



Ysgol Teithio Llesol Active Travel School

School:

Fitzalan High School

Initiative:

Sustrans Active Journey Project

Describe the problem:

- Some pupils travel relatively short distance by car
- 'Hands Up' survey results showed that some pupils were keen to travel by bike

Tell us about the solution:

Identify a school champion to work with Sustrans to develop a programme that brings about:

- Behaviour change linked to active travel to school
- Improved confidence/skills linked to active travel

Activities

Term 1 – planning and recruiting a pupil ambassador team

Term 2 – Big Pedal focus, ambassadors delivered assemblies, publicised on school website and social media and collected data during the 10-day challenge

Term 3 – bike maintenance, ride planning and reward ride

Cost

No financial cost, staff time needed

Benefits:

Pupils

Awareness of active travel options

Feeling part of a team – Big pedal competition

Ambassadors gained leadership skills, bike maintenance skills, ride planning skills

School

Less vehicles dropping off and picking up

Positive social media coverage – other opportunities followed, currently working with Council's Road Safety team to deliver cycle training for pupils

Staff were also encouraged to walk or cycle where possible, with staff cycle training planned for September 2018

Awareness of active travel has increased greatly

Active Travel is a priority action in the School Improvement Plan and the school has produced their first Active Travel Plan for 2019-2020

Parents

Awareness of active travel options

Children can be more independent in travelling to school

If another school is interested in following your experience, what would you recommend as the next step?

A good starting point is to sign up for the Big Pedal and recruit some keen staff and pupils that will drive the marketing of the event to maximise engagement. The Big Pedal provides a really good starting point and the element of competition really helped with motivating the pupils.

To find out more about Big Pedal, register and access resources, please visit <https://bigpedal.org.uk/> or contact Sustrans Cymru on 029 20650602