



On your bike guidance book



An average bag of crisps contains 200 calories. You could burn this off by cycling for 24 minutes.





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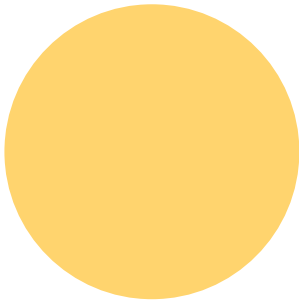
Introduction

This guidance brochure has been produced to assist schools in their understanding of cycling initiatives and the funding available to them. Its aim is to inspire and enable schools to engage with cycling.

After completing a school travel plan (STP), the school will be able to incorporate many of the initiatives within this document into an action plan.

There are many national and regional projects that involve pupils, parents and staff. Many families are car-dependent on the school journey and yet, when pupils are asked how they would like to travel to school, there is always a much greater preference to cycle.

The initiatives and projects featured in this guidance book encourage families and individuals to cycle to school, and also provide schools with the resources to promote this key area of physical activity.



Why cycling is good for...

You

- Regular cyclists enjoy a fitness level equal to that of a person 10 years younger
- Cycling at least 20 miles a week reduces the risk of heart disease to less than half that for non-cyclists who take no other exercise
- Cycling exercises your joints, muscles and heart
- It's a quicker way to make short journeys and arrive on time!
- Pupils who cycle to school arrive feeling awake and maintain better levels of concentration throughout the day

Your pocket

- Bicycles require no road tax, MOT, insurance, licence or fuel expenses

The planet

- Twenty bicycles can be parked in the space taken up by just one car
- Making a bicycle requires only a fraction of the materials and energy needed to manufacture a car
- Bicycles produce no pollution and hardly any noise

More people in London are returning to the bicycle as the best mode of transport for short journeys and commuting:

- London has seen a dramatic increase in the number of people cycling during the past five years, with a 72 per cent increase on the Capital's major roads since 2000
- It is estimated that there are now around 450,000 cycle journeys a day being made across London





Curriculum resources

The Transport for London (TfL) Cycle Curriculum Pack for Key Stage 2 has been designed to complement the existing national literacy and numeracy strategies and History, Geography and Design and Technology QCA (Qualifications and Curriculum Authority) guidance.

| Subject | Theme | Number of lessons |
|-----------------------|---|-------------------|
| Literacy | Lance Armstrong biography | 5 |
| | Mulga Bill – ballad poems | 5 |
| Numeracy | Tour de France number work | 4 |
| History | Changes in bicycles since Victorian times | 2 |
| Geography | Developing bike routes in the local area | 7 |
| Design and Technology | Design a top to wear for cycling | 6 |

The pack also includes assembly resources, competitions, activities, handouts and useful information regarding national cycle projects.

Pupil challenges

There will be a competition each term that will result in the winner and their school receiving a great prize. The competitions will run as follows:

Autumn term

Design a poster promoting cycling to school

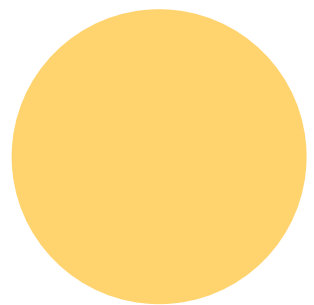
Spring term

Design a cycle racing jersey

Summer term

Can you win the Tour challenge?

For more information, contact your local school travel adviser.





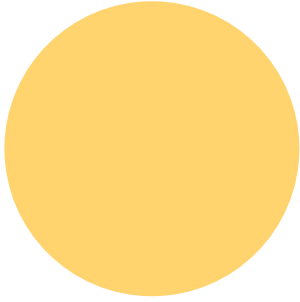
Focus on cycling curriculum resources for Key Stage 3

TfL is in the process of developing a range of curriculum packs for Key Stage 3 pupils linked to eight subject/curriculum areas, including Geography, Citizenship, PE, Science, Maths, English, History, and Design and Technology.

The Geography pack is available now and contains teaching notes, lesson plans, worksheets and handouts for four projects:

- Young dragons – business planning around cycling issues
- Local community, local discovery – discovering places, exploring ideas and locations
- The big debate – exploring the links between local action and global impacts through the issue of car use
- Looking beyond the UK – providing pupils with the opportunity to learn more about our European neighbours

For a copy of the pack, contact your local school travel adviser.



Cycle training for all

Cycle training tends to be supervised by the local authority's road safety team or sports development department. In some cases, local authorities use their own staff and have their own structured way in which the necessary cycle skills will be taught. Others bid for money from TfL and arrange for cycle companies to deliver all the required training for schools, families and individuals. Cycle England, the national body promoting cycling for the Government, endorsed a new cycle training syllabus entitled 'The New National Standard'. It ensures that pupils receive more practical road skills training, and has been branded 'Bikeability' (see page 7).

There are a number of companies that can be used to deliver the required cycle training.

To ensure that cycle training becomes a regular option within the school's extra-curricular programme, think about asking staff and parents whether they would consider being trained as cycle instructors. The school would then become less reliant on the available funds of the local authority. Funding may be available to help with the costs of instructor training. For more information, contact your school travel adviser.



Bikeability

Bikeability is the branding for cycle training to the new national standard and gives children the skills to ride their bikes safely in the 21st century. It is provided in three stages to small groups by trainers accredited to deliver the standard, which is a modern-day cycle proficiency test. Training is initially given off-road, for instance on a playground (level 1), then is supervised on the road (levels 2 and 3). Children are encouraged and inspired to achieve all three levels, while recognising that there is always more to learn and enjoy on a bike.

Cycle England has received additional Government funding so that more children can benefit from free or subsidised Bikeability training, where it complements existing cycle training and other accessibility work.

The scheme was trialled with 3,000 children before being rolled out across England during spring 2007. Most London boroughs now provide Bikeability training and there are other independent trainers who are also qualified to deliver it. The aim is that, by 2009, half of all Year 6 pupils in England will be trained through Bikeability schemes and receive a badge, booklet, certificate and a letter to parents.

