

Primary Footprints

School Travel Plan Newsletter

Spring Term 2016

A regular newsletter containing news and information

Welcome to the Spring Term school travel plan newsletter.

In this edition you will find information on a number of events that have been organised over the next few months—Giant Walking Bus; Chiltern Cycle Challenge.; Beep Beep Days You may like to promote these to families at your school to encourage and support active travel, whilst having fun! There's also a brilliant case study from Longwick School, all about their Perfect Parking Campaign. I'm sure this will be of interest to many of you.

Have you planned STP activities for the summer term? It's an ideal time to organise Year 6 Transition (New Journey), Perfect Parking, Scooter Skills, Footsteps and Biking Basics. Information on all of these initiatives is available on our website www.schooltravelplanning.com

And remember ALLF is always happy to join you at your events! You just need to collect him from County Hall, and find a willing volunteer to wear the costume.

Nicky Batkin

Transport Strategy Officer— travel planning & sustainable travel for schools

What is inside this issue?

- **COMPETITIONS**—Living Streets design a badge; Scooter Skills Challenge
- **EVENTS**—Beep Beep Day; Chilterns Cycle Challenge; Giant Walking Bus
- **CASE STUDY**—Perfect Parking at Longwick
- **INFORMATION**— increasing physical activity; air pollution inside cars

Contact us



schooltravelplanning@buckscc.gov.uk



0845 230 2882

Dates for your diary

STP Co-ordinator Meetings

- 10th May, Aylesbury
- 12th May, High Wycombe

Footsteps Tutor Training

- 3rd May, St Nicolas', Taplow
- 4th May, St Michael's, Stewkley
- 11th May, Seer Green School

Chilterns Cycle Challenge—20th March

Big Pedal—18th to 30th April

Walk to School Week—16th to 21st May

Bike Week—11th to 19th June

Catch the Bus Week—4th to 10th July

Scooter Skills Challenge—throughout the summer term—**WIN A SCOOTERPOD**



Petition calls for road safety education in National Curriculum

A petition has been launched calling on the Government to introduce road user education into the National Curriculum.

The petition has been created by David Barf, a roads policing inspector with North Yorkshire Police, who hopes to raise awareness of the issue so that it appears firmly on the Government radar.

Running for six months until 5 August 2016, the petition requires 10,000 signatures for a Government response. At 100,000 signatures, the petition will be considered for debate in Parliament.

Inspector Barf said: "At present road safety education is left to individual local authorities, partnerships and charities who do their level best to get the message home.

"Sadly though, these stakeholders compete with others for school and college time and access to students often comes down to personalities and relationships, creating a post code lottery"

Please visit the website for further details on the petition:

<https://petition.parliament.uk/petitions/120791>

LIVING STREETS WoW BADGE DESIGN COMPETITION NOW OPEN!

Can your school be one of our 11 winners?

Theme: 'My Neighbourhood'



Win free WoW
resources for
entire school
for a year

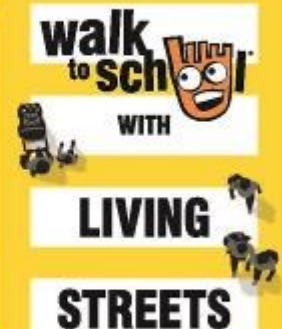
**DOWNLOAD AN
ENTRY FORM
AND FIND MORE
INFORMATION HERE**



Counts towards your
Modeshift STARS initiative CU1

ENTRIES CLOSE FRIDAY 18 MARCH 2016

www.livingstreets.org.uk/walktoschool | 020 7456 9793



Choose from a 10k, 35 mile
or 75 mile route – from family fun
to the ultimate cycle challenge!

Sunday 20 March 2016

www.renniegrove.org/chilternscycle

01442 820740


FundRaising
Standards Board
Registered Charity
Number: 1140386

*Starts in
Aylesbury
town centre*

Chilterns Cycle Challenge



Grant & Stone

Dayla
Total Refreshment

Buckingham Bikes

Cycle Aylesbury
It's better by bike

Hurst
Estate Agents

Scooter Skills Challenge 2016—win a Scooterpod!

