

# Sustrans Schools Nottingham Autumn 2015

Delivered as part of the Nottingham Urban Area's successful Local Sustainable Transport Fund programme  
[www.nottinghamcity.gov.uk/istfprojects](http://www.nottinghamcity.gov.uk/istfprojects)

## Cycling Surge at Farnborough Academy



A programme of activities delivered every Wednesday last term helped pupils at Farnborough Academy start cycling to school. Surveys carried out at the school in July show that 17% of year 7 pupils regularly cycle to school compared to just 2% in November last year. Regular cycling outside of school also increased from less than 9% to 34% over the same period.

Dr Bike serviced 27 bikes through the term and nearly 100 pupils received cycle coaching as an alternative to the normal PE curriculum. Female only sessions worked particularly well, with more girls choosing to take part than in other mixed group activities.

Farnborough Academy also runs a 'What's on Wednesday' enrichment programme where a group of boys spent 8 weeks developing their on and off-road riding skills as well as taking part in led rides around Nottingham.

Feedback from pupils and staff has been extremely positive...

*"I really enjoyed it...can you come and do more PE lessons like this?"*  
Year 7 pupil

## New Tram Routes Now Open!

Nottingham's new tram routes to Chilwell and Clifton are now open and ready for the new term. The tram provides an alternative way to travel for pupils and teachers who aren't able to walk, cycle or scoot to school.

There are over 20 schools close to a new tram stop including The Nottingham Emmanuel School, The Becket School and Farnborough Academy, as well as a number of college and university sites.

The new lines also include some great cycling facilities, particularly between Clifton and the city centre. Students and parents should take extra care when walking or cycling near tramlines and if you are cycling along busy routes during the school run, don't forget to give way pedestrians on shared use paths.

Children under 15 can travel by tram for as little as £2.00 per day but could save over 30% on fares when booking season tickets. Low income families may also be entitled to free tram and bus travel throughout Nottingham. To find out more contact the School Transport Team on 0115 876 5049 [transport.team@nottinghamcity.gov.uk](mailto:transport.team@nottinghamcity.gov.uk)



## Get in touch...



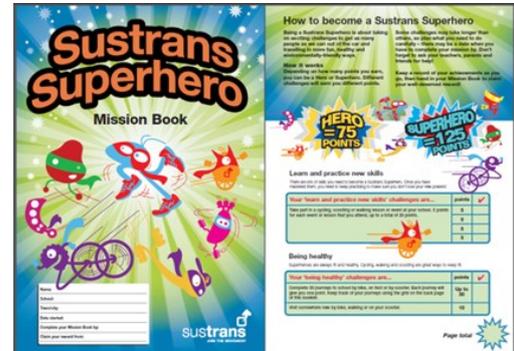
Dominic Sweeting is the Sustrans Schools Officer for Nottingham. Please get in touch if you have any great school stories or would like to find out more about our work in schools.

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## Are your pupils superheroes?

**Sustrans' Superheroes is an award scheme** recognising pupils' skills and achievements in walking, scooting and cycling. **Aimed at 7- to 11-year-olds**, pupils gain points for activities they complete to become either a Sustrans Hero or Superhero. **Based on a booklet of activities**, the scheme provides the structure and inspiration for children to learn and practice the skills essential for fun, safe and sustained active travel to school and for other journeys.

[www.sustrans.org.uk/superheroes](http://www.sustrans.org.uk/superheroes)

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Heard this term...

“...The Sustrans Schools Officer has been very helpful and enthusiastic from the start...providing many great ideas.

More students are now beginning to cycle...girls in particular have really enjoyed the experience...”

**Head of Year 7, Farnborough Academy**

“On behalf of everyone at Sneinton Primary, I would like to say a really big 'thank you' for the support Sustrans have offered, including the time and training given to the children and particularly to [our school travel champion]...we are truly grateful.

Learning to ride is a life changing opportunity for our children that not all would otherwise have.”

**Head Teacher, Sneinton Primary School**

“...Sustrans were extremely supportive and flexible in organising a one-off session...pupils who may not have had the opportunity to cycle before, had a chance to do so. It really made a difference...giving them more confidence in themselves and bringing them together as a group.”

**SEN leader, Bluecoat Academy**

## Sneinton Primary receives School Mark Award



Sneinton C of E Primary School has become the first school in Nottinghamshire to be awarded Sustrans' Bronze School Mark Award for its outstanding commitment to cycling.

The Sheriff of Nottingham Cllr Mohammed Saghir and Nottingham's Cycling Champion Cllr Jane Urquhart presented the award at the school's summer fair in July. The fair included a variety of cycling activities including learn-to-ride skills area, smoothie bike, helmet and lock sale as well as travel advice and guidance for parents.

Regular cycling to school has doubled to 22% since Sustrans began working with the school in March 2014. 55% of pupils also regularly ride their bikes outside of school too - up from 32% over the same period.