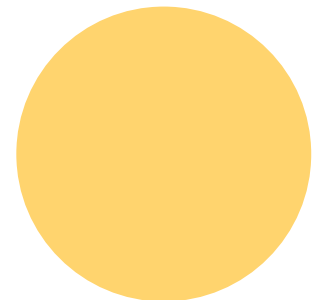
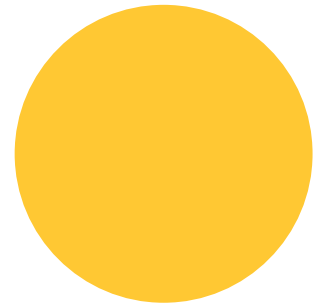
For more information about Bikeability, go to www.bikeability.org.uk

Cycling audits

Cycling audits can be carried out around a school's location to identify places where it would be difficult for pupils to cycle. The audit can reveal any problem areas and junctions and highlight possible solutions for route development and improvements. It can enable the local borough to enhance the cycling infrastructure.

Small groups of pupils can be assisted by local authority engineers and/or community safety police officers. Cameras, notebooks and prepared maps of the local area can be used to record any observations, and the resulting information can feed into a school travel plan (STP) review or rewrite.

Contact your local school travel adviser for more information.





Go-Ride

Cycling is a fantastic way for children to keep fit and healthy, which is why TfL supports Go-Ride – British Cycling’s development programme aimed at improving young riders and clubs.

The scheme provides a safe environment and encourages kids to have fun on their bike while learning new cycling skills.

British Cycling will support teachers to set up and deliver regular coaching sessions within the school environment. This could be part of the school curriculum during a PE lesson, or as part of out-of-hours planned activities. More than 100 Go-Ride session plans are available and can be delivered in a playground or on a school field. British Cycling will also help to set up an after-school club and develop effective links with local cycling clubs so that pupils have somewhere to take their interests further.

Setting up a Go-Ride school club could benefit your school by:

- Providing the opportunity for interested pupils to participate in cycling
- Helping the running of a school’s out-of-hours programmes
- Bringing cycling to a wider range of young people
- Meeting aspects of the Every Child Matters, Healthy Schools and Sustainable Schools agendas
- Providing the chance to hold official competitions at schools’ events
- Offering coaching expertise and leadership in cycling at school
- Inspiring pupils to want to undertake more training
- Providing trained pupils with an opportunity to practise and perfect skills

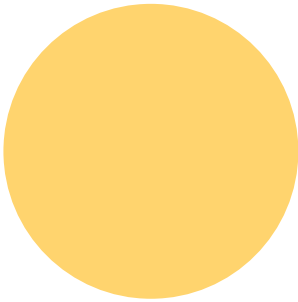
Information about British Cycling’s Go-Ride programme is available from:

British Cycling Federation

The Go-Ride Programme

Email: Go-Ride@britishcycling.org.uk

Web: www.britishcycling.org.uk





Cycling clubs

Some schools have set up cycle clubs that are wider-ranging in their aims and activities – they include riding and the development of cycle skills, but also other things, such as bike maintenance and the provision of places for children to keep their bikes.

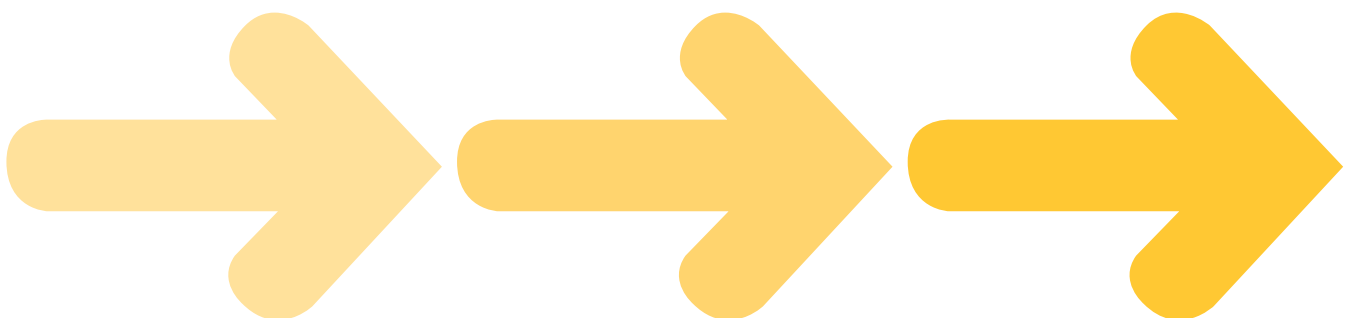
New City Primary School in Plaistow has a well-attended after-school club that allows access to bikes for children of all abilities. It has led to children encouraging their parents out on cycle rides, as well as cycling to school with them. For those who live in homes where there is no room to store a cycle, the school provides secure storage, installed with a grant from TfL, which is used both after school and at weekends. Many parents have been taught, or have had the chance to brush up, skills they had not used for many years. As a result, a number of them are now cycling to work and taking their families out on bike rides.

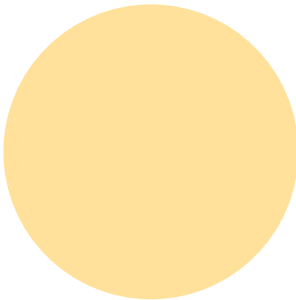
The London Borough of Hackney operates family cycling clubs that several schools in the borough take part in. The STP team successfully bid for funding through Team Hackney's 'tackling childhood obesity' intervention.

A total of £30,000 was used to extend Hackney's family cycle club initiative – in partnership with a local bike company – working in schools, estates and parks. The initiative cleverly combines cycle training, bike maintenance, second-hand bicycle purchase and the provision of a voucher for £30 towards buying a bike once the training has been successfully completed.

Bicycle maintenance was considered an essential component of the scheme to address the often poor quality of owned bikes. Second-hand bikes were purchased to support those who did not have a bicycle of their own or whose bike was beyond repair.

Sir Thomas Abney Primary and Tyssen Community Primary schools took part in the courses, which consisted of six weeks' training with one session per week where all family members trained together. This created a supportive environment for those who might otherwise be reluctant to get involved.