This summer your school could win a Scooterpod by taking part in the Scooter Skills Challenge. All they need to do is organise scooter skills courses, for as many children as possible, to teach them about scooting safely and considerately.

This can be during PE lessons, at lunch time, after school or part of a Road Safety afternoon, in fact any way that you want!

When the course has been delivered you will need to complete and return the Course Delivery Information form. When we receive this form we will send you a special Scooter Skills sticker for every child that took part.



For further details and copies of the Information Forms please visit our website:

<http://schooltravelplanning.com/Schools/Initiatives/Scooter-Skills.aspx>

Run a

Organised by  **Brake**
the road safety charity

Registered charity No. 1203264

Sponsored by



to teach road safety and save lives



A Beep Beep! Day is a fun, educational event for kids aged 2-7, helping to save their lives.

Promoted by Brake, the road safety charity, Beep Beep! Days are run by hundreds of nurseries, playgroups, child minders, infant schools and kids' clubs every year. To help you run a fantastic day, Brake provides a pack of fun and safe road safety activity ideas and resources!

Beep Beep! Days are also a fantastic opportunity to fundraise for Brake to help us campaign for road safety and support families affected by crashes. Kids dress up in crazy bright clothes for their Beep Beep! Day and bring a £1 donation.

Get Beeping!

Beep Beep! Days happen every year in March, July and November. In 2016 they are happening on **9 March, 13 July and 23 November**. Pick your pack (see below) and your date, or choose another date that's convenient for you, and get in touch to get beeping!

Pick your pack!

The Bumper Beep Beep! Pack contains stickers and certificates for all children taking part, posters to promote your event to parents, a hand print poster for children to learn about holding hands, laminated activity and song cards, a large road map and even balloons! Just **£12.60** (including VAT).

Alternatively, if budgets are tight, we can send you a free e-resource pack, with downloadable certificates and activities for you to photocopy.



Register to take part and order the pack you want at brake.org.uk/beepbeepday, email beepbeep@brake.org.uk, or call the Beep Beep! team on **01484 550 061**

Wednesday 15 June 2016

Join Brake's Giant Walk! **Brake** the road safety charity

Registered charity No. 1010344

At 10 am on Wednesday 15 June 2016, thousands of children will support Brake, the road safety charity, by taking part in Brake's Giant Walk. This annual event is a fantastic way for kids to put their best feet forward for road safety and celebrate the wonders of walking and we want children from your school to join them!

Register now for a **FREE** pack to help your school take part, including banners and posters, and stickers and certificates for every child taking part.







Online www.brake.org.uk/giantwalk

Phone 01484 550061

Email giantwalk@brake.org.uk

Why get involved?

-  Brake's Giant Walk can be a great focal point for your school to run a range of lessons themed on the topic of roads and transport. For example, in the run up to the event pupils could learn about how children travel to school around the world in geography lessons or how transport developed through the years in history – the possibilities are endless and Brake will supply ideas in the countdown to the event!
-  Your walk gives children a voice, helping them tell drivers to slow down and look out for people on foot or bike. Brake will help you promote your participation in the event to parents and in the media.
-  It's also a great opportunity to fundraise for Brake to help us to continue our work campaigning for safer roads and supporting families affected by crashes. Brake will be able to provide resources and support to help you fundraise successfully and have fun doing it.
-  Brake's Giant Walk is a great event to help launch a school travel plan, if you don't already have one in place. Brake can give you guidance to achieve this.



Get in touch **NOW** to register for your **FREE** resource pack.

Perfect Parking Week at Longwick Highs and Lows of a Busy Week!

Picture the scene: a Mum with a buggy and a five year old holding tightly onto her free hand, manoeuvre past a car parked partly on the pavement. Another harassed Mum chases after her lively 8-year old son who might not see that a car is pulling out of the driveway just ahead. A Dad trying to drop his older children off in front of the school entrance is unable to turn round because another parent has parked too close to the end of the cul-de-sac where all the car drivers usually turn round.

