

Phil Thornley

Sustrans I Bike Officer

Term 4 Newsletter



I'd love to hear from you...

I'm Phil, Sustrans schools officer for the Huntly, Inverurie and Kintore areas of Aberdeenshire. Please get in touch if you have any great school stories or would like to find out more about our schools work.

Mob: 07500 701678

Email:

Phil.Thornley@sustrans.org.uk

Twitter: @iBikeshire
@iBikeshire Top Tweet



Hey @danny_macaskill any chance of re-tweeting our first ever tweet?? the project is working with schools to get more children cycling!

1 0 6:02 am · 21 Apr 2016

Reply to @danny_macaskill

Upcoming events:

- 23rd Aug** Bikeability Level 1 training, Strathburn Primary School
- 26th Aug** Active Travel Breakfast, Strathburn Primary School
- 31st Aug** Science in the Bin, Led ride for S1 pupils at Gordon School,

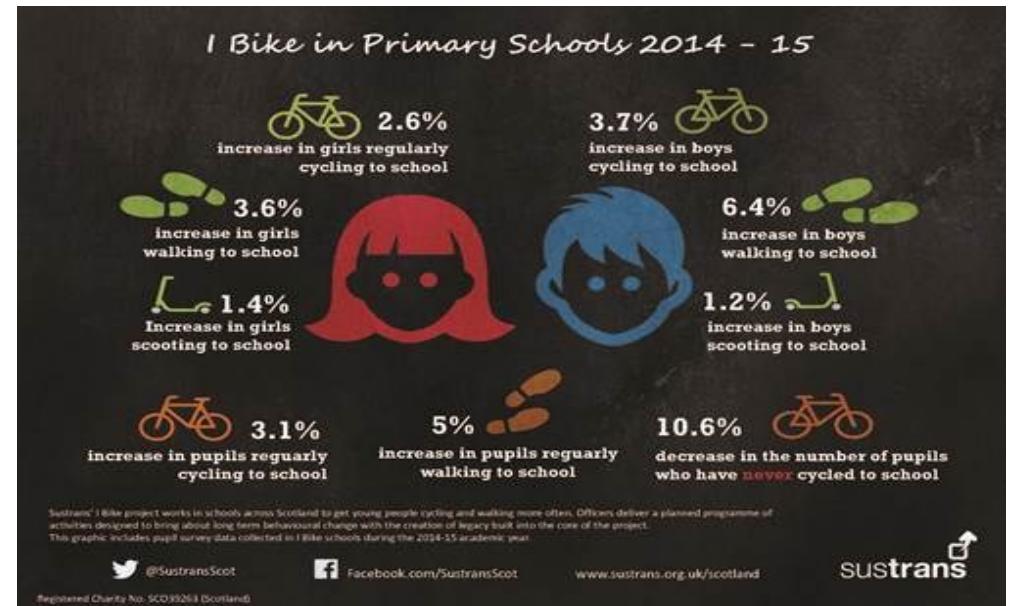


I Bike arrives in Aberdeenshire..!

Well the I Bike project arrived in Aberdeenshire at the end of April 2016 and since starting, I have been busy engaging with each of the schools I shall be working with next term. During May & June, I was busy introducing the I Bike project during school assemblies, recruiting teachers to become active travel champions, conducting pre-engagement surveys and recruiting children to join the I Bike Crews.

What is I Bike?

I Bike is our exciting project where an officer works directly with each chosen school delivering a structured programme of fun and informative classroom and outdoor activities to get pupils travelling more actively to school. We work with the transition years from primary to secondary, as well as running a number of girl-specific sessions, giving pupils the skills and confidence to travel independently under their own steam and their parents more confidence to let them.



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

New wheels...

Over this last term I have spoken to several staff members and parents about running balance bike and learn to ride lessons with younger pupils.

Starting in term 1, I will be able to bring our brand new fleet of **Little Big Bikes** to your school and get the little ones zooming around the playground in no time.



Little Big Bikes are a fantastic resource, allowing the bike to grow and adapt as children grow and become more confident riding with even the option to attach pedals to the frame and make it their first pedal bike too.

Look out for our red, blue, pink and green mean machines at your school. If you would like to book a session contact me on 07500 701678

Bike Amnesty



Next term will see the launch of a bike amnesty at each school within Inverurie. Pupils, parents and staff will be asked to donate any

unwanted bike to their respective school which will be cleaned and serviced by the pupils as part of the introduction to bike mechanics. This will enable all children to have access to a bike whilst taking part in Bikeability training and other I Bike activities. Each bike donated will be exchanged for a 10% discount voucher to be spent at Pedal Power, Inverurie's local and independent bike shop.

I Bike Volunteers

During the past two months, I have managed to recruit six new Sustrans volunteers to help me deliver the I Bike project. I Bike school cycling volunteers assist I Bike school cycling officers with cycling-related activities in selected schools, usually bike skills sessions in the playground, cycle obstacle course sessions, led cycle rides and Bikeability cycle training. I Bike is a really fun project to volunteer with that offers plenty of opportunities to get outdoors for cycling-related activities with children and young people. Free training is provided in the form of led ride leader, bike mechanics and outdoor first aid to assist delivery of each activity. If you are interested in volunteering then please contact Lisa Morton who is the Aberdeenshire volunteer coordinator on 0131 346 9780 or via email at: lisa.morton@sustrans.org.uk

Sustrans is grateful for the continued support of our schools work in the Huntly, Inverurie and Kintore areas from Aberdeenshire Council and Transport Scotland.

Pumped Up..!



S1 pupils from The Gordon School, Huntly demonstrating their bike handling skills on the pump

My first activity was planned to coincide with The Gordon School's transition day for new S1 pupils starting next term and to welcome their arrival, I had arranged the use of Aberdeenshire Council's pump track and obstacle course. The final arrangements were made and a suitable outside space was selected and the only thing I forgot to organise was the weather—with torrential rain, a last minute venue was needed and fortunately, we were able to set up in the gymnasium! During the course of the day, over 200 children were given the opportunity to test their bike handling skills on the pump track and a number of other obstacles including a see-saw and limbo bar!

It also gave me the opportunity to introduce the I Bike project and inform the children just what they could be getting up to next term—the activity was well received from both the pupils and staff with a number of teachers also able to demonstrate their skills on and off the track..!

Staff Training

Over the past few weeks, I have been busy undertaking a number of essential training courses and qualifications enabling me to deliver the I Bike project. These include the Velotech Gold Bike Mechanics course, outdoor first aid and Cycling Scotland's Cycle Trainer qualification enabling me to delivery Bikeability training up to level 3. Its not just me who has been busy, teachers from each of the actively engaged schools will also be busy over the summer holidays as they will be undertaking ride leader training with Cycling Scotland, qualifying them to take groups out on the road and their Velotech Bronze Bike Mechanic qualification.