

Gordon Burt

Sustrans IBike Officer (Lasswade Cluster)

Term 2 Newsletter



I'd love to hear from you...

Hi Everyone, I'm Gordon, Sustrans' schools I Bike officer for The Lasswade Cluster Schools in Midlothian. Please get in touch if you have any great school stories or would like to find out more about our schools work.

Mob: 07467 338 693

Email: gordon.burt@sustrans.org.uk

Twitter: @IBikeMidlothian
@SustransScot

Upcoming events:

17th Feb

Cycle Training Assistant Course — Be a part of cycle training at your school.

1-31st March

The Scottish Workplace Journey Challenge—Will you take up the challenge of actively travelling to work and other local journeys?

20-31st March

The Big Pedal—How many pupils and staff can you get cycling to school? Will you win the big prize?

Top Tweet—

Are you following us on Twitter yet? **Why Not?**

You Retweeted
Rosewell Primary @rosewell_ps · 3 Nov 2016
Great support for our bike breakfast this morning. #activetravel thanks to @IBikeMidlothian for organising this.



An Action Packed Term — (Clockwise from Top Left)

A Day in the life of a Commonwealth Athlete, Full Bike Racks-Loanhead PS, Christmas Tree Light Challenge-Lasswade PS, MTB Skills at Lasswade HS, Bike Breakfast at Rosewell PS, Balance Biking at Paradykes PS.

Big or Small there is something for all...

The great thing about **I Bike** is there is activities to suit every age group and ability in our schools and this term we have been getting to know pupils of all ages from across the cluster and we have even had some special VIP guests too!

We might be well into winter (not that that anyone told the weather gods this) but this hasn't stopped pupils getting on bikes and getting active.

At **Rosewell Primary** we got the new term off to a fantastic start with our first Bike Breakfast with almost 50 bikes and 10 scooters brought to school ready for breakfast snack to get the day off to a **energetic and healthy** start.

There was a **Gold rush** at **Lasswade High School** as we welcomed Charline Joiner 2010 Commonwealth Games medallist to chat with S2 pupils and put them through a gruelling fitness and exercise routine.

The cold snap in November didn't put off the P1&2s at **Paradykes Primary** jumping on the **Balance Bikes** and showing off their excellent balance when riding around our playground obstacle course—who needs stabilisers, not these guys!

Pupils at **Lasswade Primary** made sure Santa knew where to go, when with the help of our friends from Peachy Keen pupils **experimented** with using power generated from cycling to illuminate and power a Christmas tree, a lazer light show and pump water 15ft in the air!!

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

© Sustrans 2016. Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)

sustrans
JOIN THE MOVEMENT

Bike Club @ Lasswade HS

Our new after school Biking Club at Lasswade High School has seen the first wheels turning. Just before Christmas we invited pupils to take part in the first Friday after school biking club skills session.



Skills training on the berms

Working alongside **Active Schools** and Ms Anstruther from the Home Economics Dept. pupils are being given to opportunity to develop personal

riding skills, learn basic cycle maintenance techniques, take part in trail rides within the local area or further afield in places like **Glentress**.

Pupils will be encouraged to bring their own bikes to the sessions, so they can benefit from any maintenance lessons immediately and also so they can become more confident riding their own bikes. For those who do not have access to a bike, they can be borrowed from school for the duration of the lessons.

Participants of Bike Club will be encouraged to shape and drive forward cycling activity within the school, encouraging others to take part with a particular focus on **girls** who want to take the first steps to developing their biking skills.

If you would like to **help out** with bike club at Lasswade High, or would like to **set up** your own bike club at school get in touch.

Bikeability

It is that time of year to think about your on-road cycle training! While some schools have been getting started over the winter months, many wait until the nicer weather to begin their adventures. We want to make sure that **EVERY P6** pupil is trained in the basics of riding their bikes on the road, building confidence and hazard awareness ready for their transition to Secondary School.

14 pupils from P6 at **Bonnyrigg PS** completed their Level 2 assessments in November receiving their certificates at a packed out assembly. Well Done P6.



Rosewell PS is the next school booked to begin their **Level 2** Bikeability journey continuing from their level 1 work in Nov in the playground. The hope is that these pupils will also

go onto attain their **Level 3** award, and be one of a handful of pupils this year to reach this level in Midlothian.

Would you like to deliver Bikeability Training?

We are hosting a number of one day courses to train **staff, parents and school volunteers** to help deliver the Bikeability Syllabus in Midlothian. The course provides everything you need to deliver the content for Levels 1&2. Do you have anyone interested?

Contact myself or Scott Montgomery from Active Schools (scott.montgomery@midlothian.gov.uk) for course info.



Lights and Reflections

With the darker mornings and evenings now upon us it is important for pupils to **think** about how well they can be seen by drivers when walking to and from school or within their neighbourhood.

Pupils from a range of classes at **Rosewell, Paradykes** and **Burnbrae Primary Schools** participated in a Be Bright Be Seen lessons, looking at the benefits of wearing both bright and reflective clothing.



Be Bright Fashion at Burnbrae PS

Pupils took to the **catwalk**, modelling a variety of both good and bad clothing options as part of an experiment to see what clothes worked best for dull days and dark nights, which stood out in the headlights of a car and which disappeared into the shadows.

'But I like my black jacket!'

Bling That Child!

Accessories your jacket, school bag, bike or scooter with these accessories to really stand out at night

- 1) **Flashing LED** Key light attached to a zip pull, bag strap or handlebars
- 2) Reflective **Snap Band** around cuffs, ankles or bag straps
- 3) Reflective **stickers** attached to bags or jackets
- 4) **Reflective vests**, especially if your route takes you on rural roads and paths
- 5) Choose jackets, shoes, hats or bags with **3M reflective** panels or details to help keep children safe!

