

# Katie Robinson D & G Sustrans Schools Officer Term 1 Newsletter



## I'd love to hear from you...

I'm Katie Robinson, Sustrans' schools officer for Dumfries and Galloway. Please get in touch if you have any great school stories or would like to find out more about our schools work.

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Facebook: I Bike Dumfries and Galloway

## Upcoming events:

29/01/2017 Cycling Dumfries Ranting Roving Robin Ride out, more info on Cycling Dumfries Facebook and Website pages.

## Message from Sustrans Your Region/Nation

Interesting in holding cycling events from Bike maintenance to cycle skills as well as advice and information then please get in touch using the details above.

## Short articles/updates

E.g. Twitter highlights from an event / quotes from volunteers and students / short articles or updates / message from Sustrans / fun facts / etc.



Twynholm Primary School Pupils accepting their Certificate and new banner.

## New year, new schools.

I Bike Dumfries and Galloway has had a busy first term to the 2016/2017 school year. From organising and running sessions to recruiting new schools.

We are pleased to announce that the following schools have signed up to the programme :

Twynholm Primary School,  
Gatehouse of Fleet Primary School  
Brydekirk Primary School

We are looking forward to sessions running at these and the existing schools. We have already held Dr Bike sessions at these schools and will continue to run these sessions at other schools throughout the year.

We were also lucky enough to have a new volunteer who stated with us and has assisted in some sessions. If you are interested in volunteering with the I Bike programme then please get in touch.

## Santa Sleuth

Did you cycle to School on the last week of the Christmas Term??

Our Santa Sleuth was out and about.



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)

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## Family Fun Afternoon Sessions

Brownhall Primary School have been holding some afternoon Family Fun sessions and I Bike were lucky enough to be invited along to assist.

Sessions allow parents to come into school and take part in fun activities with their children. I Bike assisted with Fruit week.

Activities included pupils getting the chance to taste some fruity smoothies that they had made through pedal power! As well as using fruit and vegetables to paint pictures and made fruit kebabs.

We had great fun attending and hope that everyone Enjoyed themselves too!!

The Smoothie Bike is available to schools or other groups who wish to use it for activities and events and comes with some great instructions and ideas about how to use it. Please get in touch with Katie if this is something you would be interested in

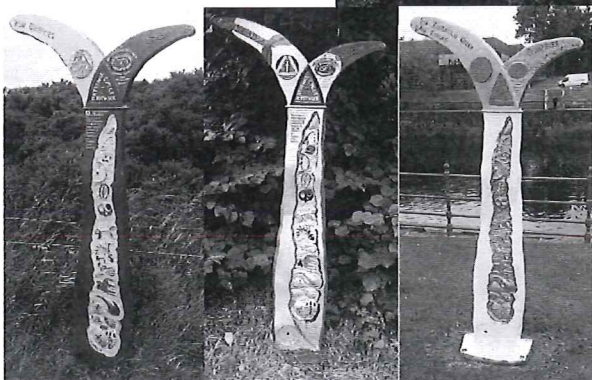
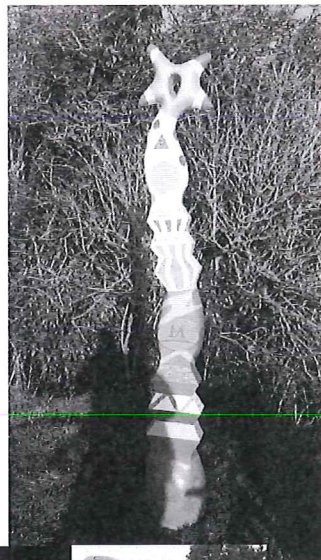


## Mile posts

A recent Sustrans staff work day has seen the repainting of some of the Mileposts along the NCN Route 7 around Dumfries and Galloway.

Sustrans held a competition to design the paint job on a selected number of posts and the picture on the right is the winner for the Dumfries and Galloway Milepost.

Below are also some pictures of some of the mileposts that were painted along route 7, some of which you may be familiar with!!



## All Fuelled up.....



Pupils at Heathhall Primary School were all fuelled up after the school held a Big Bike Breakfast. Pupils pedalled and scooted their way to school and enjoyed a free breakfast.

