

Active Footprints

School Travel Plan Newsletter

Summer Term 2015

A regular newsletter containing news and information

This summer, why not ...

- Organise a [Scooter Skills Challenge](#)
- Run a [Balanceability](#) course
- Arrange a [Brake! Beep Beep Day](#)
- Support the [Tour of Britain](#) with a Summer of Cycling
- Book a [Gist truck demonstration](#)
- Submit an application for [Bikeability funding](#)
- Decide what to do for [European Mobility Week](#) (16-22 September)
- Recruit your [JRSOs](#)
- Register for [Modeshift STARS](#)

Dates for your diary

Walk to School Week

- 18th to 22nd May

Happy Shoes Day

- 19th May

Bike to School Week

- 1st to 5th June

CAPT Child Safety Week

- 1st to 7th June

STP Co-ordinator Meetings

- 12th May in High Wycombe
- 14th May in Aylesbury

European Mobility Week

- 16th to 22 September

Walk to School Month

- October

JRSO Fun Day

- 9th October

School Travel Conference

- 16th November

Road Safety Week

- 23rd to 29th November



Contact us



0845 230 2882



schooltravelplanning@buckscc.gov.uk



Women's Tour of Britain is cycling through Bucks

This year the Women's Tour of Britain is travelling through Buckinghamshire! It is set to start the final leg in Marlow on **Sunday 21st June**. This is a fantastic opportunity to encourage children to be enthusiastic about cycling and follow in the footsteps of great British cyclists like Lizzie Armitstead, Laura Trott and Sir Bradley Wiggins!



Why not organise activities to raise awareness of this exciting event, and to increase cycling to school and for leisure, Here's a few ideas:

2 Wheels, 2 Day

- Invite each year group to cycle or scoot to school on a specific day, give them the opportunity to cycle and scoot around the playground - always great fun!

Wheels Week

- Promote cycling to school during the week of the Tour. You could calculate the total distance travelled and show it on a map of the Bucks section of the route, to see how far the whole school could cycle, collectively.

Bling your Bike

- Ask children to bring their decorated bikes to school, offer a small prize for the best.

Bikers Breakfast

- Offer the children and adults a healthy breakfast when they cycle to school.

Cycle Training

- Why not organise your Bikeability or Biking Basics training during the week of the Tour or in the weeks following while the children are still excited by the event? For information on Bikeability funding and a list of tutors, please go to [the school travel planning website](#).

Playground skills session during PE

- You could adapt the Biking Basics lesson plans to offer a cycling related PE lesson.

Time Trials

- Or run a time trials session to see who is the fastest at different cycling skills.

Promote local cycling clubs

- To find out more [visit the Leap website](#).

Watch the event live!

- The Bucks stage of the Tour will take place during the afternoon and will be televised. You could gather all the children to watch the event on a big screen in the school hall.

Although national bike to school week will be over, ideas and further information can be found on [the Sustrans website](#).



The Tour of Britain website is the place where you will find up to date information about the event and the route the cyclists will take. Please visit their website www.womenstour.co.uk



Did you know that there is funding waiting for your school to claim?!



Buckinghamshire County Council has been awarded **funding** by the Department for Transport towards training 3,600 children between the ages of 9 to 16 years to ride bicycles safely. **We're waiting for your school to apply!**

Bikeability is Cycling Proficiency for the 21st Century and is designed to give the next generation the skills and confidence to ride their bikes safely on today's roads. It will help to provide children with:

- **Key life skills**
- **Road safety knowledge and awareness**
- **Increased confidence and independence**

Even if some of your pupils are unable to cycle to school (due to distance etc.) then the training will still provide them with the important skills they need to cycle throughout the rest of their lives. They can even teach their family their new skills when they get home and cycle for leisure!

For further information please go to:

<http://www.bucksc.gov.uk/environment/sustainability/sustainable-travel/cycling/cycle-training/> or contact Georgina Longley on 01494 586639



Above is an image of children being trained – you could have this too!

Prudential RideLondon FreeCycle

The next Prudential RideLondon FreeCycle will take place on Saturday 1 August 2015. It offers a brilliant opportunity to get the whole family together to experience the fun and freedom of cycling on traffic-free roads in central London.

The route will feature many of the capital's world-famous landmarks, from Buckingham Palace in the west to the Tower of London in the east via the Houses of Parliament and St Paul's. London's greatest sights will create an inspiring backdrop for a memorable day of cycling.

To find out more and register to take part please visit the Prudential website

http://www.prudentialridelondon.co.uk/The_Events/FreeCycle.htm



New Journey – Year 6 transition resources

A great deal of emphasis is being placed on the importance of helping children make the transition between primary and secondary school and the changes that they will face on the journey to their new school.