Just another school morning - could this be drop-off time at your school too?



We all face the same problems with parking. Many Primary schools were built in open spaces only to be surrounded by housing in the intervening years. The rise in population also means that many schools are literally bursting at the seams. Here at Longwick C of E Combined School, we have seen a steady increase in numbers over the last 3 years, from a low of around 100, we now have 187 pupils and over 75% of our children do not live within 3 miles of the school. There is no public transport, so the majority of children are taken to school by car, with all the ensuing parking and congestion problems.

Whilst we have a very successful WOW programme at school, with 65 children regularly receiving their monthly badges, we had to face the reality that some children will always be driven to school. Recently, the situation became so bad that a few parents took to parking in a residents' only private road, blocking driveways on some occasions. Although our Caretaker, Mrs Smith, kindly donned her yellow jacket and acted as Traffic Warden, this was never going to be the solution.

We decided to implement a 'Perfect Parking Campaign' at our school, fully supported by our Headteacher, Mrs Trudy Cotchin, and our wonderful PCSO, Lydia Parker. In the Autumn term we had already sent out a letter to all parents advising them of parking and congestion problems around school and asking for their cooperation in parking further away from school and walking in with their children. We also sent a letter out to residents of the streets in our village where we knew parents could park safely and asked for their cooperation and support.

We planned our 'Perfect Parking Campaign' carefully, building on the good work already achieved.



My colleague on our Travel Plan Team, Carolyn Bellamy, and I met to compose a letter to parents explaining what the scheme was, and why we felt it was needed. This letter was sent out a week before the campaign started.

We met with our JRSOs and the School Assistant whose role it is to help with Travel Planning within the



PCSO Lydia Parker and JRSO Siena Goddard outside Longwick School

school. They agreed to lead an assembly where the theme was to be introduced - we planned to show the Youtube Video of the song recorded by the Cambridgeshire School on the Bucks Travel website. The JRSOs were also keen to run a competition to design your own car sticker.

Our PCSO volunteered to patrol the school gate and the entrance to the Village Hall carpark with a Police colleague every afternoon and morning for the week. The JRSOs were also invited to attend when they could.

We ordered the parking banners and parking car stickers from Nicky Batkin - careful not to be too ambitious, we decided to order 50 stickers.

The results of our 'Perfect Parking Campaign' surprised us in quite a few ways, mostly in a good way! As I was attaching the large banner to our school fence on the Friday afternoon before the Week began, I was bowled over by the positive comments from Mums who usually walk, and have to negotiate a difficult route along the small residential lane that leads to our school. Fed up of having to walk around badly parked cars, or just fearful for their children with the number of cars milling around, they were delighted to see that we were taking action. Even one of the car drivers stopped me to say it was a good thing, because parked cars next to the school entrance meant she couldn't easily drop off her son and then leave.

The second surprise was the response to our 'Perfect Parking Promise' letter. Over 80 parents responded, which meant I had to place an emergency top-up order for car stickers with Nicky Batkin before the half-term! And yes, during the week it was evident that those parents who could had parked away from school and were walking in a short way with their children. The presence of our PCSO and her colleague every morning and evening had the most impact. They too received positive comments from those who are worried about the congestion problem, however, they also took their fair share of flak from parents who found it an inconvenience to have to park elsewhere.

The following week, we left the banner up on the school fence and we observed that there were definitely fewer cars parked in the problem zone leading up to the school gate. The 'Perfect Parking' effect had lasted, even though the police were no longer there to deter repeat offenders. The Head Teacher reported on the positive response our campaign had received in her end of term newsletter, and we will also be sending out a separate update report to all parents in the next week, along with our annual Travel Plan Survey. We want to collect some real evidence that we have started to have an impact on parking behaviour, not just anecdotal responses.

We are conscious that our campaign has raised awareness of the issues among the parent body, and that it has also given hope to those who usually walk with their children, or park

Add your title here

responsibly. We intend to hold another 'Perfect Parking Week' in the summer term, in order to embed the behavioural changes we have observed, and to keep the momentum going.