The Mayor of London's cycle parking scheme

The cycle parking programme complements a range of measures implemented by TfL and the London boroughs to make cycling to school a more attractive and viable option for parents and young people. The initiative fulfils a main objective of the London Cycling Action Plan: to increase cycle parking at schools. In November 2007, the opening of a new cycle park at Stepney Green Mathematics and Computing College (Tower Hamlets), with parking and locker facilities for 60 students, marked the 10,000th school cycle parking place installed as part of the Mayor's scheme.

Schools will be considered eligible to receive cycle parking facilities from this scheme if they submit an STP that identifies the need for cycle parking and they actively seek cycle training for their students. Schools must indicate within their STP how much existing cycle storage they have and what new cycle facilities they require.

Please be aware that the following are not part of this scheme:

- Nursery schools, Early Years Centres and infant schools
- Cycle parking for staff
- Provision of scooter parking

If a school is not eligible to participate in this scheme, speak to a local school travel adviser about other funding.

Information about the Mayor's school cycle parking scheme is available from:

Project manager, school cycle parking

9th Floor, Palestra House

197 Blackfriars Road

London SE1 8NJ

Email: schoolcycleparking@tfl.org.uk

Web: tfl.gov.uk



Cycle parking launch events

Opening new cycle storage is a great opportunity to shout about your school's new facilities and promote cycling generally. King Athelstan School in the Royal Borough of Kingston held an event that combined the launch of its new cycle parking with a celebration of TfL's sustainable travel plan accreditation and a range of competitions and activities.

'Junior Road Safety Officers' enjoyed promoting a 'Bling your Bike' competition and invitations were sent home to parents encouraging them to bring their bikes too. A bike maintenance session took place, and a healthy breakfast was provided to all. This was followed by an assembly question and answer session and presentations to the competition winners.

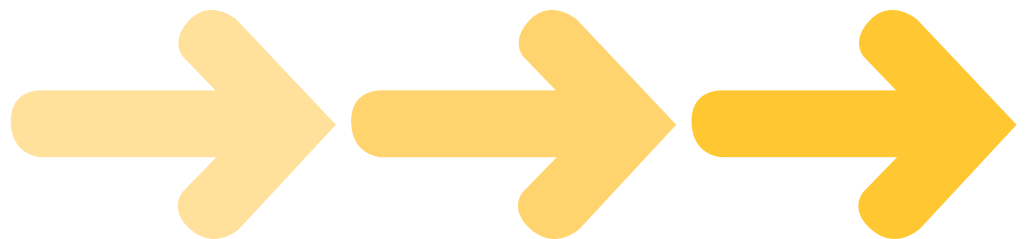
For more information and ideas about cycle storage launch events, contact:

James Parker

Road Safety and Travel Awareness Manager

Royal Borough of Kingston

Email: james.parker@rbk.kingston.gov.uk





The Community Cycling Grants scheme

TfL funds the London Community Cycling Grants scheme (which is managed by the London Cycle Campaign). Up to £5,000 is distributed twice a year to groups to enable them to set up, or further develop, cycling projects and schemes within their community. Projects that are currently supported by other existing TfL or borough programmes are not eligible.

Grants will be considered for schemes that:

- Demonstrate and promote cycling, and build the confidence of infrequent or lapsed cyclists new to cycling in London
- Reach out to groups under-represented in the cycling community, such as women, children/youths, ethnic groups and people with impairments
- Increase access to cycling for groups where opportunities are limited by income, equipment, skills, information or confidence
- Develop projects with local partnerships with other non-cycling-specific organisations (eg travel plans, health, nature and heritage)
- Provide positive messages supporting the status of cycling to the public

Most cycle projects have objectives which overlap. These can be broken down into the following categories:

- Youth groups
- Maintenance projects
- Adaptive cycling for people with disabilities
- Cycling for health
- Cycle training
- Cycle rides
- Schools cycling projects

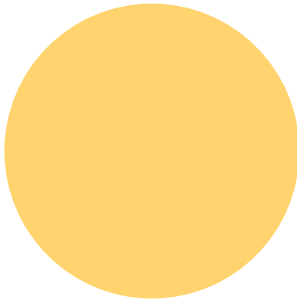
Information about the Community Cycling Grants scheme, including the grant criteria, application forms and annual reports (which contain case studies and photos) is available from:

London Cycling Campaign

2 Newhams Row (off Bermondsey Street)

London SE1 3UZ

Web: www.lcc.org.uk (Click on 'working with communities')





Bike Week

Bike Week is a nationwide campaign of local cycling events. Most events are free to enter and many are suitable for novices. The events are organised by local authorities, other organisations and individuals. Bike Week normally starts on the third Saturday in June and finishes the following Sunday.

In 2008, 1,692 events took place throughout the UK, with 352,155 participants. In London, there were 168 events – including some cycling events in schools. Hackney held a Bike to School Challenge; points were awarded to children, parents and staff for cycling to school throughout the week. At the end of the week, each class in Key Stage 1 and Key Stage 2 with the highest score won book tokens.

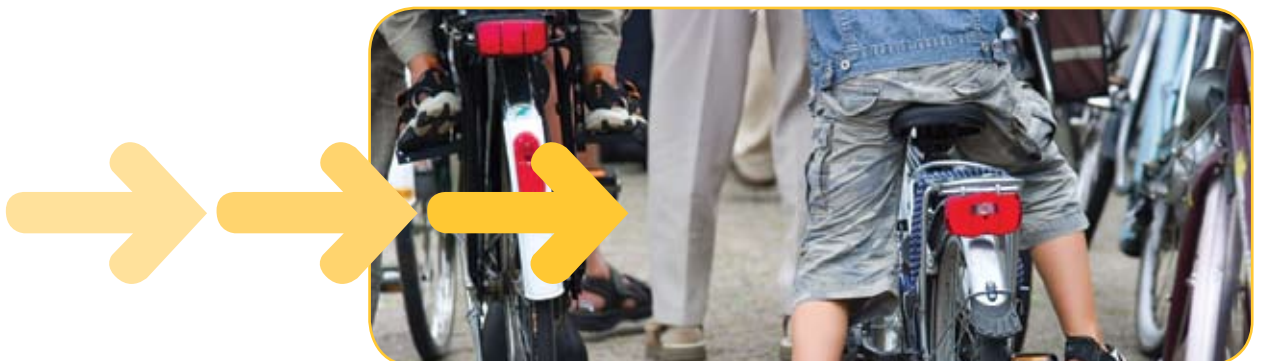
Kingston organised the Great Kingston Bike Ride, which involved children, parents and teachers from eight primary schools in North Kingston going on a five-mile cycle ride from Canbury Gardens to Hampton Court Palace, using mainly traffic-free cycle paths, quiet roads and the traffic-free, shared riverside path. Five hundred people dusted off their bikes and took part in the ride, some were signed up for additional training and maintenance sessions, and many commented on how they didn't know that there was such a nice cycle route so local to them.

