

Sustrans Bike It Update

Bike It's First Term in Shrewsbury

Bike It in Shrewsbury has gone from strength to strength. On the first of September 2009 there were no Bike It schools in the town. One term on and Shrewsbury has its full compliment of 12 Bike It Schools. They are:

-  **Belvidere Primary School**
-  **Greenacres Primary School**
-  **Greenfields Primary School**
-  **Martin Wilson School**
-  **Mereside CE Primary School**
-  **Mount Pleasant Primary School**
-  **Oakmeadow CE Primary School**
-  **Oxon CE Primary School**
-  **Radbrook Primary School**
-  **St George's Junior School**
-  **St Giles' CE Primary School**

Each school is working with Kim to get children on their bikes and cycling to school as regularly as possible.

Bike It School Mark

Bike It School Mark folders have been delivered to all Bike It Schools.



The School Mark scheme consists of three progressive levels for Bike It schools to work through. It has been designed to support the changes in travel behaviour that Bike It creates. The scheme is not time bound, so your school can work at its own pace to meet the Bronze level criteria.

Participation in the scheme is not compulsory but it will help your school to sustain the changes that Bike It creates.

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself – with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:
www.sustrans.org.uk/bikeit



We'd love to hear from you...

Sustrans' Bike It officer for Shrewsbury is Kim Williams. Contact Kim on 01743 255437, mobile 07780 002817 or send her an email on: kim.williams@sustrans.org.uk

Sustrans Bike It Update



Welcome to Bike It Assembly

Dates for 2010

15th January – Calendar competition entries will be collected from all schools

1st to 26th March– National Virtual Bike Race – as a school, the aim is to cycle the entire length of the National Cycle Network, with each cycle journey to school earning you miles

End of March – Bike It Action day Shrewsbury

26th to 30th April – Bike to School week

12th June – Cycle Shrewsbury's Bike Fest
Sundorne Sports village
10.00am – 4.00pm

For more events visit www.cycleshrewsbury.co.uk

Your Bike It Pictures, Poems and Ideas

For future newsletters it would be great to include some of your images of Bike It. Just email your pictures to me. Poems and stories would also be great.

The School Travel team in Bristol are always keen to receive stories and quotes for their Tracks newsletter.

Email your bits and pieces to me and I will pass them on.



Cycle to School Day, Harlescott Junior, 20.11.09

Bike It Vital Statistics for 2009:

- 12 Bike It schools selected and now engaged with the project
- 11 Welcome to Bike It Assemblies
- Nearly all the 'Hands Up' surveys completed and base line data collated
- 5 Cycle to Schools days with a total of more than 340 children cycling to school
 - Greenfields - 86 bikes
 - Harlescott Junior - 58 bikes
 - Oakmeadow - 61 bikes
 - Oxon - 57 bikes
 - Radbrook - 81 bikes
- 3 Bike It crews selected and busy helping with their school events, bike counts and lots of other jobs
- 32 Year 3s improving their cycling with playground skills sessions
- Plans for lots of skills sessions, a Bike It breakfast, art projects, cycle rides, puncture repair classes, Bike It to school reward schemes and what ever else you want to do...