

South West Sustrans Active School Travel Programme Autumn Term 2017 Newsletter

I'd love to hear from you...

I'm Ann-Marie Cox,
Sustrans' Active Travel Officer for
the South West area.

Please get in touch if you would
like more information on how the
Active School Travel Programme
works and how your school can
get involved.

T: 028 9043 4569

M: 07467337935

E: annmarie.cox@sustrans.org.uk

Twitter: @SustransNI

Facebook: [Sustrans NI](https://www.facebook.com/SustransNI)

Message from Sustrans ...

The Active School Travel
Programme is an exciting initiative for
schools who wish to see more of their
pupils choosing an **active and healthy**
journey to school. The aim of the
programme is to increase the number
of pupils walking, cycling and scooting
to school.

Sustrans is being funded by the **Public
Health Agency** and the **Department
for Infrastructure** to continue
delivering the Active School Travel
Programme across Northern Ireland
until 2021.

Sustrans has been delivering this
successful programme for the past
three years. Since 2013 within
participating schools, there has been a
38% increase in the number of pupils
travelling to school by an active mode.

We are currently working with over 280
schools across Northern Ireland.
Please visit our [website](http://www.sustrans.org.uk) where you
can learn more about the programme
and download newsletters from other
areas.



Journey to Santa

This year's Christmas themed
competition to see who could
make the most active
journeys in a 2 week period
was very well supported, with
465 pupils taking part from 12
schools.

The overall winner was Shay
Rafferty, a P3 pupil at St.
Columban's in Belcoo
(pictured left receiving his prize
from Ann-Marie & School
Champion Miss McCormack)
and he took home a brand
new, shiny scooter just in time
for Christmas!

Sustrans Noticeboard competition

Another competition that ran through Autumn term was for Level 2 & 3 schools only, where Champions were asked to share photos of their Sustrans notice-board in school. We asked that noticeboards be informative, centrally-placed, bright and colourful, with lots of photos to celebrate the wonderful active travel events you've held. Overall winner was Maguiresbridge P.S. who won cycle parking racks for their school while runners-up included St. Patrick's P.S. Derrygonnelly and St. Tierney's P.S. Roslea who won scooter and cycling books for their library!

We'd love to see
something similar
inside the front
door of every
Active Travel
School—simply
collate posters,
photos and
drawings on an
empty space.

Right:

*The fabulous
Sustrans display
at
Maguiresbridge
Primary School*



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

Ditch the Dark!

Lots of schools had the bright idea to run a safety awareness event, as the morning and evening school journeys got increasingly dark. Pupils, staff and parents dressed up as brightly as possible in hi-vis clothes and made their way to school by bike, scooter or on foot. A very effective yet easy to run event, you could even try this again in January!



Clockwise from top left:

Tattygar P.S., St. Columban's P.S. Belcoo, St. Ronan's P.S. Lisnaskea, St. Mary's P.S. Pomeroy, St. Teresa's P.S. Loughmacrory, St. Martin's P.S. Garrison, Augher Central P.S.



Assemblies

Spreading the word about Active Travel is our favourite thing to do, and we love seeing schools dedicate segments at assemblies to Sustrans.

Invite Ann-Marie in or ask your Eco-Council to speak to everyone on the benefits of walking, cycling and scooting to school, promote upcoming events, or even show off your Superhero Active Travel skills!!



Top right: Ann-Marie showing her fold-up bike called Mike at St. Columban's Belcoo

Mid left: Mr Kelly, Superhero School Champion at St. Joseph's Galbally

Mid right: St. Martin's Garrison pupil demonstrating some important active travel gear

Above: A pupil-led assembly at St. Tierney's Roslea

School Champion workshop

We held a Training Workshop for School Champions in Omagh in November where we offered valuable skills development, advice and inspiration for running the Active School Travel Programme. Don't worry if you missed it; there's another local workshop in Dungannon on 18th January 2018. Please let Ann-Marie know if you or a representative from your school can attend.



Cycling activities



Above left: National Standard Cycling Training at Fivemiletown P.S.

Above right & middle: Ditch the Stabilisers sessions at Augher Central P.S. & Aughnacloy P.S.

Below: Playground Cycle Skills at St. Ronan's P.S. Lisnaskea



Walking activities



Above: Pupils & staff from Enniskillen Integrated P.S. at their twice weekly walking club

Below: The Walking Track at St. Mary's P.S. Pomeroy



School Mark Awards

Lots of schools gained their School Mark awards this term for their fantastic active travel efforts last year. Pictured are 5 of our hard-working Level 3 schools who all received their Silver awards. Next up, Going for Gold!



Clockwise from top left: Omagh County P.S., Holy Trinity P.S. Enniskillen, Jones Memorial P.S., Holy Family P.S. Omagh, Enniskillen Integrated P.S.

Curriculum sessions



Clockwise from top left: Road Safety at St. Teresa's Loughmacrory, Active Travel Pledges at St. Mary's Ballygawley and Healthy Heart circuits at Aughnacloy P.S. & Moat P.S. Lisnaskea



Feet First Families

On **9th March 2018**, Sustrans will be launching a new national initiative within the Active School Travel Programme called 'Feet First Families', which aims to inspire families to put their feet first by walking, cycling or scooting to school and making their school a car-free zone. School all across the country will be encouraging families and staff to ditch the car and use their own steam to travel to school. Some schools will be hosting a 'Party in the Parking Lot' on the day! Please put this date in to your school's calendar. There will be more information and resources to come. Come along to one of the School Champion Training workshops for more information as well.



The Daily Mile

One of the aims of the Active School Travel Programme is to increase children's physical activity levels. Walking, cycling or scooting to school is a great way to help children reach their 60 minutes of exercise per day. It's also important to build physical activity in to the school day. The Daily Mile is a perfect way to do this.

It is a profoundly simple but effective concept, which any primary or nursery school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing.

The Daily Mile takes place over just 15 minutes, with children averaging a mile each day. Children run outside in the fresh air – and the weather is a benefit, not a barrier. There's no set up, tidy up, or equipment required. Children run in their uniforms so no kit or changing time is needed. It's social, non-competitive and fun. It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at the Daily Mile.

Please visit the **Daily Mile website** to learn more, access resources, register for newsletters and add your school to the worldwide participation map.

Save the date: **Big Pedal 2018**

23 April - 4 May

Registration opens in January
via www.bigpedal.org.uk

Message from Eco-Schools:

Eco-Schools is thrilled to see so many schools getting active with Sustrans, one of our delivery partners, with every step, cycle and scoot counting towards the Eco-Schools Transport topic.

If you're collecting data for Sustrans, this can now be easily added to the Eco-Schools Data Zone on the Eco-Schools website to track how travel habits have changed and contribute to your Monitoring and Evaluation step. If you're not sure of your log in details or you would like to find out how you can become more engaged with the Eco-Schools programme, please contact eco-schools@keepnorthernirelandbeautiful.org.

Green Flag applications can be made at any time throughout the year, but we have some deadlines if you want to be assured of being assessed before the 22nd June:

- If your school is renewing its Green Flag, even if it is currently lapsed, by **Wed 10th January** and your assessment will be scheduled for Feb – May.
- If this is your school's first Green Flag, please submit an application by **Thurs 15th March**, and your assessment will be scheduled for April – June.

The application process is the same for first flags and renewals; however this year not all renewal schools will receive a site visit. For more information on this, please visit the Eco-Schools [awards page](#).

Pictured below is the Eco-Committee in St Colum's Primary School, Portstewart, celebrating their first Eco-Schools Green Flag award.



Sustrans is grateful for the continued support of our schools work in Northern Ireland from the following: