



Your

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Foot:print Newsletter

Autumn 2009

Your city, your move!

Travelchoice, 3rd Floor Midgate House
Midgate, Peterborough, PE1 1TN
Tel: 01733 747474 Fax: 01733 317499
Email: travelchoice@peterborough.gov.uk

Welcome to the new look Foot:print newsletter, your termly newsletter from Travelchoice. Foot:print is full of ways that you can get involved in making school journeys safer, greener and healthier!

Dates for Your Diary

- **September 16-22 2009**
Travelchoice Week
- **October 12-16 2009**
International Walk to School Week
- **January 2010**
Government deadline for submitting School Travel Plans to your school travel plan coordinator.
- **April 2010**
Bike to School Week (dates tba)
- **May 2010**
Walk to School Week (dates tba)

School Travel Plan Awards

Congratulations go to 11 Peterborough schools that will receive a portion of a £60,000 grant for their progress on their school travel plans. This will be used in a variety of ways to encourage safe, sustainable travel on school journeys, from covered cycle sheds and lockers for storing wet weather clothing, to helmets and improved site access.

Special congratulations to:

- **Stanground College** that has been awarded Best School Travel Plan Initiative.
- **Bushfield College** that are receiving the Best School Travel Plan Award.
- **Woodston Primary** that has received the award for Best School Travel Plan Champion

Other schools that have received grant funding certificates so far in 2009 are:

- Hampton Hargate Primary**
- John Clare Primary**
- Old Fletton Primary**
- Heritage Park Primary**
- Newborough Primary**
- Nene Gate Primary**
- Middleton Primary**
- West Town Primary**

A massive 88% of Peterborough schools have now completed travel plans. If your school is yet to do so contact Travelchoice, who will provide guidance. All advice is free and by completing a travel plan, you will receive grant funding. We can also point you towards other schools that have already completed their plans for tips!



Walk to School Week Success



A big thank you to the 30 local primary schools that took part in the 'Walk and Talk' themed Walk to School Week back in May. Don't forget Walk to School Week in October! Visit www.walktoschool.org for more information.

Making moderate exercise an integral part of a child's day will help maintain a healthy lifestyle. The theme for the next Walk to School Week (12-16 October) is 'Count me in', and focuses on tips to help students reach the recommended daily 60 minutes of exercise every day.

Many schools in Peterborough hope to gain Healthy School or Eco School status and Walk to School Week is a fantastic opportunity to

help work towards these.

To find out how you can get involved contact us, or look at the Walk to School website, www.walktoschool.org which is filled with lots of ideas for teachers, children, teenagers and parents.

TIP! Ofsted recommend giving 'all pupils the opportunity to learn about and take an active part in promoting sustainability within the school and beyond' (Source: www.ofsted.gov.uk)

www.travelchoice.org.uk

PETERBOROUGH



CITY COUNCIL

Backpack Health Tips



Slinging a backpack on one shoulder seems easier and cooler than carrying it with both straps; however, walking and cycling to school with a

heavy backpack can cause strain, injury or even curvature of the spine to students' backs, necks, or shoulders. Follow these tips to decrease the chances of such problems:

- When buying, look for wide padded shoulder straps and a padded back
- Consider a back pack with a waist strap to distribute the weight when walking
- Encourage students to unpack their backpack daily and leave unnecessary items at home
- Remember, in order to remain balanced when walking or cycling, a back pack should never weigh more than 10-15% of a child's body weight.

New Travelchoice Mascot



Travelchoice has a new mascot which will be appearing at all Travelchoice launches and events! Thank you to Hampton Hargate Primary School and Southfield Junior School for taking part in the 'Name the Mascot Competition' launched in June. Councillor Hiller picked the winning short story from a fantastic selection of entries. The winner will be presented with their Travelchoice goodie bag by Carlross (get it?!), the newly named mascot, in due course. Congratulations to all students who took part!

5 Tips for Safe Walking: Get walking and BE SAFE

- Wear sensible shoes
- Wear bright clothing so that drivers can see you
- Drink plenty of water
- Walk on the path. If you have to walk on the road, walk facing traffic
- Don't rush yourself... allow enough time!

School Travel Plans and the Curriculum

School Travel Plans (STPs) are now incorporated into the school curriculum with PSHE. But why stop there when you can develop your school travel plan through your day-to-day teaching? Here are a few ideas to help you include sustainable travel in lessons:

- Numeracy: analysis of travel surveys

- Literacy: descriptions of journeys to and from school, acrostic poems, write a letter about how you would improve the situation if you were in charge for a day
- Geography: mapping journeys to school and marking road hazards
- Art: design posters to promote sustainable travel, hazard awareness, or pedestrian safety.

Let us know if you use any of these ideas and your school will be mentioned in the next edition of Foot:prints!

Good Practice Around Peterborough

All Peterborough schools are able to apply for Safer Journeys to School (SJTS) which encourages sustainable travel. Three schools that received funding as a result of their applications are:

- Old Fletton Primary School will be getting new cycle and scooter stands, dry parent waiting shelters

and new segregated access into the school which will make it safer for students travelling by foot or bike.

- Southfield Infants and Junior Schools opted for cycle helmet storage, bike shelters and cycle racks.
- Brewster Avenue Primary School had double yellow lines painted outside the school to prevent cars parking directly outside the school.

For more information regarding SJTS projects contact Travelchoice.

Travel Zone Maps – Get Involved!



Travelchoice are looking for one school in Peterborough to help launch the new Travel Zone maps. We hope to

work with schools to produce zone maps to show parents and students how quickly you can get to school by foot or bike. Zones will be shown via a series of 5 minute boundary lines on a local area map with your school at the centre. The idea is to encourage people living within the zone to walk or cycle to school and Travelchoice will issue isochronal maps to the chosen school.

If you would like your school to be the first school in Peterborough with a Travel Zone Map, get in touch.

Feedback



We appreciate your comments regarding our new-look Foot:prints newsletter.

Get in touch if you would like your school to be featured. We'd love to hear how your travel plan is going, any innovative ideas, news, or stories from your school.

Next Time!

Look out for the next edition of Foot:prints for updates and important events. We will be featuring information about how to set up a Walking Bus and how successful they can be. Get in touch if you're interested in setting one up at your school.

New Face at Travelchoice



Travelchoice welcomed Nicola Winstone to the team last month. Nicola is the School Travel Officer and will work with Donna Turner in helping schools create and implement school travel plans.