

Sustrans Bike It news

Welcome back Bike It schools. We are super excited to get going again as you must all be as well.

School Street Updates for last academic term!

Last academic term school starting back in September 2020 expressed an interesting in participating in School Streets, following the government announcement to give extra money to local authorities to encourage more cycling and walking, Peterborough City Council and Cambridgeshire County Council decided to offer School Streets to create a safer space around school gates, not only providing a vehicle free space and cleaner air but also allowing for families to be able to maintain social distancing.

What is a School Street?

A School Street Scheme is where the road outside a school temporarily closes to become a pedestrian and cycle/scoot zone during the school's opening and closing times. By temporarily closing roads outside schools this will help to implement social distancing and encourage active travel, with the added benefit of reducing congestion and pollution at the school gates and improving safety for children on their way to and from school. The Council is looking to support the implementation of a number of School Street Schemes under a temporary traffic regulation order for up to 18-months.

Peterborough schools were asked to share the survey using social media, newsletters and schooling networks.

166 responses to the survey representing 6 out of the 8 schools that participated in a school street.

-  **82.5%** of respondents are in support of school street road closures.
-  **68.5%** would like for the school streets to continue.
-  **70%** of respondents thought that their street was far safer than before the road closures.
-  **57.9%** thought that the school street enabled social distancing.
-  **54.8%** thought that it was now easier to active travel to school.

And this what the respondents said...



We'd love to hear from you

We are **Gemma and Eric** your Sustrans' schools officers for Peterborough please get in touch if you have any great school stories or would like to find out more about our school work.

Contact Gemma on 07554431327

gemma.hughes@sustrans.org.uk

and

Eric on 07824 486 172

eric.schneider@sustrans.org.uk

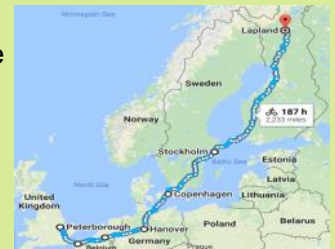
FREE RESOURCES FOR PARENTS AND SCHOOLS!

Free to download from www.bikeitcams.org

Christmas Competitions 2021!

'Cycle, Scoot and Walk to Santa in Lapland' our virtual Christmas race will be returning again this year. It will also run along side 'Bike Wheel Christmas Wreath Challenge!'

Competitions to begin at the beginning of December, details will follow nearer the time.



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



Competitions National and Local for your School

Bike to School Week 27 September - 1 October 2021

Bike to School Week is a week-long event across the UK to encourage families to cycle and scoot to school. It's a great way to celebrate the huge benefits an active school run brings. This year it takes place from 27 September to 1 October 2021. Find out how your school can get involved.

During the week, schools encourage families to cycle or scoot to school and beyond.

It's a great opportunity to celebrate cycling and scooting and the positive impact it has on children's health and wellbeing as well as the environment.

It's free to take part and to download the resources.

What is Bike to School Week?

Organised by ourselves and supported by the [Bikeability Trust](#), Bike to School Week celebrates cycling to school and the benefits of travelling actively for children.

To support schools throughout Bike to School Week, there's a range of resources available. These include:

- School posters
- Five curriculum-linked daily activities to be completed in class for Early Years Foundation through to Key Stage 3
- A video guide with simple practices to check your bike is safe to ride
- School presentations.



<https://www.sustrans.org.uk/our-blog/projects/uk-wide/schools/bike-to-school-week>

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Competitions Local for your School

Bike It+ brings you our winter campaign: Lighten Up!

Lighten Up..... Time to Lighten Up with our Bike Light Competition!

All you need to do is ride your bike to school during our Lighten Up Week and let your teacher know that you cycled to school and we will do the rest!

Peterborough Bike-It will provide a set of lights for every pupil that cycles to school during Lighten Up 2021. Cycling is good fun and great exercise but it is important to be 'Bright and Be Seen'!

Don't miss out on your opportunity to get a free set of bike lights!

**Running during Road Safety
Week
15th – 21st November**



***T&C's Light stocks only available while your schools light supply lasts. Competition only open to Peterborough Bike It Schools!**

Cycling is good fun and great exercise but it is important to 'Be Bright and Be Seen'. Don't miss out on your opportunity to get a free set of bike lights!

Bike It+ officers: Gemma Hughes and Eric Schneider

Gemma.Hughes@Sustrans.org.uk or Eric.Schneider@Sustrans.org.uk

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Getting your kids pedalling...

The benefits of cycling for children and families

Children love cycling - it's fast and fun, and gives them freedom and independence to get around. And you don't need to wait until your kids are old enough to ride themselves to start enjoying the benefits of cycling as a family.

Getting your kids pedalling

Cycling is brilliant for your kids - it helps them get the recommended 60 minutes of physical activity per day, which one-third of children don't currently achieve.

And, once you've invested in bikes and some basic kit, it costs very little but provides so many benefits:

- many teachers report that kids who walk and cycle to school are more alert and ready to learn than those who arrive by car
- it's fantastic fun and, for many kids, can feel much more exciting than travelling by car
- cycling can help kids get to know their local area and feel part of it
- good travel habits learned young will last a lifetime
- cyclists breathe in less pollution from traffic than car drivers

Health benefits for you

Jump on a bike and cycle with your kids and you could see the kind of health benefits gym members dream of:

- cycling raises your metabolic rate, helping you to keep the weight off
- regular cyclists are as fit as an average person 10 years younger
- cycling firms the thighs and bottom, and can even help tone the tummy muscles
- And don't stop at your immediate family - cycling spans the generations.
- It can be enjoyed by people of all ages, so grandparents can get involved too.
- It's easier to learn to cycle when you're young and it's a life skill that



<https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/the-benefits-of-cycling-for-children-and-families/>

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.



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

