinghamshire County Council (BCC) is introducing a new way of administering Bikeability Cycle Training. The Department for Transport is giving all Local Authorities the opportunity to apply for additional funding towards extra cycling courses to run in schools or be delivered as out of school courses to enhance the current Bikeability Level 2 & Level 3 training.

Some of the new modules include - Bikeability Balance, Bikeability Level 1 training for children in Y3 & 4, or maintenance of bikes for older students.

Over the next few weeks we will be contacting all schools and youth groups explaining how the new system will work and how they can apply for funding. In the meantime if you have any queries or questions please contact Georgina Longley at glongley@buckscc.gov.uk



A successful Walk to School Week

Gayhurst School ran a very successful Walk to school week, giving out over 1500 stickers. They awarded a certificate to all the children who walked and bought pedometers for special prizes. Their JRSOs were at school by 8am each morning, stamping passports and awarding stickers.

They offered a range of extra initiatives to encourage more children to take part

- Healthy snacks in the dining room as breakfast treat for those who walk
- House prize competition for those who walk
- Mini bus pick up from Tesco in Gerrards Cross for those children who can't walk for various reasons
- Staff volunteers organised pick ups and walked in to school with various year groups from Costa Coffee, The Bull Hotel and other locations in Gerrards Cross
- JRSOs ran assemblies to promote the week to the Senior school and the Junior School
- Travel Committee organised Parent helpers for the week
- Borrowed Living Streets Strider who was a huge success

Quotes from the children include- 'I hope my mummy lets me scooter every day now as I am safe on the road and not too slow.' and 'I like walking with my friends because we can have breakfast when we get to school.'

And one Mum said - 'I have enjoyed those extra minutes with my daughter, as she had told me so much about her day by the time we have arrived home.'

The Teachers were delighted too 'It has been lovely to see the children arrive more energised and ready for the day after having walked to school.'



Move more and feel great with Active Bucks

Have you already abandoned that New Year's resolution to get and keep fit? Don't worry, you're not alone. It's hard to get motivated, especially when it's a bit wet and chilly outside.



The good news is **Active Bucks** can help you get back on track! From the beginning of May, a weekly programme of fun and inspiring activities, including many targeting families, is taking place across the county on various days, evenings and weekends, and new activities will be added all the time. Many activities are taking place in areas of green space across Bucks including BuggyFit, Boot Camp, Pilates, group walks, Tai Chi, Nordic walking, multi-sports, walking netball, Bushcraft and much more. There are simply too many activities to list here!

Activities are open to everyone; each session costs just £2 and some are free. Whatever your age and fitness, you can start small and let **Active Bucks** help you get active. Many activities target beginners, so if you don't currently do anything, or do very little, these activities are perfect for you!

www.activebucks.co.uk is a one-stop-shop for details of all activities, and also allows residents to register to download an activity voucher that can be taken along to over 1500 (and growing) of the activities in exchange for a free first session (some activities are already free to residents). Even better, residents can download 2 activity vouchers meaning they can take a friend or family member with them free of charge too!



For any other information or to ask a question, contact activebucks@buckscc.gov.uk.

Road to Rio 2016



What is your school doing to promote the 2016 Olympic and Paralympic Games? Have you signed up for GET SET'S ROAD TO RIO challenge?

They are asking schools to encourage young people to travel the distance from London to Rio by taking part in their **Road to Rio Challenge**. You need to add your activity to the website to unlock some amazing prizes. Cycling is already included as an activity, I wonder if you could add 'walking to school' in the

'other' category <https://www.getset.co.uk/road-to-rio>

You could organise a Sports Walk, asking the pupils to come dressed as an athlete.

Or why not try the Triathlon and Pentathlon scavenger hunts we produced for the London 2012 Games. You can adapt them to suit your school and its location. They're available to download from our website <http://schooltravelplanning.com/schools/initiatives/walk-to-school-week-month-3/>

School Crossing Patroller Vacancies Across the County

Are you, or anyone you know, available every day for 1 hour, term time only, to help children and parents cross the road safely? We are looking for someone reliable and fit who enjoys working with children. Job share welcome. Relief's also wanted.

In return Buckinghamshire County Council can offer you a regular income, including holiday pay. Starting rate of pay is £8.25 hourly.

Both on road and off road training is provided, plus ongoing support from the School Crossing Patrol Supervisor.

For an informal chat about the vacancy, contact the School Crossing Patrol Supervisor Corinne Randall on 01296 383432 or Georgina Longley on 01494 586639

Or take a look on the website for our list of vacancies <http://jobs.buckscc.gov.uk/job-search/details/17999>



STOP

WE NEED YOU!

BECOME A SCHOOL CROSSING PATROLLER IN YOUR LOCAL COMMUNITY AND HELP CHILDREN CROSS THE ROAD SAFELY.

Physical Literacy

Providing an active start in life

Early years settings and Primary Schools play vital roles in children's physical development, and Physical Education (PE) is part of every child's entitlement to a good education.

Expecting children to play formalised sports or activities such as Football, Netball, Rounders, Cricket, Athletics or Dance, without having a solid grasp of skills like throwing, catching, hand-eye co-ordination and team work can be likened to them trying to learn to read and write without a solid grasp of the alphabet.

Physical Literacy is a term used to describe these fundamental movement skills which provide children with the necessary movement foundations for lifelong participation in physical activity; it is not a programme, but the recommended outcome of a structured PE lesson.

Evidence shows that engagement in PE and sport has wider benefits than just physical health, including improved educational attainment, the development of peer support networks and greater emotional resilience.

Upskilling existing teaching staff provides a sustainable way to ensure that your pupils are receiving outstanding PE. The Leap Physical Literacy package provides practical and theory based training for teachers and includes one year of lesson plans written by a specialist in early years and primary physical development.

The resource along with the training will give teachers the necessary skills to deliver age and stage appropriate opportunities that will allow you as a school to maximise the potential to develop the physical literacy of all pupils through PE and school sport, helping to achieve outstanding PE lessons.

For more information on our Physical Literacy package contact Chris Gregory via e-mail cgregory@leapwithus.org.uk or 01296 585069.

Could your school host a Footsteps Tutor Training session?

I need to deliver at least 3 sessions per term, at venues across the county. With rooms at Bucks County Council being booked so far in advance and a very limited budget to pay for training venues, I need to find suitable venues that can offer their facilities free of charge.

All you would need to provide is:

- a room for 2 ½ hours, usually 9.30am until 12noon,
- a room to hold maximum of 25 adults
- whiteboard (with someone to show me how it works) or a projector and screen
- suitable refreshments for up to 25 delegates

In return I will train up to 10 delegates from your school. Many schools find hosting the training has helped them recruit new Tutors (parent helpers or Teaching Assistants).

Dates must be

- Autumn - end of October
- Spring - beginning of February
- Summer - end of April/beginning of May

If you are interested, or have any questions please email me on schooltravelplanning@buckscc.gov.uk

Get on-board, Catch the Bus Week is back!

It's coming up to that time of year again where we celebrate our bus services, this year's Catch the Bus Week is 4-10 July.

Buses are green, reduce congestion and provide an essential service to communities across Buckinghamshire so we're encouraging residents to try out their local service during Catch the Bus Week.

So whether you're a regular passenger or never use the bus why not see what services are available in your local area? Buckinghamshire has some brilliant bus routes available, perfect whether your commuting, popping to the shops or just fancy a day out with the family exploring Buckinghamshire and our neighbouring counties.

Passengers can plan a journey on www.travelinesoutheast.org.uk or all timetables are available on www.buckscc.gov.uk/travelinfo

For more inspiration follow us on Twitter @bucksbuses where we'll be sharing tips on how to get the most of your bus journey.



County Councillors Mark Shaw, Warren Whyte and Paul Irwin hail a bus during CTBW 2015)

Home to School bus updates now on Twitter!

For the latest news and updates for both school and public buses follow us @bucksbuses

Secondary School Invite to 'Safe Drive Stay Alive' 2016



Safe Drive Stay Alive (SDSA) is produced by a road safety partnership including the Police, local councils, and the emergency services. Each partner has been working to reduce the number of young people dying on our roads for many years.

This is the eleventh year that SDSA, an innovative theatre education project exploring the circumstances and consequences of a road traffic collision, has been brought to schools and colleges in the Thames Valley

The SDSA production includes a filmed scenario which shows a group of young people on a night out whose car is involved in a collision. As the on-screen drama unfolds, members of the emergency services that are featured in the film step out onto the stage.

The film is then paused while emergency service workers, parents and affected individuals talk to the audience about:

- Their real-life experiences of road collision scenes.

- What action they would take if the film collision was a real-life experience.
- The reactions of the driver and passengers.
- The medical implications.
- How the trauma of a road collision affects them personally.

Young drivers are much more likely to be involved in a crash on the roads, often due to inexperience and a lack of knowledge of the risks. Around one in four deaths on the road are drivers aged 17-24.

The SDSA campaign will reach new and pre-drivers in an emotive and hard-hitting way, influencing behavior and attitude on the roads and I would like to invite all secondary schools and colleges to attend.

Bookings for SDSA 2016 are up again this year, so if your school would like to attend then please book early to avoid disappointment.

If your school hasn't been before and you would like to send a representative to see what's involved, then please contact June Howlett (contact details below)

Listed below are this year's dates and venues. There are two shows at each venue at 10.30 a.m. and 1.00 p.m. each show lasts approximately 1 hour 15 minutes.

- November 10th and 18th - MILTON KEYNES: Ridgeway Centre
- November 14th, 15th and 16th - HIGH WYCOMBE: Swan Theatre
- November 28th, 29th, 30th - OXFORD: The Kings Centre

The booking site is open; to book your place log onto; www.safedrive.org.uk

The cost is £1 per student, to cover a small part of the administration costs, but we will pay for your transport to and from the event.

For more information please contact:

- June Howlett, Road Safety Officer.
- E mail: t-jhowlett@buckscc.org
- Tel No: 01296 382338

The picture shows a 6th form student from Princes Risborough School accepting a Microsoft Surface Tablet which they won in the SDSA prize draw, for schools that have attended SDSA each year for the last 10 years



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School Travel Planning at Wendover CE Junior School

Wendover CE Junior School has had an active School Travel Plan since 2003 and over several years we moved through Bronze, Silver and Gold levels of achievement. We take pride in promoting healthy ways of travelling to and from school and joined the Modeshift Stars Accreditation Scheme in 2012 achieving Bronze Level in 2013, followed by Silver in 2014, which we sustained in 2015. We continue to run many initiatives and are working towards Gold Level this year.



Our school is a large one - 360 pupils - situated on a campus which we share with an infant school, a senior school, two nurseries, a youth centre, a swimming pool and a children's centre! As you can imagine it's a busy place and one of our greatest challenges is to reduce congestion around the site at peak times.

So what do we do?

Walking and Road Safety

We encourage walking to school by always taking part in National Walk to School Month in October and Walk to School Week in May, as well as National Road Safety Week sponsored by Brake in November. To promote walking we run an activity for each event, for example, in November our Drama Club performed the road safety play 'Walk the Walk' to the whole school. We took on Brake's theme of 'Drive Less, Live More' and ran a competition for the best artwork or photograph of things we see on our journey to school.



Previously we invited our local PCSOs to run an assembly to promote road safety. During another event we made a display of trees, which were created by each child decorating a leaf. We have also made a collage of a giant squirrel using autumn leaves collected by the children.



We have run a Walk to School Week Maths Challenge - an in-class PowerPoint that offered a daily walking related maths challenge. Our JRSOs have also run a Shiny Shoes Day to promote walking.



This term we are promoting a Butterfly Walk - spotting butterflies on our walks to school and in gardens and we'll make a 'butterfly' display.



Biggest Challenge So Far?

Approximately 75-80% of children and their families travel sustainably to and from school, either by walking, scooting, cycling or 'parking responsibly' and walking the rest of the way. However we had a significant problem with drivers parking on the campus to drop off and pick up, causing serious safety issues for children at peak times. As a result we launched a 'Safer Campus Campaign' and with the involvement of all parties on campus and parents, we set up a 'human' barrier at the campus entrance at peak times. We then approached the Parish Council and Local Area Forum in order to secure funds to install an automated barrier at the entrance to the campus. To cut a long story short we were successful and the barrier is in place, although we continue to deal with congestion problems on local roads. We ran a Sponsored Walk to help match the funding received from the Local Area Forum.



Last year we launched our Parents' Parking Promise, part of the county-wide Perfect Parking Campaign, and almost 100 families have signed up so far. Parents/carers receive a car sticker to display on their windscreen and we offer ideas for responsible parking, such as using local car parks or parking at a friend's house. The message is clear - 'Park and Walk!'.



Cycling and Scooting

We encourage children to cycle or scoot to school and each year and take part in The Big Pedal. This year we had around 30% of the school travelling this way; we have installed a second cycle shelter and will soon be adding a third scooter rack. Our Junior Road Safety Officers ran a 'passport' scheme whereby children received a stamp for each day they cycled or scooted, which converted into House Points. Each child was awarded with a certificate in Achievement Assembly. The JRSOs were on duty each morning to stamp passports and make sure bikes and scooters were safely stored.



Once a year we hold a Bikers' Breakfast as a reward for those who make the effort to cycle.



Every year at our PTA Summer Fayre we set up a bicycle obstacle course. Bikes are loaned by parents and our cycling trainer lends us a kit. Children pay 50p for two circuits and have to negotiate cones, high bars and other manoeuvres.

Bikeability Level 2 Cycling Training

Each year, Year 5 and 6 pupils are offered the chance to undertake this very comprehensive cycling course. Children learn how to check their bikes and undergo rigorous off-road training before going onto local roads. Children are awarded a badge and certificate on completion of the course.



Footsteps and Making Tracks Road Safety Training

We have successfully run Footsteps and Making Tracks training for several years. Children are taken out in pairs on to local roads by a trained tutor to talk about road safety and take part in practical activities. It is a wonderful opportunity for the children and gives them a chance to ask questions in a very small group. Tutors are usually trained volunteer parents but it has become increasingly difficult to recruit, so this year we have trained several Learning Support Assistants and are planning Year 6 Road Safety Days to carry out Making Tracks before they move on to secondary school. We hope to do the same for Footsteps for the younger children.

Noticeboards

We have a large STP notice board in a prominent position in a busy thoroughfare. We use it to promote events and display children's activity work. Here are some examples:



School Travel Plan Working Group

Our working group brings together representatives from all campus bodies, parents, governors, our Crossing Patroller and our JRSOs, as well as our very supportive Business Manager. We meet once per term and discuss all aspects of travelling to school and plan ahead for new initiatives.