Head teacher Kelly Lee said: “We're delighted the efforts of our staff, students and parents are being recognised with this national award, we've worked with Sustrans for just over a year and we are already seeing huge benefits – staff and students love getting involved.”

It's fantastic to see everyone doing so much to help pupils cycle confidently and safely to school. Congratulations to staff, pupils and parents at Sneinton Primary!

## Summer term in numbers

Over 180 pupils engaged in assemblies  
170 pupils received cycle/scooter skills coaching  
66 bikes serviced by Dr Bike  
46 pupils plus staff enjoyed led bike rides  
8 pupils selected as a new bike user group  
4 pupils completed a bike recycling project  
1 Bronze Sustrans School Mark awarded

**Did you know?** 7-8 years old is a critical age in keeping girls motivated to play sport. Beyond this age, girls become more self-conscious, lose confidence and many stop participating.  
(Women in Sport and the Youth Sport Trust)

## ...and across the UK

**Sustrans' School Mark recognises and supports schools' excellence in active and sustainable travel.**

At last count we had **690** schools who had achieved **Bronze** level, **75** with the **Silver** award and **19** with **Gold**.

Schools have also demonstrated impressive increases in active and sustainable travel after taking part in **Sustrans' Big Shift**. **The Big Shift** is a free-to-access online challenge which allows your school to set targets and charts your success.

One of our officers used it to run an inter-school competition between six primaries, representing over 2,400 pupils. It ran for just a week, but the results were eye-catching:

- \* **54.5%** - the % of active journeys (across all schools) at the **START** of the week
- \* **78.1%** - the % of active journeys by the **END** of the week
- \* **94.0%** - the highest % of active journeys recorded by a school on one day
- \* **2,959** - the number of **ADDITIONAL** active journeys generated over the week

Visit [www.bigshift.sustrans.org.uk](http://www.bigshift.sustrans.org.uk) to set your school a challenge.

Nottingham is set to host a stage finish of the Tour of Britain. After a 198km journey from Stoke, cyclists will compete to finish first in front of cheering crowds on the Central Promenade of the Forest Recreation Ground on Friday the 11th of September, between 3.30 and 4.30pm. There will be a whole afternoon of FREE family entertainment and cycling activities on the Forest Recreation Ground.



### Road Circuit Official Opening!

A closed road cycle circuit built in Bilborough will officially open to the public on Saturday 12th September. The event which runs from 11.30am-4.30pm will give young riders a chance to take part in British Cycling Go Ride training. There will be fun bikes available too and riders of all ages can try out the new facilities.

The 1.5km circuit is the first of its kind in Nottinghamshire and makes up part of the £16m investment at the Harvey Hadden Sports Village, including £1.94m funding from Sport England's Iconic Facilities Fund. The track will have pay and play options as well as dedicated club sessions and is the ideal location to practice a variety of road riding skills in a traffic free environment. To find out more about Harvey Hadden visit [www.nottinghamcity.gov.uk/harveyhadden](http://www.nottinghamcity.gov.uk/harveyhadden)

### Junior Go-Ride sessions

Beeston Road Club are now offering Go-Ride cycle coaching for 10-16 year olds. Whether you're new to road, track or cyclo-cross or want to start racing and join regional squads, there are loads of opportunities to ride and race with people of the same age in a welcoming club environment. Sessions are held in the Beeston area every Monday at 6.30pm and at the Derby Velodrome. Please come down or contact Louise:

[louiseoreilly2006@yahoo.co.uk](mailto:louiseoreilly2006@yahoo.co.uk)  
07917 402 388



### Hype that site: [www.movewithsustrans.org.uk](http://www.movewithsustrans.org.uk)

Get your pupils excited about walking, scooting and cycling with bright and fun ink stamps, stickers, buttons, reflective slapbands, banners and Superheroes badges – all available at our online shop for schools, groups of schools or local authorities.

### School Champion Riding Sky High

School Travel Champion Marcia Hoffman became a Sky Ride Leader this year thanks to free training from British Cycling. As well as Sky Rides, Marcia now has the skills and confidence to lead bike rides for pupils at Sneinton Primary. This summer alone pupils have cycled to the Milk Race and Cycle Live events, around Nottingham's Big Track and to Emmanuel School as a 'transition' ride for those attending this September.

Sky Rides continue to run every Sunday in Nottingham throughout September and October. Rides are completely free and range from short easy rides ideal for families and beginners to longer rides for those wanting a slightly bigger challenge.

For more information check out [www.goskyride.com](http://www.goskyride.com)



### Top tips for the autumn term

- See Events on the back page and use any themed weeks, dates or events to promote or discuss walking, cycling or scooting... World Car-free Day, International Walk to School Day (and Week) and Road Safety Week are all coming this term.
- Start thinking about when the evenings get darker and the importance of using lights and being visible. Diwali is the Festival of Lights, perfect for promoting being seen after the clocks change.
- Plan your activities for 2015/16 and take your hands-up/baseline surveys to see how pupils are currently travelling. Do you need to refresh a travel plan, or tweak your information for new parents and pupils? What new things do you want to try?

