

## High Hesket Walking Bus – A popular way to get to school!

High Hesket School between Penrith and Carlisle run a Walking Bus from Low Hesket to High Hesket picking children up along the way. Nancy Sloan helped set the bus up and Active Travel gave the school umbrellas for the 'conductors' and high vis vests for the 'passengers' and 'conductors'

Office Manager Elaine is pleased with how it's going..... *"We are still trying to encourage more adults to help and more children to attend the walking bus, we are hoping that as the weather improves the numbers will increase. But we are pleased with the great start we have made so far, it is wonderful to see them all walking and chatting. It also shows that we are implementing action to help ease the traffic and parking outside school."*

What the parents had to say..... *"My kids love the walking bus, they enjoy the social aspect of walking to school with friends. It's also a nice walk for us adults in the morning!!"*

*"The kids enjoy it, it gives the parents another option and it's a healthy start to the day."*

*"On some days, the children need a bit of encouragement to set off slightly earlier to school to walk. Once we arrive, and start walking, they are happy and chatting. It's a great start and finish to the day with a brisk walk and fresh air. I like it too as it's a bit of exercise and definitely perks me up."*

What the pupils had to say..... *"It's really good exercise"*

*"I really enjoy being on the walking bus, it's fun"*

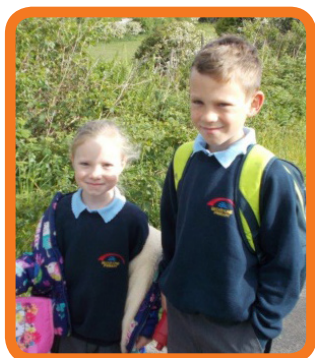
*"I like talking to my friends while we walk."*

High Hesket School Walking Bus ►  
ready for the off.....



## Walk To School Week

Amazing..... over 11,000 car journeys **SAVED** by the 34 schools who returned the data! **WELL DONE** and those schools will be able to apply for funded resources next year. **THANK YOU**



◀ Beckstone Primary School  
children walk to school



## Big Pedal 2017 – didn't you do well!

### National statistics:

- 1,693 schools took part
- 540,738 children/students
- 1,063,536 journeys logged




### Cumbrian statistics:

- 52 schools logged journeys
- 19525 journeys logged
- 7910 by bike
- 9396 by scooter
- 2219 supporter journeys

### Active Travel spot prizes awarded during the Big Pedal

5 balance bikes	St Joseph's Catholic Primary School, Frizington Kingmoor Nursery & Infant School, Carlisle Houghton CE School, Carlisle
5 stunted scooters	Seascale Primary School, Seascale Yarlsdale Academy, Barrow in Furness Milburn Primary School, Milburn nr Appleby
£100 Halfords voucher	Old Hutton CE School, Kendal Orton CE School, Orton
£100 Brightkidz voucher	Dean Gibson Catholic Primary School, Kendal Cambridge Primary School, Barrow in Furness

### Active Travel prizes awarded by category placement

Category	School	Active Travel Prize
Small Primary	Plumbland CE Primary	Scooterpod island 
Small Class Primary	Milburn Primary	Scooterpod 
Large Primary	Ewanrigg Junior	Minipod 
Secondary School	Solway Community College	Trip to National Cycling Centre – 22 May



## Bikeability

This year, 2017-18, we will deliver Bikeability to 5117 children – that includes 1043 places at Level 1, 3935 places at Level 2 and 139 places in Secondary Schools at Level 3. That is a lot more children safer on our roads! We appreciate all your feedback after delivery and are really happy that you are happy with the service!

St Pauls, Barrow *"We would like to say thank you to Adam and Graham who ran Bikeability with our Year 5s this year. The children thoroughly enjoyed the sessions, and were able to progress in both skills and confidence from their own starting points. Safety was always paramount with both instructors, who ensured that children were ready before embarking on the next stage of development"*

Parent at Eaglesfield Paddle *"Please can you pass on my sincere thanks to the Bikeability instructors for really helping Morgan with his cycling. Prior to last week he hadn't been out on his bike for almost a year and he was not looking forward to doing the course. However, each night last week he came home full of enthusiasm and saying how much he had enjoyed it. Yesterday he asked if we could go out for a bike ride and I was amazed at how much more confident he was. He explained to me in great detail how to do the 'M check', and as we were cycling he kept shouting out instructions to me!"*



▲ Old Hutton CE



▲ Heron Hill



▲ Houghton



▲ Milburn



▲ Orton



▲ St Joseph's RC Frizington



▲ Penny Bridge



▲ Yarlsdale



▲ Kingmoor Infant



## More Bikeability



◀ Instructor Steve Herd, Cyclewise explaining the importance of the primary position turning right onto a major road from a minor road to children from Crosscraike School.