A school travel adviser, working in partnership with their local cycling and/or road safety officer, may decide to promote Bike Week to all schools in their borough and to encourage schools to organise events based on their requirements.

At the same time as Bike Week, Bike2Work Week runs as a specific campaign to encourage cycle commuting. In association with the charity Leukaemia Research, the Bike2Work campaign offers events, ideas and resources. A Bike2Work Week event could be organised for school staff.

Bike Week

10 South Pallant
Chichester PO19 1SU
Web: www.bikeweek.org.uk



Bike It

Bike It is a nationwide scheme that started four years ago with the aim of increasing the number of young people cycling to school and on other journeys. The results of the project have been very positive, with participating schools seeing levels of cycling treble within a year. The project is run by Sustrans, the UK's leading sustainable transport charity, and receives funding from Cycling England, the cycle industry through its Bike Hub fund, local councils and the Big Lottery Fund.

Bike It London began in 2006 as a TfL pilot project and following its success, this support continues. Additional funding to expand the project has been secured from the Big Lottery Fund and a primary care trust.

In the beginning, there were four Bike It officers based in Derby, York, Manchester and Bristol, who worked with 40 schools across 11 local authorities. Schools were selected for their enthusiasm for cycling, taking into account the potential to increase cycling in the area and the level of support available from the local authority.

After year-on-year success, Bike It is now headed by a national manager and employs four regional supervisors and a total of 30 Bike It officers. More than 300 schools and around 60,000 children and young people across England and Wales are now involved in the programme. Sustrans expects Bike It to continue to expand over the coming years.





Bike It is designed to make the case for cycling in STPs, nurture school champions and demonstrate that cycling is popular, even in schools without a cycling tradition. It does this by working directly with pupils, parents and staff to help them overcome whatever it is that is preventing them from cycling to school – by organising cycle training and events, helping to install new bike sheds, contributing to classroom work and providing information about safe routes to schools. All this work adds to the local investment that already exists to help pupils, teachers and parents take the small steps necessary to make a real difference.

At the start of Bike It in London, two Bike It officers worked with 19 schools across six London boroughs:

- Camden
- Greenwich
- Havering
- Islington
- Newham
- Southwark

From September 2008, the Bike It team in London will have expanded to four full-time Bike It officers and one part-time officer who will be working with more than 50 schools.

Information about Bike It and other Sustrans London projects is available from:

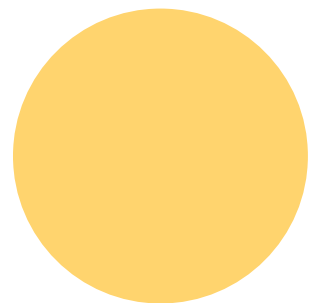
Carl Pittam

Regional Director for London
Sustrans

70 Cowcross Street
London EC1M 6EJ

Email: carl.pittam@sustrans.org.uk

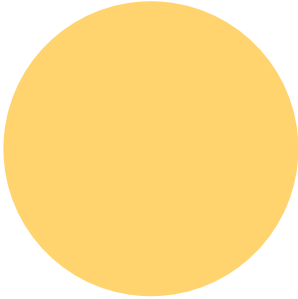
Web: www.sustrans.org.uk



Virtual bike race



In June and July 2008, children, parents and teachers from 60 schools across Britain took to their bikes in a bid to complete, and possibly win, the 7,500-mile (11,884km) Tour D'Afrique virtual race from Cairo to Cape Town. The race was organised by Bike It officers from the sustainable transport charity Sustrans, and was designed to encourage children, parents and teachers to cycle to school on a regular basis.



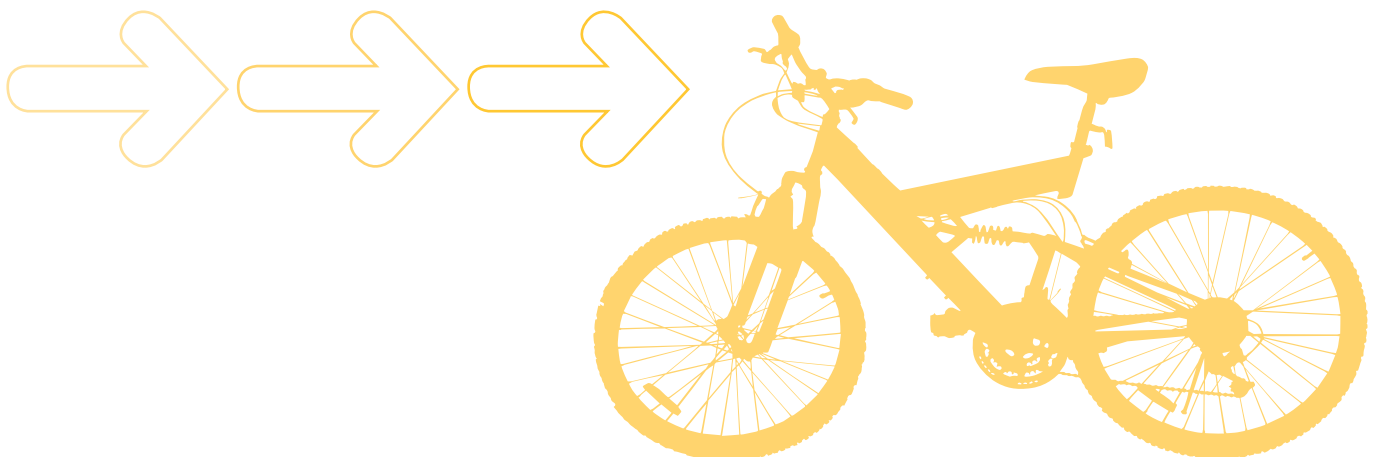
Over the course of the four-week race, pupils, parents and teachers completed a staggering 30,000 bike journeys to school, each one contributing to miles clocked up in the virtual race. Three schools tied in first place to take a share of the £2,000 prize money. The winning schools were: Broomwood Hall and Hotham Primary schools from Wandsworth in London, and Furzefield Community Primary school in Redhill, Surrey.