### Get this resource...

- Bike to School Week may have come and gone, but our new guide, 5 Small Steps to Something BIG, includes five activities designed to be delivered over five days, to help you turn any week into a Bike, Walk or Scoot to School Week. Download it at [www.sustrans.org.uk/biketoschoolweek](http://www.sustrans.org.uk/biketoschoolweek)

## Our work with young people in the UK

The longer, warmer days always provide a fine opportunity to travel actively to school but our resources can be used to plan a bike, walk or scoot to school week at any time of the year.

**5 Small Steps to Something BIG** is our brilliant bike to school guide. It is carefully designed to get pupils thinking about their current travel habits and how they can start making greener, healthier journeys every day. It uses selected parts of our other resources, so teachers now have an activity for each day of the week. Download it at [www.sustrans.org.uk/biketoschoolweek](http://www.sustrans.org.uk/biketoschoolweek)

This resource can be used to run a bike, walk or scoot to school week whenever your school chooses. Another free resource to complement this is **Sustrans' Big Shift** – an online challenge where schools log the active journeys they are making to see how much they improve over five days. As with the Big Pedal, a little competitive spirit goes a long way and you can read the impressive results that schools can achieve on **page 2**.

These free resources are just part of what Sustrans is doing to help young people in the UK. Key to our work is our **partnership** with government, local authorities and numerous other like-minded organisations supporting young people to be happier and healthier.

Active children do better in every possible way. Their mental and physical health improves, they perform better in school, are better behaved and have better concentration and attendance. That's why, **in partnership with Nike**, we've helped to create a new **Active Schools guide** developed specially for school leaders, explaining in simple steps how to make schools more active.

It shares **best practice and success stories** from around the world, offers guidance, advice and support and **helps school leaders** to inspire pupils to have early positive experiences of physical activity. Get started and download it from

[www.designedtomove.org/resources/active-schools](http://www.designedtomove.org/resources/active-schools)

## Dates for the diary...

### September

03<sup>rd</sup> Cycle to Work Day  
06<sup>th</sup> Nottingham Green Festival  
11<sup>th</sup> Tour of Britain Stage Finish  
12<sup>th</sup> Cycle event at Harvey Hadden  
16<sup>th</sup>-22<sup>nd</sup> European Mobility Week  
22<sup>nd</sup> World Car-free Day  
23<sup>rd</sup> Equinox

### October - Int'l walk to school month

01<sup>st</sup> World Vegetarian Day  
5<sup>th</sup>-9<sup>th</sup> Int'l Walk to School Week  
5<sup>th</sup>-11<sup>th</sup> National Lift-share Week  
07<sup>th</sup> International Walk to School Day  
25<sup>th</sup> Clocks change  
31<sup>st</sup> Halloween

### November

05<sup>th</sup> Bonfire Night  
9<sup>th</sup>-3<sup>th</sup> Commute Smart Week  
11<sup>th</sup> Diwali  
23<sup>rd</sup>-29<sup>th</sup> Road Safety Week  
[www.roadsafetyweek.org](http://www.roadsafetyweek.org)  
29<sup>th</sup> International Buy Nothing Day

### December

05<sup>th</sup> International Volunteer Day  
22<sup>nd</sup> Winter Solstice  
24<sup>th</sup>-26<sup>th</sup> Christmas

Sustrans events, activities & training in Nottingham:

[www.sustrans.org.uk/smartertravelnottingham](http://www.sustrans.org.uk/smartertravelnottingham)

## Thank you for supporting our work

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment, and this applies to children just as much as it does to adults. The positive experiences of all the children that you have read about in this newsletter are the culmination of more than 20 years of Sustrans and our officers working with schools, colleges and young people.

Without your support, many children would not have the opportunity to enjoy independent and active journeys in and around their communities, so a huge thank you from us on their behalf. The long-term benefits of creating healthy and sustainable journeys will be shared by every one of us – in terms of our health, the environment and the wider economy.

If you like the sound of what Sustrans does and think that more schools, colleges and young people in your area could benefit from our work, or you want to know more, please get in touch.

email [youngpeople@sustrans.org.uk](mailto:youngpeople@sustrans.org.uk)  
phone 0117 915 0100  
online [www.sustrans.org.uk/youngpeople](http://www.sustrans.org.uk/youngpeople)



Nottingham  
City Council

Sustrans is grateful for the continued support of our schools work in Nottingham. This project/activity is being delivered as part of the Nottingham Urban Area's successful Local Sustainable Transport Fund programme which since 2011 has established Nottingham as an exemplar for integrated sustainable transport. For further details visit [www.nottinghamcity.gov.uk/lstfprojects](http://www.nottinghamcity.gov.uk/lstfprojects)