The Head Teacher and myself have also planned to attend a meeting of the Village Hall Committee - who own the car park which many parents use during the week - and also the Parish Council. This is so we can explain what the school is doing to try and alleviate the congestion problem, and to make life better for all the residents of our community. We hope that with their support, parents can continue to look at how they can 'park and walk' for some of their journeys during the week.



Kathryn Trout, Vice Chair of Governors and School Travel Plan Coordinator

Wheelie to the Rescue!!!

At the School Travel Conference in November, Paul Durr from Living Streets told us about a fantastic project that has been set up at St Bede's Primary School in Hampshire. They worked with residents, local businesses and the council to design road safety posters to tackle traffic around the school.

These were turned into Wheelie Bin Stickers and distributed to local residents for free, the vast majority have chosen to use them on their bins. They offered a different sticker for each bin, to show a different message each week.

In Bucks, the four District Councils have given permission for schools to run a similar project to design and stick posters to the sides of the bins. They have asked me to advise you that although there are no plans in place at the moment, there might come a time when they need to put there own messages on the bins. So they are not able to guarantee that the stickers will be visible forever and reserve this right to remove or cover the stickers on their bins.

If you would like the council to be involved in judging your winning entries please contact the representatives below, who will be happy to make arrangements.



Chiltern and Wycombe Waste Services—Callum Lynam

- CLynam@chiltern.gov.uk

South Bucks—Simone Singleton

- Simone.Singleton@SouthBucks.gov.uk

Aylesbury—Lynda Tomlins

- LTomlins@aylesburyvaledc.gov.uk

Aylesbury Vale, please note, many bins are being replaced this year, please check with Lynda if this affects your local area.

Government Guidance

What works in schools and colleges to increase physical activity

A briefing document has been produced for head teachers, college principals, staff working in education settings, directors of public health and wider partners.

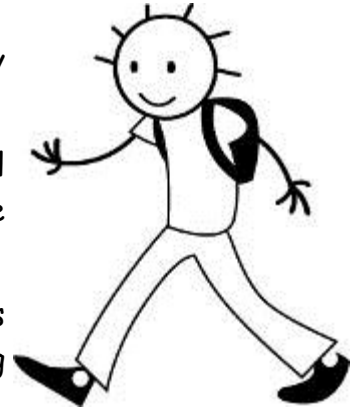
Emerging evidence suggests an association between being physically active and academic attainment and attention.

Being physically active also helps to promote physical and emotional health and wellbeing. Children and young people who are physically active are more likely to continue the habit into adult life.

This briefing provides an overview from the evidence about what works in schools and colleges to increase levels of physical activity among children and young people.

For a copy of the briefing and Executive Summary please go to the Gov.UK website

<https://www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing>



Return on investment

The costs to society of transport-induced poor air quality, ill-health and road accidents exceed £40 billion per year. Getting one more child to walk or cycle to school could pay back as much as £768 or £539 respectively in health benefits, NHS costs, productivity gains and reductions in air pollution and congestion.

Pollution levels could be 20% higher inside the car



Pollution levels inside cars could be around 20% higher than on the road outside a pilot study has found, raising fears among experts for the safety of professional drivers.

A mobile air quality laboratory - nicknamed the smogmobile - found that on a journey from Reading to central London levels of nitrogen dioxide (NO₂) were on average 21% higher inside with the windows shut than on the road.

Dr Ben Barratt, a lecturer in air quality science at King's College London, said: 'This

illustrative study adds to mounting evidence that vehicles provide little protection from harmful traffic pollution, and drivers and their passengers may even be exposed to higher levels than on the road outside.

'These initial findings highlight the urgent need for further investigation into the health risks faced by motorists and their passengers.'

For further information please read the article in Transport Network

<http://www.transport-network.co.uk/Pollution-levels-could-be-20-higher-inside-the-car/12535>

More new posters to support your initiatives

We've had a few more posters designed for you to download from our website, and print in either A4 or A3. You can laminate and display them around your school or on gates and fences!



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