There were 100 bike counted in the cycle parking area so everyone had made a great effort to get to school under their own steam.

## Bling you Bike with Style

Cargenbridge Primary School held their annual Bling you Bike for Christmas event and once again we were not disappointed with the entries.

There were some fantastic and imaginative designs.

The morning started with a Bike and Scooter Breakfast which involved pupils, parents and staff.

During this Bikes and scooters were judged and each year group had a prize winner.

Hopefully Santa didn't miss one of his reindeer too much as below you can see he was busy. This was one of my personal highlights!!





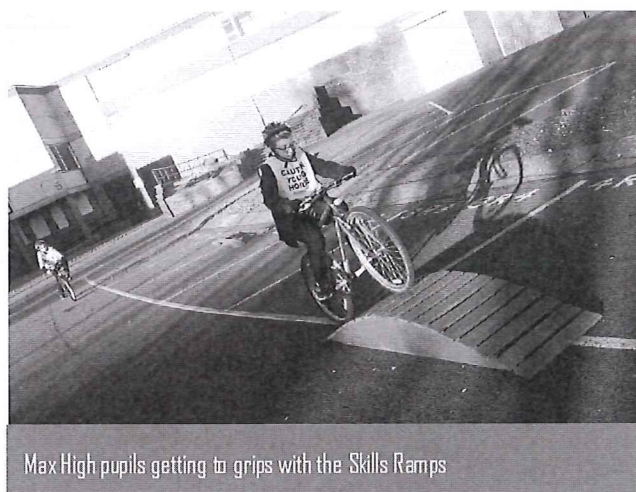
## Riding High to the Max

Maxwelltown High School pupils once again had the opportunity to cycle out and about and learn some valuable cycling skills.

This was made possible by Mr Gray who continues to run the cycling sessions on a Friday afternoon.

Pupils took part in playground sessions, skill sessions as well as a couple of ride outs onto the Maxwelltown Railway cycle Network. It was great to see everyone progressing as the sessions went on.

I look forward to more rides in the future



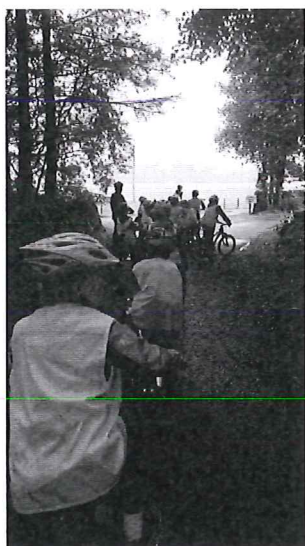
Max High pupils getting to grips with the Skills Ramps

## We 'Shawhead' a great time.

Shawhead Primary School pupils sure had a great time on a whole school trip out. Pupils had the opportunity to cycle and walk. P4,5,6 and 7 pupils had the opportunity to extend their route out towards Bamsoul and all enjoyed the chance to get out and about.

Some pupils had recently learned to ride on two wheels after ditching their stabilisers at sessions held earlier in the term.

Huge thanks to all the volunteers who made this possible, their time and effort was greatly appreciated.



## Big Bike Breakfast



Back in September Dumfries and Galloway held its Annual Big Bike Breakfast in conjunction with Cycling Dumfries and Dumfries and Galloway Council we were there to lend a hand.

It was the first time I attended this event and it was great, with over 75 people commuting that day by bike stopping for some Breakfast.

I was also very impressed by the number of children that also attended while on their cycle to school. There were lots of pupils and parents who attend schools involved with the I Bike project who popped in and it was also good to see members of staff from some of the regions schools stopping by on their way to work.



Overall this was a fab event that was well attended by everyone and those involved with organising it should give themselves a pat on the back. I look forward to the event next year.





## 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](mailto:annie.cousins@sustrans.org.uk)



## I Bike Volunteers Voices

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

'I Bike volunteering brings a smile to my face'

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

'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](http://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](mailto:externalmapping@sustrans.org.uk)

## Hype that site: [sustrans.org.uk/](http://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 Dumfries and Galloway from the following:

