




sustrans

JOIN THE MOVEMENT

Beth Harding

Active School Travel Programme Co-ordinator



**our vision: a world
in which people
choose to travel in
ways that benefit
their health and the
environment**

Sustrans works in three ways:

1. to make local environments safer and more attractive for walking and cycling
2. to support and encourage individuals to make more sustainable travel choices by engaging with workplaces, communities and education
3. to influence policy and practice.

Active School Travel

A group of children in school uniforms are participating in an active travel activity on a school track. In the foreground, two girls are riding scooters, both wearing helmets and smiling. Behind them, several other children are riding bicycles, also wearing helmets. They are all wearing blue school sweaters with a crest that reads 'Linslade Primary School'. The track is green with yellow and white markings, and there are residential houses in the background.

Aim is to enable children to make **healthier**, **safer**, more **sustainable**, and more **enjoyable** journeys to school.

Benefits of Active School Travel

- Increased physical activity levels resulting in improved health and well-being
- Reduced congestion and increased safety around school gates
- Improved academic performance and attendance rates
- Increased road safety awareness and skills
- Cleaner, greener environment around schools
- Increased confidence, self-esteem and independence for young people
- Happier children – 81% of children want to travel actively to school!

Active School Travel Programme



Public Health
Agency



Department for
Infrastructure

Levels of Engagement Model

60 new schools selected per annum

1st Year

2nd Year

3rd Year

4th Year
onwards

Level 1

Level 2

Level 3

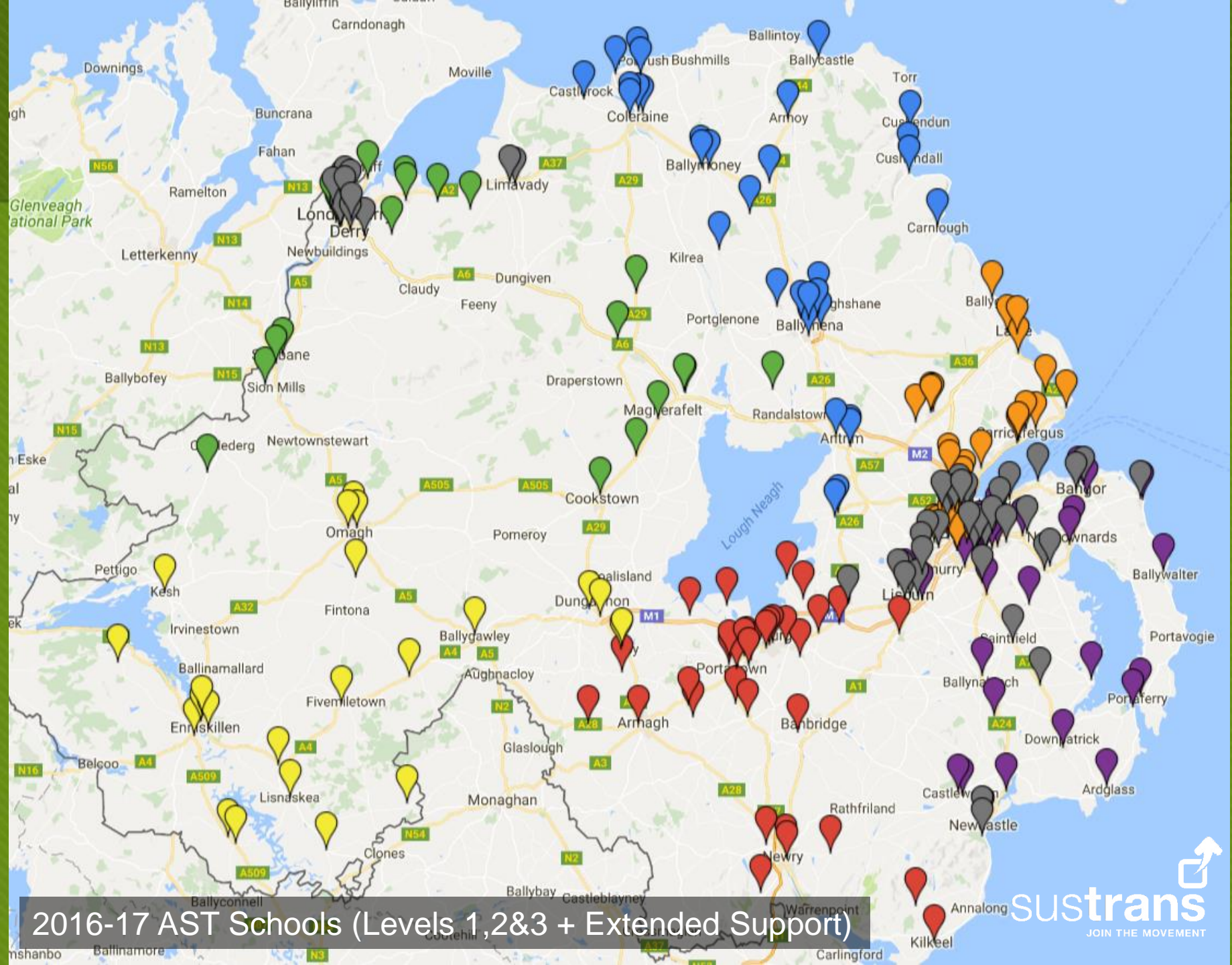
Extended
Support

Sustrans
leads

School takes
more
responsibility

School leads
with some
support

Light support
package



2016-17 AST Schools (Levels 1,2&3 + Extended Support)

Sustrans School Mark: Methodology





Organisation and Policy

- Travel Policy
- School Champions
- Champion Training and Development
- Staff Briefings and Updates





Raising Awareness

- Assemblies
- Safe Routes to School
- Building Profile
- In the Classroom





Empowerment

- Facilities
- Safety, Equipment and Maintenance
- Skill Development
- Pupil Decision Making





Action

- Events



- School Travel Challenges
- Individual Incentive Schemes
- Celebrating and Influencing





Moving Forward

- Travel Surveys
- Achieving Change
- Plan, Do and Review
- Wider Community Engagement



Results: programme activities

- Over 3,000 active travel activities
- 191 schools across Northern Ireland
- Nearly 190,000 pupils, parents, carers and school staff.
- Big Pedal 2016: Pupils, staff and teachers cycled more than 127,000 miles, saving almost 80,000 car journeys and over two and a half million balloons of CO₂ emissions.

Results: increased active travel

- Pupils travelling actively rose steadily each year from 40% to 55%.
- 38% increase in the proportion of pupils travelling to school by an active mode.
- Pupils being driven to school fell from 54% to 42%.

Results: improved cycling skills and road safety awareness

- 2,244 pupils in 154 schools received National Standard on-road cycle training.
- 83% of teachers thought the programme had an excellent or good impact on pupils' road safety awareness.

Results: increased knowledge of the health benefits of active travel

- 95% of pupils agreed with the statement 'walking, cycling or scooting can make me fit and healthy'.
- 93% of teachers thought the programme had an excellent or good impact on increasing pupils' awareness of the need to be physically active.

Results: sustainable culture of active travel in schools

- 86 schools have achieved Bronze
- 28 schools have achieved Silver
- 2 schools have achieved Gold:

St Therese of Lisieux Primary

Currie Primary

A photograph of three children on a paved path, each with a bicycle. The child on the left is a girl wearing a pink helmet with a cartoon design, glasses, a dark jacket, and a grey backpack. The child in the middle is a girl with long brown hair, wearing a dark jacket. The child on the right is a girl wearing a black helmet with a graphic design, a tan jacket, and dark boots. They are all looking towards the camera. The background shows green grass, trees, and a black metal fence.

100% of teachers would recommend the Active School Travel Programme to other schools.

“The programme is an important part of our school. It is an essential and sustainable part of our Healthy Lifestyle programme and provides lots of potential for parental engagement.”

“Active travel is now something we do all the time - not just a week long initiative in the summer. It is embedded in every year group and fits into their curriculum at some point over the year.”

Vision: where do we go from here?

- Offer National Standard on-road cycle training to all P6 pupils
- Safe Routes to Schools
- Secure cycle parking provision
- Link to communities
- Expand and extend the programme

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Smileage.