

## Walk to School Week

20-24 May - sign up now!

Never taken part before? Give it a go!

Last year over eighty schools in Cumbria saved an amazing 12,280 car journeys. Walking increased an average 18.9% and cycling increased an average 0.3%. The national theme for this popular week in May will be around a '5 day walking challenge' with Strider, highlighting the different benefits of walking each day. Cumbria will be focusing on all modes of active travel.

We will provide the first 60 schools to commit with classroom packs of national campaign materials (wallchart, diaries, stickers etc). Forms have been sent to schools. Closing date for applications is Friday 1st March. Not sure about anything – get in touch with Judith at [Judith.aris@cumbria.gov.uk](mailto:Judith.aris@cumbria.gov.uk). More details and lesson plans can be found on [www.livingstreets.org.uk/walk-with-us/events/walk-to-school-week](http://www.livingstreets.org.uk/walk-with-us/events/walk-to-school-week).

### Inside this issue:

- Some facts about cycle training
- WOW badge design competition 2013
- The Big Pedal
- Parking problems?
- Get ahead get a helmet
- Contact Details

## Yarlside School achieve Green Flag Status

Well done to children and staff at Yarlside Nursery and Primary School in Barrow. Their continuing effort to encourage children to walk and cycle to school has contributed to achieving their Green Flag Status. During the past few years the school has taken part in Walk to School Week, WOW, The Big Pedal and Active Travel has installed cycle and scooter parking.

Kishanda Blake, teacher, said 'we have been working with Active Travel for at least 6 years now. It is thanks to this initiative that we have been getting more and more children walking, cycling and scooting to school. This has been the basis for one of our projects that we have been working on to achieve our recently gained Green Flag Eco Award. Over the years our scheme has developed, starting with walking once a week on a Wednesday, to now encouraging the children to walk every day. Each journey walked, cycled or scooted achieves a stamp on their reward card which ultimately converts to a prize given out in assembly when their card is complete. We love taking part in the promotional days and enter most of the competitions. The children find it rewarding and they certainly appreciate the benefits of ditching the car and getting to school under their own steam.'



Children at Yarlside celebrating their Green Flag Status



## Some facts about cycle training

Did you know that it's Active Travel who are behind cycle training at schools across Cumbria?

We bid for funding from the Department for Transport and have been so successful at this that we have had enough funding to train every child in Year 6, every year, over the five years funding has been available. The excellent Cyclewise and Eden Sports Partnership deliver Bikeability on our behalf from this funding.

We should also pay tribute to the terrific volunteers who provide training to some of our schools, Active Travel supports them with insurance cover, badges and certificates.

Modern cycle training equips young people for sustainable travel, it combats obesity, increases safety, promotes health and fitness – and it's fun!

Pupils in Years 6 and 5 are eligible for Bikeability, and now the more advanced Level 3 is available to secondary schools, and a programme for the latter is underway. This is free to schools.

Young people in the UK are increasingly seeing cycling as a viable mode of travel and this has been boosted by Britain's recent sporting successes in the Olympics and the Tour de France.

We want to emphasise that cycling is a great way of getting around for most young people – even with Cumbria's climate! We aim to keep on providing cycle training to every child eligible and capable, so if you think your school is missing out in any way, please contact Chris Wills on [Christopher.wills@cumbria.gov.uk](mailto:Christopher.wills@cumbria.gov.uk)



## WOW Badge Design Competition 2013

Calling all budding artists! It's that time of year again, the annual Living Streets' WOW Badge Competition. Will one of your pupils be a winner this year and have their winning badge design made into over 300,000 badges? Cumbria has already had two successful children - can we have a prizewinner this year?

The theme this year is "A Journey Through Time" - designs reflecting periods in history. Think Vikings, Tudors, Elizabethans, 50's 60's etc. For more details and where to send your 3 favourite designs (not to us!) – [www.livingstreets.org.uk/walktoschool](http://www.livingstreets.org.uk/walktoschool). Closing date 28th March.

**Shhhhhh..... we have insider information – no more dinosaurs or space travel wanted!!!**

## The Big Pedal

**Just time to register for The Big Pedal –28 February to 20 March.** A fourfold increase in Cumbrian schools signing up to this fantastic challenge is brilliant. So far 22 schools have committed – we are so happy we will award a prize to the top Cumbrian school in each category! Last year nationally 310,000 pupils took part in this fun and easy to run event, completing 890,000 journeys by bike or scooter. On our own doorstep Crosby on Eden school was ranked 3rd in their category. They were thrilled that more children cycled and scooted their way to school for the whole of the summer term afterwards! This year, Sustrans are aiming to get 1000 schools involved.

Register now at [www.bigpedal.org.uk](http://www.bigpedal.org.uk)



## Parking problems?

Has your school got problems with parents parking inconsiderately? We have a postcard which highlights the problem and suggests alternatives to coming all the way to school by car. It may be a project for the School Council to get involved with. Anyone wishing to obtain some (max 100) should contact [judith.aris@cumbria.gov.uk](mailto:judith.aris@cumbria.gov.uk).

Cumbria County Council



**Park further away  
Park safely  
Park legally**

Consider walking part of the way to school or share the school run with other parents...  
... meaning fewer cars at the school entrance  
... making it safer for you and your children.



## Don't forget

**Sing to Win competition** – Active Travel in association with CFM closes 12 noon Monday 1st April. It's not too late to enter at [www.cfmradio.com](http://www.cfmradio.com). Any questions, contact Nancy at [nancy.turnbull@cumbria.gov.uk](mailto:nancy.turnbull@cumbria.gov.uk).



## Get ahead – get a helmet!

NOW is the ideal time to purchase new cycle helmets from our subsidised scheme. Get ready for cycling to school! Helmets cost only £5 each with a bulk order of over 10.

Download a form for your school from [www.cumbria.gov.uk/activetravel](http://www.cumbria.gov.uk/activetravel), under hot topics.



## Take part in climate week 4 - 10 March

Design your own Climate Week Challenge – teams of 4 to 6 of any age. One-hour or one-day challenges [www.climateweek.com](http://www.climateweek.com)

## The Long Short Walk

**Youth photo competition.** Aims to capture short walks in communities around the world and combine these into one 'long walk'. Wants to capture images to illustrate the importance of 'Safe Walking' and prioritise this as a new Sustainable Development. Part of Global Road Safety Week 6-12 May. For more information visit [www.youthforroadsafety.org/longshortwalk](http://www.youthforroadsafety.org/longshortwalk)



## WOW update

Children across the county are continuing to walk or wheel once a week or more. Heron Hill school are delighted with their response to the scheme "We have about 72% of the school taking part this year, 93% of children in one class have signed up! Several families 'park and stride' from the Leisure Centre car park".

### Dates for your Diary

- **1 March** Walk to School Week application to Active Travel
- **4 – 10 March** Climate Week
- **28 March** WOW badge design competition closes
- **Noon 1 April** Sing to Win deadline

If you have any requests or need any information contact your Active Travel Team:



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