Instructor Pete Donovan from Eden Valley Sports Partnership with children from Patterdale School ▶



Liz Stewart Headteacher – *“The year 5 and 6 children had a wonderful week of Bikeability despite choosing the only week so far this term to have extreme weather- wind and torrential rain to boiling hot sunny days! The children learned a great deal as ever; many of the older ones are now cycling to school regularly”*

St Mary's Catholic Primary Workington – *“We had a great time with the new level 1 training – it inspired the children to cycle more and we even saw a couple of newly purchased bikes half way through the course! Children informed us they are allowed out on their bikes now.”*

Young trainees – *‘It helped me grow in confidence on my bike.’ ‘I liked how the instructors talked through what we were doing really thoroughly so we knew what we were doing. The activities were explained well.’ ‘I liked how they made things fun by using games sometimes.’*

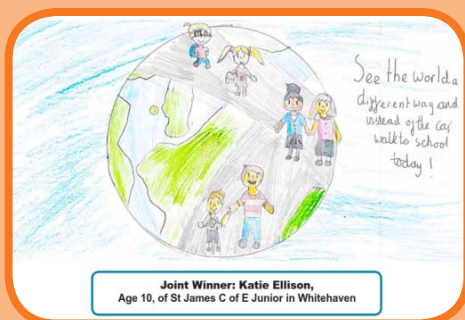
## ‘Feet First’ - Active Travel’s New Walking, Cycling and Scooting Initiative

The exciting new initiative ‘Feet First’, aims to encourage children, parents and staff to walk, cycle or scoot to school. It began in November 2016. The theme for 2016-17 was the Olympics and, rather than being awarded badges, children signing up to the scheme have been given a puzzle/sticker book. The word puzzles, crosswords, quizzes, dot to dot etc. were designed to be fun but contain an educational element, interspersed throughout with interesting facts about the Olympic events.

## Feet First Competition Results for 2016-17

The competition to design a badge/logo for Feet First has been very well supported and the standard of the entries was amazing! It was very hard to pick winners and runners up - we have some budding artists in Cumbria! The entries were judged by David Jenkinson, Senior Manager for Transport Services at Cumbria County Council. David was impressed with the imagination, creativity and originality of the designs. Prizes included a goody bag of arts & crafts materials, felt pens, paints, activity books and a £25 voucher for Halfords. Cumbria County Council's Active Travel team would like to say congratulations to the winners and runners up and a huge thank you to everyone who took part, we're looking forward to next year's competition already!

**Katie Ellison**, aged 10 from St James Junior School in Whitehaven was the joint winner of the junior age category. The wording ‘See the world a different way and instead of the car walk to school today’ is going to be Active Travel’s slogan. Katie’s drawing was exceptional and she was delighted to receive her award and prizes, along with a certificate and framed copy of her drawing.



▲ Katie's winning entry design



▲ Geoff Hill Transport Programmes Manager presenting Katie with her prizes

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**Izzabell Scott**, aged 7 from Stanwix Primary School in Carlisle was the joint winner of the junior age category. She was thrilled to receive a certificate and framed copy of her drawing as well as the prizes. The feet on her design have been made into a badge for Active Travel.

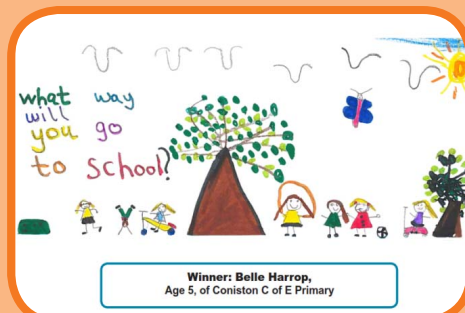


▲ Izzabell's winning entry design



▲ Izzabell looking very pleased with her prizes

**Belle Harrop**, aged 5 from Coniston Primary School was the winner in the infant age category. She was overwhelmed to find out she was the winner and was delighted to receive a certificate and framed copy of her drawing as well as the prizes.



▲ Belle's winning entry design



▲ Nancy Sloan presenting Belle with her prizes

**Evie Robinson**, aged 5 from Kingmoor Infants School in Carlisle was the runner up of the infant age category. Evie was overawed to find out she was the runner up and was delighted to receive a certificate and framed copy of her drawing as well as the prizes.



▲ Evie's winning entry design



▲ Nancy Sloan presenting Evie with her prizes

Cumbria County Council's Active Travel team would like to say a big thank you and congratulations to all of the schools, pupils, parents and staff who have taken part in Feet First and/or entered the competition.

## Feet First 2017-18

Recently schools were consulted on the theme, rewards and one day fun event for next year. As a result the theme for 2017-18 is going to be Dinosaurs. The competition will be to design a banner promoting active travel to school. Schools will be invited to take part soon and all documents relating to Feet First will be put on the School Portal should schools want to download them.

If you want to more about Feet First – contact Nancy Sloan ►

## Active Travel Team

Nancy Sloan is the main contact for anyone interested in Feet First, 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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### Now on Twitter



**@JudithAris** - It's great to shout about all the fantastic work you are doing to promote Active Travel – please send any news/photos to me!