Bob Twells, head teacher of Furzefield Community Primary School, said: 'The Tour D'Afrique was a fantastic catalyst to get the school going and capture the children's and everybody's imagination. The competition made it even more exciting and it became more than just fun. Hundreds of bikes came in every day. It became a community project; families all started to cycle in together and it became a real social activity with trains of bikes.'

Pupils were also able to learn about the continent's various cultures as they monitored their progress down the length of Africa. Some schools donated sponsorship money or collected second-hand bikes to supply schoolchildren and health workers in Africa with a sustainable and valuable mode of transport. Bicycles enable health workers to visit many more patients and greatly reduce the time it takes children to travel to school, increasing attendance and opening access to learning.

Keep an eye on the Sustrans website at www.sustrans.org.uk for more virtual bike racing.





Fashion 2 Ride

A recent online survey commissioned by Cycling England found 64 per cent of women never cycle. Citing reasons for avoiding cycling, 58 per cent of women surveyed said they would not want to arrive at work sweaty, and one in four were too worried about helmets ruining their hair to risk a ride in the saddle.

Tower Hamlets and Hackney councils organised 'Wheels and Heels' to address this problem. Wheels and Heels was one of the first projects centred on the promotion of cycling to women. They produced a fashion show that coincided with London Fashion Week, which scooped the Marketing and Travel Awareness Event of the Year award at the 2008 Smarter Travel Awards – and sparked a number of similar events and projects targeting young women.

Westminster City Council, Sustrans and a local cycle shop were involved in fashion-oriented project Pret a Rouler which took place in June 2007. Pupils from Westminster City Academy were involved in the fashion show at the Village Underground in Shoreditch with the aim of convincing Londoners that they can be fashionable on two wheels.

Over the past 12 months, Sustrans Bike It officers Marina Littek and Andy Casson have been carrying out a project called Fashion 2 Ride. They have been working with three secondary schools, including Charter School in Dulwich, and six primary schools across the Capital. It aims to raise the level of interest in cycling among teenage girls through a combination of design workshops and cycle training supplied by local authority providers, culminating in cycling fashion events at each school. Designers Sarah Buck and Amy Fleuriot, who launched a range of women's clothing at this year's London Fashion Show, were also involved in the project.

For more information, see www.sustrans.org.uk





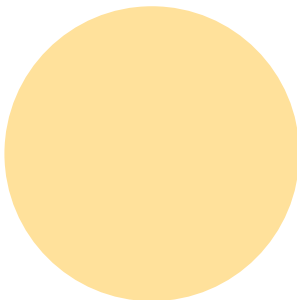
Cyclicious

Cyclicious was launched in Hounslow at the Brentford School for Girls to address the fact that, when girls reach the age of 11, their participation in sport is generally radically reduced. Following a short pilot, a four-week programme of promotions, activities and training was created, based around the Cyclicious Smoothy Bike. The Smoothy Bike is a cycle rigged up to a blender which is used to make healthy fruit drinks. Here is an outline of the activities:



Week one: Involved promotion, raising awareness and advertising using assemblies, leaflets and large banners displayed outside the school

Week two: British Cycling visited the school and provided skills training. All girls were provided with the opportunity to have a go on the Cyclicious Smoothy Bikes – promoting healthy living, exercise and healthy eating. All girls who took part in these events were given a Cyclicious notepad containing information on safe cycling, the benefits of cycling, road safety, training contact details and details of how to make sure their bike is in working order



Week three: Cycle training was made available to pupils who wanted to participate and Cyclicious helmets were provided to all girls who trained. At the end of the third week, odometers were given to the top 10 girls who had engaged most with the project – and a challenge was set to see who could clock up the most miles over the weekend

Week four: Miles were recorded on the Cyclicious challenge board throughout the fourth week and cash prizes were given to the three girls who recorded the most miles overall

Every girl who cycled to school five times or more during the month-long project received a 'beauty pack' containing lip gloss, wet wipes, a mirror and a hair brush. This was in response to the girls saying that one of the reasons they don't cycle is not having adequate facilities to clean up their appearance after the journey.

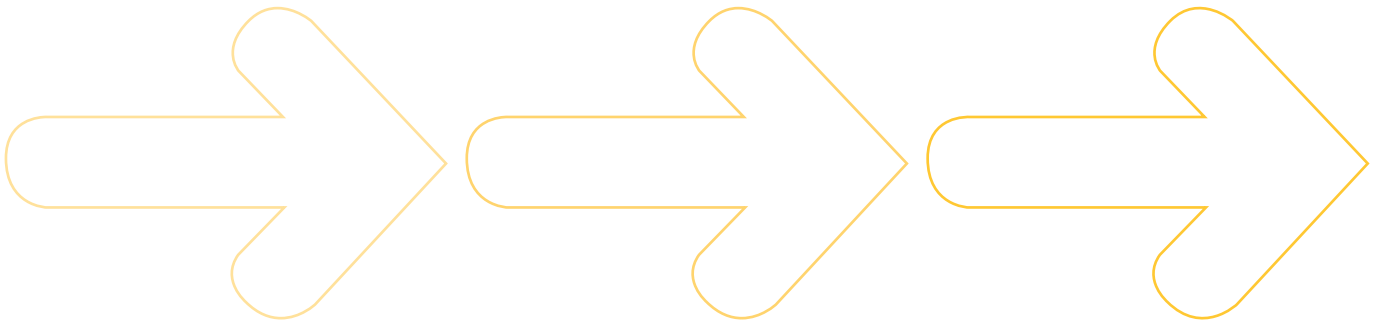
Cyclicious has proved to be a real winner in Hounslow, running in Brentford School for Girls, Gumley House and The Green School for Girls. The project has also made an appearance at St Catherine's School in Twickenham, where a programme comprising promotions, cycle training, Cyclicious Smoothy Bikes, cyclists' breakfasts and rewards was also used to increase awareness and promote cycling to female pupils.



Bicycles for Teachers

Bicycles for Teachers is a pilot project in Richmond which has seen the delivery of 65 cycles to schools in the borough. This was in response to consultation identifying that the cost of purchasing a bicycle was a barrier holding some teachers back. The scheme, open to all schools with an up-to-date STP which encourages staff to cycle, allows them to receive up to five bicycles for staff to use for commuting or recreational travel. Participating schools received their bikes, together with a waterproof high-visibility jacket, helmet, lock set, heavy duty panniers and gloves, in time for summer 2008.

Speak to your school travel adviser if you feel that this scheme would get teachers travelling by bicycle at your school.



In line with the London school travel plan accreditation scheme, the 'On your bike' case studies on the next few pages are divided into three levels; sustainable, higher standards and outstanding.



Case studies



Sustainable level

Rotherfield Primary School
London Borough of Islington

What has been achieved?

The STP put together by Rotherfield Primary School was approved in March 2006. The school has fully embraced the process and been passionate about all things regarding sustainable travel. Thorough reviews and travel surveys have been undertaken, and monitoring and consultation on both current and proposed initiatives has taken place.

The school has taken a particularly keen interest in cycling. This is reflected in the fact that its cycle shelters are full every day.

Sustrans' Bike It project has been a huge success at the school, and the school's STP coordinator presented its good work at the Annual Bike It Training Day event in March 2008. Cycle training has also been provided for a variety of ages and levels at the school on a termly basis.

The increased activity and interest around cycling as a result of the STP has achieved the following results:

- Seventeen per cent of pupils, 12 per cent of staff and eight per cent of parents now cycle on a regular basis
- A new on-site secure cycle park facility for 40 bikes has been built
- More than 100 pupils have attended cycle training with the London Borough of Islington (within the past 15 months)
- The introduction of Dr Bike maintenance sessions

How did the school do it?

The school participated in the Bike It scheme and a number of related projects:

- Tour de France
- Cycling focus assemblies
- Competitions and prizes
- Cyclist fashion event
- Biker Breakfast
- Tour D'Afrique

A number of curriculum-linked initiatives promoting sustainable travel took place, and the school organised cycle-related competitions during Bike Week and on other occasions.

They effectively incorporated the free curriculum resources into the school curriculum plan, including: the London Borough of Islington's STP Toolkit resources; Bike It teacher resources; KS1 cycle resources; and Focus on Cycling.

A bike stunt show was held at the school to inspire the students.





Who was involved?

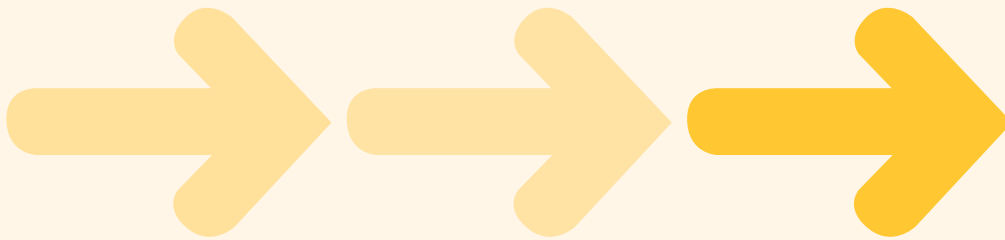
The school worked with school travel plan officers at the London Borough of Islington and Sustrans Bike It officers.

Funding

- School funds
- STP Capital Grant
- STP Small Grant
- Bike It funding
- London Borough of Islington cycle training funding

Future plans

The deputy head teacher is now looking into introducing pool bikes for staff, Dr Bike maintenance sessions for pupils, and staff and adult cycle training.





Sustainable level

Nonsuch High School for Girls
London Borough of Sutton

What has been achieved?

The STP was approved in May 2007 and it has maintained a steady number of cyclists since then, with obvious increases in numbers cycling in summer. By July 2008, the school had achieved the sustainable level of TfL’s accreditation scheme and had generated so much interest in cycling that cycle storage with capacity for 110 bicycles was opened by former BBC weather presenter and local celebrity Helen Young. The cycle parking is the second largest school facility funded by TfL so far.

Training was offered to all pupils in 2006 and 2008, and in future the school hopes to offer cycle training as an after-school activity in order to increase training opportunities for pupils.

How did the school do it?

The school takes sustainable travel issues seriously and has incorporated them in the curriculum.

They used incentives such as a ‘Biker Breakfast’, where students get offered the chance of a breakfast when they cycle to school.

Earlier this year, the school participated in the ‘File the Miles’ green transport incentive scheme, which rewarded people who walked or cycled the most number of miles.

Helen Young visited the school in July 2008 to promote cycling and sustainable travel to pupils. She gave a talk on climate change and opened secure cycle parking at the school.

The school promoted cycling as part of Green Week, which is held annually.

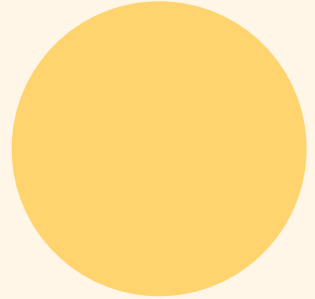
Who was involved?

Nonsuch High School for Girls, TfL, Sutton School Travel Team and Cycle trainer Stephen Wright, Helen Young (local celebrity and former BBC weather presenter).

Future plans

The school’s ‘Green Team’ (made up of students) is currently developing an eco code that includes sustainable travel. The code is likely to be completed in the coming year.

There are plans to provide cycle training as an after-school activity on a weekly basis to Key Stage 3 pupils.





Higher standards level



Wandle Valley School London Borough of Sutton

Wandle Valley is a community school in Carsharlton which caters for SEN pupils between the ages of 5 and 16 years old.

What has been achieved?

Even before the national 'Travelling to School' initiative was launched in 2003, Wandle Valley School had already begun focusing on cycling improvements for its pupils. Since then, the STP has helped to secure funding which has enabled big improvements to the school grounds, ensuring a safe drop-off point for the high number of students taking taxis to school.