We know that children have favourite clothes and some of these choices might not be the safest option to wear in the dark nights, but with some simple **accessories** can turn a dark favourite jacket into a shimmering **reflective** beacon which everyone will see as the children walk down the road.

With all the pupils enjoying the dress-up section of the lesson, pupils were asked to **draw or colour** pictures showing what they had just learnt about bright and reflective coloured clothing.

For older ages, we looked at some videos which showed pedestrians and cyclists from a drivers perspective and how easy it is for clothes (even bright colours) to blend into the shadows when there are no lights or reflective panels.

We can all learn something about being safe as we walk, bike or scoot at night especially during the winter months, so why not get your class involved in a **Be Bright Challenge Day**... Who can wear the brightest clothes to school?



Pupils from Paradykes with their Bright Art.

Finding the Balance

Balance bikes have become increasingly popular within our communities as a great way to teach the **essential skills of balance and control** to young riders, that's why we use them too.

In October, **P1-3** at Paradykes enjoyed a series of 20min taster sessions using our 'Little Big Bikes'. Pupils were taught the importance of using brakes to control speed instead of feet, (*this keeps mum happy when she doesn't need to buy new shoes!!*) developing basic control skills from an early stage.



Snaking through the cones

Pupils soon progress, being able to **glide** their bikes across the playground before completing a number of obstacles set out around the learning area.

These pupils **thoroughly enjoyed** their taster session so much it was a struggle to get them off the bikes ready for the next group! I even got lots of awesome letters and pictures from the pupils sharing their learning and stories. Thanks everyone.

Now we just need to arrange a date for our next lesson when we can continue the learning and maybe even start pedalling.



All smiles from these balance bikers

HelmetSafe

Lots of parents and staff ask about Helmet Safety Lessons concerned by the rising number of pupils seen cycling to school without wearing a helmet.

Starting after the Christmas holidays I will be delivering a **2 hour** workshop with classes, where we will challenge pupils to consider the **reasons for choosing to wear a helmet**. Using a series of videos, group activities and discussion the aim is to show pupils the consequences of not wearing a helmet if you have an accident, look at how helmets are made before progress onto a **smashing class experiment!**



This egg helmet needs a little more work!

The lesson can also be adapted for delivery by **JRSO/Bike Crew** members to class groups or assembly.

If you would like to run this lesson with pupils, **please get in touch**.

How much energy can a cyclist make?

When the JRSO focus group at **Lasswade PS** asked if they could use a bike to power the lights of a Christmas Tree for the day, this set about an interesting challenge?

What can we power with a bike?

With a little help from our friends at **Peachy Keen** (www.peachykeen.co.uk) who provided us with all the equipment, we set the challenge to the pupils to see if the lights on the tree could be **kept illuminated for the day**, whilst also completing other cycle powered challenges.

This lesson was a great opportunity to introduce pupils to **basic physics**, learning about, the effects of gravity as they pumped water from a barrel 15ft in the air, the differences between **Amps and Voltage** as they battled to keep the Christmas tree lit and also experimenting with direct power using a laser light show and illuminated snowman



During each of the 30min sessions pupils were able to rotate around the three activities to find out for themselves the challenges of powering the different elements. There was some very supportive and encouraging classmates as they dug deep to keep things powered.

Pupils were challenged to consider what other items could be **powered by bicycle...** blenders, TVs, games consoles, kettles, maybe another day we can look at some of these options too.

Sustrans Volunteer Day 2016

Over 70 Sustrans volunteers gathered in November at our annual Volunteer Day. We were delighted that so many I Bike Schools Volunteers came along this year, along with Sustrans Routes and Wildlife Volunteers.



Maggie King, I Bike volunteer in Midlothian, gained an award in recognition of all the hours and hard work she has put into the project by teaching children to cycle in Edinburgh and Midlothian schools (pictured left; Maggie King and Gordon Burt, I Bike Officer Midlothian).

Volunteers met up with Sustrans staff to find out more about our work; and took part in a range of

workshops from online mapping, to promoting events, to teaching learner cyclists (pictured below).

Do you know someone who would make a great I Bike schools volunteer? Perhaps a parent, carer or grandparent who likes cycling and relates well to children? Get in touch with Annie Cousins at Sustrans to find out more:

annie.cousins@sustrans.org.uk



I Bike Volunteers' Voices

'The kids seem to enjoy it almost as much as I do!'

'I feel incredibly honoured to be involved in a cycling revolution'

'I Bike volunteering brings a smile to my face'

'Volunteering is my way of giving something back to the community'

Big Pedal 2017



Registration for The Big Pedal 2017 opens on the 12th December.

In 2017 The Big Pedal will return on the 20 March and run for two weeks until the 31 March.

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling or scooting to school. Schools log their journeys on the Big Pedal website and are given a daily score to help mark their progress.

For more information visit: www.bigpedal.org.uk

Map your school

Sustrans can produce a **bespoke map** for your school, showing **routes** and local **facilities**, with tips and advice to promote active and sustainable travel for pupils, staff and visitors. Ideal for classroom activities and available in a **variety of formats** from printed leaflets to wall charts and online versions. Contact externalmapping@sustrans.org.uk

Hype that site: sustrans.org.uk/teachers

We have revamped our Teachers page (and added things), so take a moment to have a look. Everything is still there, but it may have moved around! If you can't see what you want in one of the nine 'tiles', please check the right-hand navigation pane.

Sustrans is grateful for the continued support of our schools work in the Lasswade Cluster from the following:

Midlothian

