

Sustrans' Bike It Update

The Big Pedal Results!

9 Bike It schools in Cambridge took part in the Big Pedal virtual bike race this year. The Cambridge race started off very close, with Fulbourn Primary school setting off with a whopping 50% of pupils and supporters (parents and staff) cycling to school on the first day. They were soon overtaken by Coton CofE Primary school who won the Cambridgeshire area competition and will be receiving the prize of a fantastic mountain bike display show coming to their school during Bike Week in June. Stapleford Community Primary school came second and Fulbourn third in Cambridgeshire. All three schools were presented with a special bike wheel trophy as well as a certificate to display in the school.

Well done to all schools who took part in the competition. You all did brilliantly, especially school champions and Bike It crews who gave up precious play time to log the results on a daily basis



Love Your Bike

Coton CofE and Bar Hill Community Primary schools both took part in Love Your Bike days where children were invited to give their bikes some love and attention on Valentine's Day. At Coton Primary, we used sponges, toothbrushes soap and water to clean our bikes and the Bike It crew showed pupils how to oil their chains and pump up



their tyres. At Bar Hill Primary, pupils and parents came to an after school event and learned how to remove their bicycle tyres and fix a puncture.

Both events were successful with pupils and parents alike pleased with their shiny clean bikes.

About Sustrans

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. Support Sustrans today.

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 around 24 schools over a three-year period to 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, 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...

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Sustrans' Bike It Update

Date For Your Diary!

This year's Action Day will be held on June 14th at the Friends Meeting House on Jesus Lane in Cambridge. The focus of the day will be working with other Bike It schools with plenty of opportunity to talk to other Bike It schools about their experiences of Bike It and plans for next academic year.

Christmas Competition Winner

Here's Roella from Milton CofE Primary School, who won first prize in the Bike It Christmas New Year resolution competition. She won a fantastic brand new Isla bike. Her resolution was to learn to ride her bike safely on the roads which she has fulfilled by passing her Bikeability level 2 training.



Going Green

The Grove Primary and St Laurence's RC Primary both invited Maya to be part of their Environment Weeks last term. At the Grove, Maya worked with each class in the school to learn about how bikes work. Pupils were lucky enough to be able to use the school's pool bikes to learn what different parts of the bike are called and how they all fit together.

St Laurence's RC Primary asked Maya to run an assembly about driving to school. Pupils and staff learned that by driving a short distance to school every day may only create a small carbon footprint but doing this every day for 7 years creates a massive carbon footprint.

Maya also ran a free Dr Bike session, where pupils and staff were invited to bring their bikes to school to have a free maintenance check. Maya and her colleague were brilliantly assisted by the school's Bike It Crew who did a basic M check and oiled any chains that were looking a little rusty.

Environment week at St Laurence's ended with playground cycle skills training for Y3, Y4 and Y5. Pupils practiced control on their bikes through a number of games which was thoroughly enjoyed by all.

Oakington Goes For Bronze.

Oakington CofE Primary school were the third school to get the Bronze School Mark accreditation



last term. The achievement of this spurred them on to set up an after school Bike Club, which will eventually be run by parent volunteers. Next term, they plan to have a family bike ride and picnic to the rec.

Pool Bike Celebrations

The Grove Primary school celebrated the opening of their new bike shed and arrival of their pool bikes by having a jam packed show for parents and VIPs. The school's Bike It Crew hosted the event, thanking all involved parties for their help in bringing things together.

Guests, pupils and staff at the school were entertained outside with songs sung by all pupils and by a synchronised bicycle dance performed on the school's new bikes by the Bike It Crew. Guests were then invited inside, where they were thoroughly entertained by Helen Coutts from Cambridge Community Circus who delighted all with her unicycle display.

The pool bikes were bought from OWL Bikes who recycle second hand bicycles and the bike shed was funded by Cycle Cambridge.