These improvements, combined with travel plan initiatives and other changes at the school, have resulted in a significant shift away from car use since 2004/05:

- In March 2008, 15 per cent of pupils were cycling to school and 39 per cent of pupils chose cycling as their preferred mode of travel
- Taxi usage has declined from 53 per cent in 2005/06 to 46 per cent in 2007/08
- In October 2007, the school was recognised as the 'Greenest Secondary School in Sutton' at the Green Guardian Awards
- In February 2008, the school achieved 'Healthy School' status

The introduction of bikes/trikes has had a massive positive influence on many students in the school. For some, the bikes provide a structured and enjoyable activity for break times, for others there is an opportunity to improve fitness. Some students have greatly appreciated the use of the bikes outside school and those who maintain them have shown improved confidence and self-esteem.

How did the school do it?

The Humanities department used the findings of the travel survey as a lesson resource for teaching about the environmental impact of cars on our roads.

The Personal, Social and Health Education (PSHE) department covers safety on the roads as part of the curriculum in Years 6 and 7, and the Science department completed a project where students had to design self-propelled vehicles using limited materials.

The working group is very active and has been responsible for producing displays in the school which pose questions about issues affecting students' travel choices. It has also planned a range of sustainable travel-related projects, including the Tour de France Challenge and several art projects.



The school has purchased, and regularly adds to, a pool of both student and staff bikes. Students can use the bikes and trikes during break times and lunch times, and many have benefited from being able to borrow bikes to travel to and from school. There are now seven staff pool bikes, which have encouraged several staff members to begin cycling to school rather than driving. This has been found to be a valuable modelling system, whereby students observe staff cycling sensibly and safely to school, so encouraging them to behave in a similar way.

There is a small working group of students who regularly fix and maintain the bikes/trikes before and after school. Students are also encouraged to bring their own bikes in for maintenance.

Funding

An STP grant of £5,310 (2005/06) was used to resurface the entrance area and create a barrier (with planters) between taxis and pedestrians. An STP Small Grant (from TfL's STP funding, 2006/07) of £1,500.

Additionally, funding was received from the Mayor's cycle storage scheme.

Future plans

The school plans include providing a cycle training course for primary school students to introduce ways of increasing the number of staff cycling regularly to school.

It also plans to have a BMX stunt/trick demonstration from an outside source.

There are also plans to secure funding for the installation of a cycle rack for visitors.





Outstanding level

Moselle School

London Borough of Haringey

Moselle is a special school that has pupils aged four to 16 with learning difficulties and/or autism. The school worked with the Haringey School Travel Team when it first formed in 2005. It has pupils of various ages and special needs pupils of mixed ability.

What has been achieved?

Moselle has made great progress with its sustainable travel initiatives, with many pupils now able to cycle to and from school independently.

When the STP was introduced (March 2005), all pupils came to school using home-to-school transport (eg minibuses, with one child coming in a private car). In March 2006, 10 pupils were walking, four were travelling by bus, four were cycling, one came by private car, 21 by school bus and one by Tube. This was a result of successful independent travel training and cycle training. By March 2008, 10 per cent of pupils were travelling to school by sustainable means.

In 2007, 50 per cent of all Year 9 pupils moving to Year 10 were already trained as independent travellers.

Around 80 per cent of staff now also leave their cars at home and travel by alternative modes.

The pupils also took part in the opening ceremony for the Tour de France in Trafalgar Square in July 2007.





How did the school do it?

Funding was awarded by TfL to purchase specialist bikes to encourage cycling. These bikes were used for cycle training in school.

Through timetabled cycling lessons, all KS4 students received instruction on safe riding in the playground, in the local parks and on the road (as appropriate for their ability level).

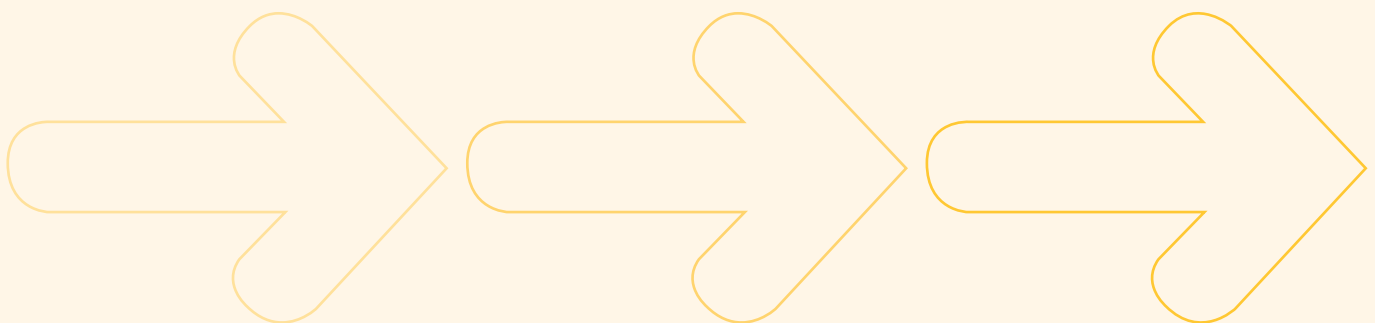
Additionally, all KS4 students have access to the school's pool of bikes in the playground at break times and lunch times to practise their skills in a safe environment.

Through timetabled cycle maintenance lessons, all KS4 students learn basic skills for maintaining and repairing the school's pool of bikes.

A cycling programme has also been established for KS3 students. It provides access to safe, supervised cycling at the school or in local parks. Independent students, in collaboration with Cycle Training UK and their parents/carers, will be encouraged to cycle to and from school.

Who was involved?

The school worked closely with its local borough school travel adviser and their team.





Outstanding level

St Philomena's Catholic Primary School
London Borough of Bromley

What has been achieved?

St Philomena's has demonstrated exceptional dedication in incorporating its STP in every area of school life.

All forms of sustainable travel choices are widely promoted at school and at a large number of special awareness events. The school has particularly excelled in promoting and facilitating cycling for pupils throughout the school.

Pupils are provided with cycle training, and fun rewards are given to those who cycle to school.

One pupil entered the Young Cyclist of the Year competition. The school won an STP 'Oscar' in March 2008 as a result of its innovative cycling curriculum project. Thanks to this, cycling is fully incorporated into all areas of the curriculum.