We have developed a resource for schools to highlight the importance of road safety and journey planning to students moving up from Primary to Secondary School. Students in this age group are particularly vulnerable to pedestrian road casualties. This resource, 'New Journey' is split into 2 parts.

'Making Tracks' is a practical pedestrian training scheme, specifically for Year 6 pupils, that can be delivered by trained Footsteps Tutors. It aims to develop awareness of roads and traffic, enabling them to travel more safely to secondary school and beyond.

'New School, New Choices', aims to draw attention to issues facing these young people and Lesson 1 provides road safety advice and guidance. Lesson 2 emphasises the importance of journey planning and how to make that journey less harmful to the environment.

Both lessons and related teacher resources are available to download from our website www.schooltravelplanning.com

For more information call 0845 230 2882 or email the Team at schooltravelplanning@buckscc.gov.uk



Journey planning for your new Year 7

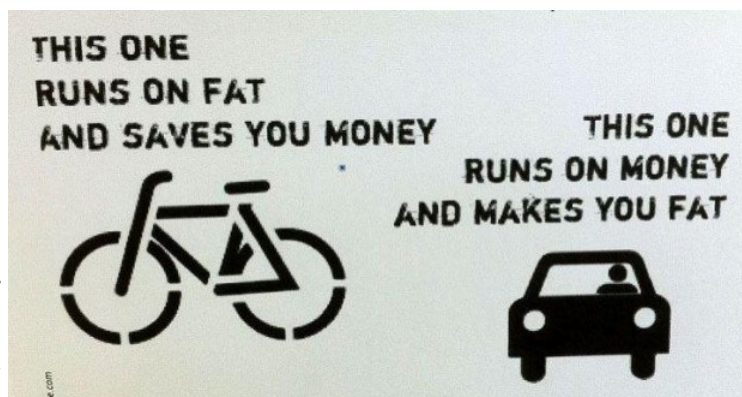
You can help new students with the transition to secondary school by helping them with journey planning, before they start your school.

A number of secondary schools include journey planning in their activities for transfer day. This helps new students feel more comfortable and reduces their anxiety about moving to a new school. Templates and ideas can be found on our website:

www.schooltravelplanning.com/Secondary-Students

Cycling statistics

- Cycling burns 600 calories an hour
- On a bicycle you can travel 3 times faster than you can walk, for the same amount of energy.
- On a bicycle you can travel up to 1037 kilometres on the energy equivalent of a single litre of petrol.
- Twenty bicycles can be parked in the same space taken up by one car.
- Cycling is great exercise: leisurely cycling (around 12 mph) burns calories at the same rate as very brisk walking (faster than 4mph)
- Of those in England who cycle once a week, more than half a million (27 per cent) are women
- The number of female bike commuters has risen by 40 per cent since 2008
- 7.6 million watched Lizzie Armitstead win silver in the London 2012 Olympic women's road race (2 million more than watched the men's race)
- 1.5 million
- British Cycling wants to treble the number of women riding every week from 5 million to 15 million, by 2020



Child Accident Prevention Trust



Child Safety Week is an annual campaign run by the [Child Accident Prevention Trust](#) to raise awareness of the risks of child accidents and how they can be prevented. We provide a range of resources to help practitioners run local activities and events and promote safety messages in a fun and engaging way.

[Child Safety Week events](#) are held by a range of [different organisations](#) and individuals, including children's centres, childminders, fire and rescue teams, hospitals, schools and many more.

Tea-time terrors theme

Each year, we introduce a new theme to help focus activities and provide a way of communicating messages to parents and families in a way that they can relate to and that doesn't make them feel talked down to.

The focus for Child Safety Week 2015 is tea-time terrors and the accidents that can happen at this time of day when pressures are at their peak.

Find out more [about the tea-time terrors theme](#).

Living Streets – Walk to School Week—18th to 22nd May

Every year Walk to School Week brings together nearly one million school children, teachers and parents.

This year is all about the health benefits of walking. During the week, Walk to School mascot Strider will be encouraging pupils to take his [5-Day Walking Challenge](#) - supported by our fab classroom-focused pack.



1. Healthy body

Daily exercise has numerous physical health benefits including helping to reduce the risk of childhood obesity and medial conditions in later life such as cancer and heart disease.

2. Health and happiness

Regular walking helps to keep young minds healthy and alert ready for their arrival at school.

3. Healthy habits

Getting into the habit of an energetic walk at the start of the day will also encourage healthy eating habits such as having a nutritious breakfast every morning.

4. Healthy friends and family

The walk to school is the perfect opportunity for some quality family time or a good chat with friends helping to develop strong, happy relationships.

5. Healthy environment

And don't forget that walking rather than taking motorised transport means less pollution and cleaner air - a benefit for everyone!

Our classroom pack can be purchased, subject to availability, via the website: <http://www.livingstreets.org.uk/shop/walk-to-school>

Taking part in Living Streets' Walk to School Week or WoW? Why not incorporate our new event too...

Make the most of this Walk to School Week by taking part in **Happy Shoesday**.



A day dedicated to wearing the shoes that make you the happiest - shiny, decorated, red, cartoon, gorilla feet... whatever brings that smile on the walk to school. Every child who takes part is asked to bring £1 to donate. All funds raised go towards growing [Living Streets' Walk to School campaign](#).

To make things easy for your school to take part we've put together everything you need to make the day a success: posters, flyers, letters for parents and an Assembly presentation. Download them from our website and register for your free Participant Pack: http://www.livingstreets.org.uk/walk-with-us/walk-to-school/walk-to-school-week/happy-shoesday?dm_i=1HSS,39ZMY,GQB215,BQANQ,1



Welcome to Balanceability

Balanceability is the UK's first and only accredited 'learn to cycle' programme for children aged 2½ to 6 years old.

Balanceability develops confidence, spatial awareness, dynamic balance and the skills to ride a bicycle without stabilisers.

Using balance bikes and other equipment each physical activity is linked to a learning objective and children will progress naturally along a path that will culminate in the child being able to ride a pedal bike safely and confidently.

Each session is constructed around games, challenges and new experiences that are proven to achieve desired objectives.

Balanceability has been awarded a prestigious Kitemark by the Professional Development Board for Physical Education (PDB) in line with Early Years and Curriculum Guidance so parents and teachers can be sure that activities are in line with Curriculum Guidance for the Foundation Stage.

We have put together a series of great packages for schools, leisure centres and independent trainers to run Balanceability Courses.

We provide everything you will need to get 'geared up' for cycling safely within weeks!

Key features and benefits includes:

- Balanceability Pack
- On-going instructor support and updates
- New products and services
- Curriculum linked
- Generate extra income
- Accredited Foundation Stage programme



Whether you run a school, leisure centre or, if you are an independent trainer, contact us now to discuss your needs:

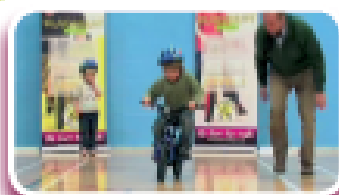
email: info@balanceability.com tel: 0845 3038385
www.balanceability.com

the journey starts here...

Balanceability is accredited and supported by:



Info for Operators



How will Balanceability benefit you?

- Provide a new accredited Foundation Stage programme
 - Expert advice from the UK's leading healthy lifestyle provider and cycling authorities
 - Introduction to cycling in a safe environment
 - Promote physical activity to under 6's in line with government guidelines
 - Introduce incremental revenue streams and additional activity

How does Balanceability benefit children?

- Increase children's confidence, self-esteem and resilience!
- Physical improvement through the development of Gross Motor Skills such as balance, coordination, agility, core strength and flexibility
- Children are raring to put their learning experience into practice with feedback showing children influencing family walks and cycling outings!



The pack!

The Balanceability Pack is a comprehensive training guide.

The pack contains:

- Balance Bikes
- Course Materials
- Session Plans for Level 1 and Level 2
- Laminated activity cards
- Work sheets
- Demonstration DVD

Training and Membership is required at an additional cost for all individuals who wish to deliver the Balanceability Programme.



the journey starts here...

email: info@balanceability.com tel: 0845 3038385

www.balanceability.com

Take part in this summer's **Scooter Skills Challenge**

and win a Scooterpod for your school



Scooting is a *very popular mode of transport* for many children, who may not want to walk to school, and their parents, who may not want them to cycle! It is important to teach them to do this safely.

Families who do not live within walking distance of the school and need to drive, can pop the scooter in the boot, drive to a suitable location, then *Park and Glide!*

To take part in the *Scooter Skills Challenge* all you need to do is organise a Scooter Skills course for as many children as possible. 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!

Lesson plans are available to download from our website. There's a single lesson for Reception children and the levels version for Years 1 to 6

www.schooltravelplanning.com/Schools/Initiatives/Scooter-Skills

When they've completed the course simply complete the Course Delivery Information form to tell us when and how you ran the course, how many received the training and whether it has helped to increase scooting to school. Then email it to us at

schooltravelplanning@buckscc.gov.uk

On receipt of the form we will send a special Scooter Skills sticker for every participant.

The school with the *highest percentage of children* taking part in a course will win a Scooterpod. If schools have the same percentage they will be entered into a prize draw to select the winner.

Closing date is by *Friday 26th June*



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