

# Sustrans I Bike

East Dunbartonshire Summer 2014

## Pupils hit the (Relief) road



Groups of pupils from Auchinairn, Woodhill, St Matthews and Wester Cleddens got on their bikes to ride along the newly constructed Bishopbriggs Relief Road before it opened to traffic in June. Cllr Alan Moir welcomed the children and even joined them on two wheels to enjoy this unique experience.

## John Muir shows the Way for Harestanes and Merkland pupils and staff



To help celebrate the opening of the John Muir Way, pupils and staff from Harestanes Primary and Merkland cycled along part of the route. More pictures on P2.

I'd love to hear from you...



I'm Donald Macdonald, Sustrans' education officer for East Dunbartonshire. Please get in touch to find out more about our work in schools.

Tel: 07769 931418 or [donald.macdonald@sustrans.org.uk](mailto:donald.macdonald@sustrans.org.uk)

## Become a Sustrans Schools Volunteer!



We need volunteers to help deliver I Bike in East Dunbartonshire. Help us to run fun activities like cycle skills sessions, bike rides and bike breakfasts.

To find out more please email [lisa.morton@sustrans.org.uk](mailto:lisa.morton@sustrans.org.uk) or call 0131 346 1384

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. [www.sustrans.org.uk](http://www.sustrans.org.uk)

## John Muir Way (cont from page 1)

### Heard this term...

"I have developed confidence in my cycling and loved being supported to try riding a bike after 30+ years"

**Parent comment after family led ride**

"Seeing all of the children learning how to cycle their bikes safely on the road was fantastic"

**Classroom Assistant**



## Across Scotland

**Over 50% of school children in Scotland travel to school actively.**

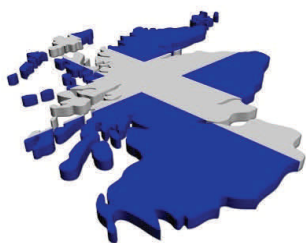
This is one of the findings from Sustrans' annual **Hands Up Scotland Survey** which asks almost half a million children about how they get to school.

The results for 2013 were recently published:

- 44.1% of pupils said they normally **walk to school**
- 3.5% said they normally **cycle to school**
- 2.8% said they normally **scoot or skate to school**
- 21.4% said they are normally **driven to school**
- 18.8% said they normally **take the bus to school**
- 1.6% said they normally **travel to school by taxi**
- 7.5% said they normally **Park and Stride** (they are driven part of the way and walk the rest)

**Did you know?** In France there are **10 jobs** in the bicycle industry for every €1million of turnover—compared to **just 2.5** in the car industry.  
**Dumont et al., 2009;**  
**Roche E. The bicycle economy**

You can see how this compares to all surveys since 2008 at [www.sustrans.org.uk](http://www.sustrans.org.uk), how primaries compare to secondary's and a break down between state, special and independent schools.



# STP

## Easy as

Sustrans Scotland has collected data on School Travel Plans (STP's) from all 32 Local Authorities in Scotland.

Schools are scored as to whether **1**, They had written a STP ( that had been reviewed in the last year) **2**, were working on a STP or other activities related to school travel planning or **3**, were not engaged in any school travel planning activities.

Nearly every school in Scotland will be monitored on this scale.

Does your STP need a revival in 2014/15? Sustrans is here to help!

Contact us for advice and free resources [schools-scotland@sustrans.org.uk](mailto:schools-scotland@sustrans.org.uk)

### Picture of the term



Camera Obscura in Peel Park

Hype that site - For Park and Stride Info  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

Teachers can download Living Streets' Park and Stride Toolkit which includes info about how to set up and run a Park and Stride scheme.

### Pupils bring active travel advice to their peers

Sustrans is developing an innovative new project which trains secondary school pupils to become active travel advisors to their peers.

Funded by the Big Lottery's Young Start, the pilot project has seen S3 and S6 pupils from Trinity High School in South Lanarkshire and Gracemount High School in Edinburgh attending after-school training. They have been learning techniques such as motivational interviewing and persuasive speaking in order to encourage their fellow students to travel more actively and sustainably to school.

Students were then mentored as they put their new skills into action by running a travel advice campaign in their schools.

For more information on the project or to find out how your school can get involved, email [cecilia.oram@sustrans.org.uk](mailto:cecilia.oram@sustrans.org.uk)

### Top tips for the autumn term

- Can your pupils be **Sustrans Superheroes**?  
[www.sustrans.org.uk/superheroes](http://www.sustrans.org.uk/superheroes)
- Start thinking about when **the evenings get darker** and the importance of **using lights and being visible**. Try a 10-minute **Hi-vis Treasure Hunt** from our Staying Safe activity sheet at [www.sustrans.org.uk/sussitout](http://www.sustrans.org.uk/sussitout)

### Get these resources... The Big Street Survey

Transform the streets around your school. Upload the resources here [www.sustrans.org.uk/bigstreetsurvey](http://www.sustrans.org.uk/bigstreetsurvey)

## Clydesider on bike at Velodrome

Sustrans IBike Cycling Officer, Donald Macdonald put his cycling expertise into action at the 2014 Commonwealth Games. However his cycling was not done on the track but outside the Velodrome on what was called the "Last Mile", the approach to the venue for spectators. "Using a bike to manage my team of Clydesiders was the sensible way to cover such a big area," said Donald.



## Dates for the diary

**August** Welcome back!  
**PRE Pupil Surveys ( New I Bike Schools only )**

### September

**8-12<sup>th</sup> National Hands Up Scotland Survey**

**16<sup>th</sup>-22<sup>nd</sup> European Mobility Week**

**22<sup>nd</sup> World Carfree Day**

[www.mobilityweek.eu](http://www.mobilityweek.eu)

### October

**Walk to School Month**

[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

**8<sup>th</sup> International Walk to School Day**

**23<sup>rd</sup> Diwali**

**26<sup>th</sup> Clocks change**

**31<sup>st</sup> Halloween**

### November

**5<sup>th</sup> Bonfire Night**

**17<sup>th</sup>-23<sup>rd</sup> Road Safety Week**

[www.roadsafetyweek.org](http://www.roadsafetyweek.org)

Thank you for supporting our work

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment, and this applies to children just as much as it does to adults. The positive experiences of all the children that you have read about in this newsletter are the culmination of more than 19 years of Sustrans and our officers working with schools, colleges and young people.

Without your support, many children would not have the opportunity to enjoy independent and active journeys in and around their communities, so a huge thank you from us on their behalf. The long-term benefits of creating healthy and sustainable journeys will be shared by every one of us – in terms of our health, the environment and the wider economy.

If you like the sound of what Sustrans does and think that more schools, colleges and young people in your area could benefit from our work, or you want to know more, please get in touch.

email [youngpeople@sustrans.org.uk](mailto:youngpeople@sustrans.org.uk)

phone 0117 915 0100

online [www.sustrans.org.uk](http://www.sustrans.org.uk)

  
**sustrans**  
JOIN THE MOVEMENT

Sustrans is grateful for the continued support of our schools work in East Dunbartonshire from the following:



sustainable thriving achieving

**East Dunbartonshire Council**

[www.eastdunbarton.gov.uk](http://www.eastdunbarton.gov.uk)