

## Bright and Bling Day

What a great turnout for this focus day in Road Safety Week.  
23 schools took part, throughout the county.

Angela Quirk – Headteacher of Distington Community School, Copeland said “Every child has taken part, we even had our PCSO in this morning handing out the stickers and more reflectors given by the police. She also spoke to the children about being seen and staying safe. The children have also loved the freebies you sent us!”

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Distington Community School



Mr Stoker and children, Castle Park School, Kendal



Children at Morland School



Looking good at Heron Hill School!



Heron Hill “Wow! A great response from our children today – they have done us proud!”





## Get pedalling – join the cycling revolution – sign up to the Big Pedal!

**Record numbers of Cumbrian schools registering to join in!**

Hey – competition is hotting up for this year’s popular, national Big Pedal event – the UK’s biggest cycle and scooter to school challenge. If you haven’t registered already, make sure you do soon on [www.bigpedal.org.uk](http://www.bigpedal.org.uk).

Last year’s Big Pedal saw children, staff and parents of 30 Cumbrian schools contribute to 1,142, 374 cycling and scooter journeys - yes that’s over 1 million! Let’s see if we can beat last year’s Cumbrian total of 14,181 cycling and scooting journeys logged. Join up NOW and help! This simple to run and fun three weeks from 2-20 March is growing in popularity year on year.

**Can a Cumbrian school manage to become the school in England which logs the greatest number of cycling and scooting journeys for the THIRD year running?**

Come top of the small or large school category in Cumbria and you will win a fantastic Minipod for your school from Active Travel. Prizes from Sustrans are also available for the top schools.

Not only is this a fun time (the children and parents love it) it is a time to focus, before, during and afterwards on active travel choices, road safety, health and well-being benefits. We have also been able to get lots of parents involved and that in itself is beneficial. Any questions? Please get in touch with Judith at [Judith.aris@cumbria.gov.uk](mailto:Judith.aris@cumbria.gov.uk).



## Active Travel welcomes new Bikeability instructors



### Judith Aris and British Cycling instructor, Mark Wilcox with the newly qualified Bikeability Instructors

Good news! Six cycling enthusiasts spent a week in December training to be Bikeability Instructors and they will join their colleagues working for Cyclewise and Eden Valley Sports Partnership to deliver the successful Bikeability programme in Cumbria. The course was funded by Active Travel and hosted by Eden Valley Sports Partnership at Kirkby Stephen Grammar School. All instructors passed with flying colours so watch out for them in your schools.

## Dates for your diary

<b>11 February</b>	Welly Walking Wednesday
<b>2 – 20 March</b>	The Big Pedal
<b>18 – 22 May</b>	National Walk to School Week
<b>June (tbc)</b>	Bike to School Week

## Walk To School Week – 18-22 May 2015

Every year Walk to School Week brings together nearly one million schoolchildren, teachers and parents in the UK.

Last year over 14,000 Cumbrian children from 77 schools took part and received classroom packs to deliver a fun and informative week of walking.

One of the flagship weeks of National Walking Month, the week reinforces the benefits of active travel for children...

1. Health and happiness
2. Healthy body
3. Healthy habits
4. Healthy friends and family
5. Healthy environment



Children from Beckstone Primary School

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

Schools signing up in Cumbria will be supported by a fab classroom-focused pack. Don't forget to access free learning resources too at <http://www.livingstreets.org.uk/walk-with-us/walk-to-school/walk-to-school-week-18-22-may-2015>

Apply for classroom packs, forms on the portal or at [Judith.aris@cumbria.gov.uk](mailto:Judith.aris@cumbria.gov.uk)  
**Deadline 13 February**

## Next event - Welly Walking Wednesday - 11 February

Decorate your wellies and walk to school!  
The wilder and wackier the better!  
Design your own welly!

The first 20 schools to sign up will be given a pot welly planter full of fantastic prizes for the children. Details of the event will be emailed to the WOW schools and placed on the school portal in late January by Nancy Turnbull.



## WOW badge design competition open



This popular competition – to design next year’s Wow badges - is now open. Amazingly, in the past 2 years we have already had 2 winners from Cumbria!

The theme is ‘Our Healthy Planet’. Our Walk or Wheel once a Week (WoW) scheme rewards children who walk, cycle or scoot to school at least once a week with a collectable badge each half term. Entry forms and templates are downloadable from [www http://www.livingstreets.org.uk/walk-with-us/walk-to-school/primary-schools/walk-once-a-week/wow-badge-design-competition](http://www.livingstreets.org.uk/walk-with-us/walk-to-school/primary-schools/walk-once-a-week/wow-badge-design-competition). **Deadline 20 March.**

11 winners will have their badge designs made into the official WoW badges for 2015/16 to be worn by 400,000 children across the UK. This is the largest art competition in the UK. Remember big, bold designs without too much detail work best. Schools pick and send off their 3 best designs – so get drawing and send them off to Living Streets!

The winners will also receive a personalised Walk to School trophy and a year’s supply of WoW resources for their school. The winning designs will be digitally recreated, so it doesn’t matter whether pupils use pencils, crayons or pens.

## Threlkeld School - New Path - Another Success Story - Active Travel and Highways Working Together with Threlkeld School

A few years ago Active Travel sent out a questionnaire to all schools. One of the questions related to the school journey and problems along the route which prevented walking and cycling.

Threlkeld School stated that "a large parking lay-by and flashing lights to warn people at school opening and closing times would make the road safer for cycling and walking".

Nancy Turnbull visited the site in the summer of 2013, took notes and photographs and then forwarded them to the local Highway Office in Penrith for a scheme to be put forward for funding/action in 2014/15.



Dan Evans, the Traffic Management Officer for Eden, visited the school. He said that the road was too narrow to create a parking lay-by but a virtual pedestrian walkway (painting a white line from the village to just beyond the school) on one side of the road would be the best, most economical and effective solution.

The flashing lights are programmed to be installed during 2015/16. The white line was painted late summer 2014. Since then the school have set up ‘Park & Stride’ which has proved to be successful and popular. Active Travel provided the school with hi-visibility vests for the children. Well done and keep walking Threlkeld!

### Active Travel Team

The Active Team is down to two so we have taken on new roles! **Nancy Turnbull** is the main contact for anyone interested in **WOW, Park and Stride, Walking Buses** and **School Travel Plans**. **Judith Aris** is the main contact for anything **cycling** and **Walk to School Week**. Both can be contacted regarding any school travel issues or further information from our website [www.cumbria.gov.uk/activetravel](http://www.cumbria.gov.uk/activetravel)



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