How did the school do it?

Cycling is fully incorporated into the curriculum across all subjects and information is provided to staff and pupils about family cycle training.

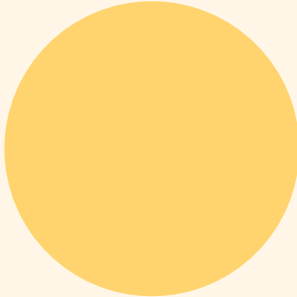
It has also introduced a cycling policy and a cycling permit scheme to which pupils have to apply and then register.

A number of visitor talks have been organised on topics including: the development of the bike, tyre tread and road surfaces; and light-reflective and fluorescent materials. Additionally, cycling safety assemblies have taken place.

The school introduced Bikeability cycle training (National Standards levels 1 and 2) for Years 5 and 6.

Cycle storage, lockers and helmets were provided through the Mayor of London's cycle parking scheme.

A cycling curriculum initiative called 'On your bike' was introduced. With all teachers involved in planning cross-curriculum activities around cycling, it received active support from the PTA.





Also during Bike Week, the school hired a tandem bike and advertised the London Borough of Bromley's cycle fun day to the whole school community.

Children took part in a competition to design a cycle jersey and cycle helmet. Prizes included sports bottles and flashing bike light prizes.

Cycle maintenance sessions – 'first aid for bikes' – have been introduced.

The school has also produced 'St Philomena's cycling health and safety booklet' giving handy tips about safer cycling for students.

Who was involved?

The school worked closely with its Parent-Teacher Association (PTA) and a local bike shop.

Funding

The school received a grant for £162.25 from the local authority for high-visibility jackets, plus funding from the Mayor's scheme for cycle storage and lockers installation.

Future plans

The school is looking to either create or provide bike maps for pupils and parents. There are also plans to introduce pool bikes for staff.





Outstanding level

New City Primary School
London Borough of Newham

What has been achieved?

Since the first STP was introduced at New City Primary, the number of staff cycling for leisure or to get to school has increased from three to 35.

It has introduced a successful cycling club, with more than 160 members and 300 bikes.

Pupils took part in Bike Week event rides: for example, 100 children cycled to Thames Barrier Park in June 2006.

All staff members are given the opportunity to use bikes at home or for their journey to school. Up to 10 staff now cycle to school on a regular basis.

Five members of staff are now trained as National Standard cycling instructors.

How did the school do it?

Cycle training at the school in 2002 identified a desire among pupils to cycle to school, but many didn't own bikes.

The following year the school retrieved old bikes from the local Wombles Group and a reclamation site, and pupils restored them with help from local secondary school students.

A students' bike club was introduced in 2003 and meetings are held two days a week. Students take part in lots of fun activities and parents are also encouraged to come along.

The school gained secure cycle parking through the Mayor's cycle parking scheme in 2004. It also received funding from Back the Bid and through a Lottery Awards grant, and this was used to buy bikes and provide on-site storage.

In 2005, the school's enrichment and learning coordinator trained as a National Standards cycling instructor.

In 2006, the school made contact with the Metropolitan Police's Safer Neighbourhoods Team, and organised a police escort for bike rides. Also in that year, pupils took part in the Thames ride. The school promoted the event in the local press, and organised consent letters and sufficient parent volunteers to make the event a great success.

On-site bicycle maintenance workshops were introduced in which pupils are taught how to maintain their own bikes.

In 2007, the playground was resurfaced and new floodlighting was installed so that the family bike club could run year-round lessons and activities.



Also in July of that year, pupils took part in the opening ceremony of the Tour de France and, later in September, a group of 50 children and parents went to the Hovis Freewheel mass bike ride.

In 2008, the school was involved in the Bike the Borough event (part of Bike Week), with pupils riding to Stratford Secondary School.

Over the past five years, the school has successfully embedded cycling in the curriculum across all age groups.

Who was involved?

The school worked closely with the enrichment and learning coordinator and senior management at TfL and Sure Start.

Funding

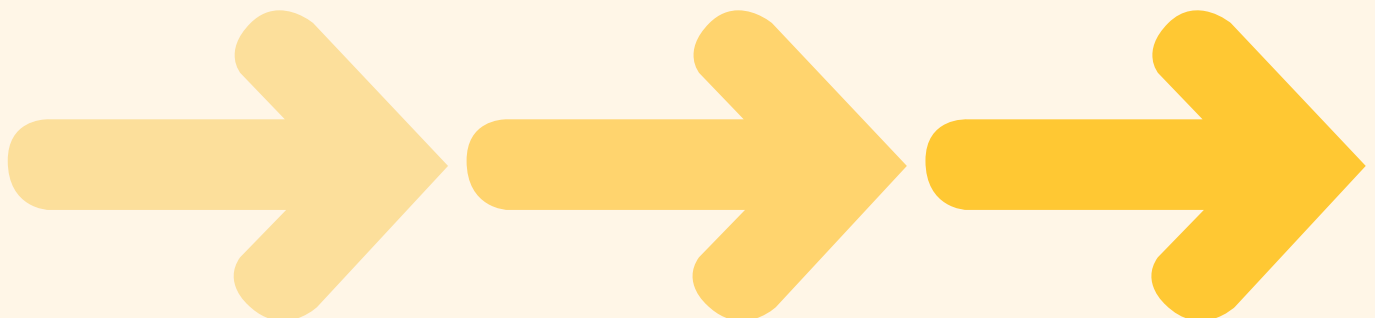
The school has secured funding from organisations such as TfL, Lottery Awards, Sure Start, the Police Fund for stolen goods, Good Going and, more recently, community grants funding.

Future plans

Outreach work to other interested schools in the borough is being planned with the aim of setting up bike clubs across the borough. The school now has six parents trained as cycling instructors and will continue with the bike club, regular rides and family holiday trips which have been organised by the school.

‘The ride was an amazing time, with parents and children taking part together’

Liz Bowgett, Enrichment and Learning Coordinator



For further information or additional copies of this guide please contact:

Transport for London
School Travel Planning Team
Email: sta@tfl.gov.uk
Website: tfl.gov.uk

For further information on cycling schemes in London visit tfl.gov.uk/cycling or email cycling@tfl.gov.uk

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