

Isle of Wight School Engagement

Annual Report

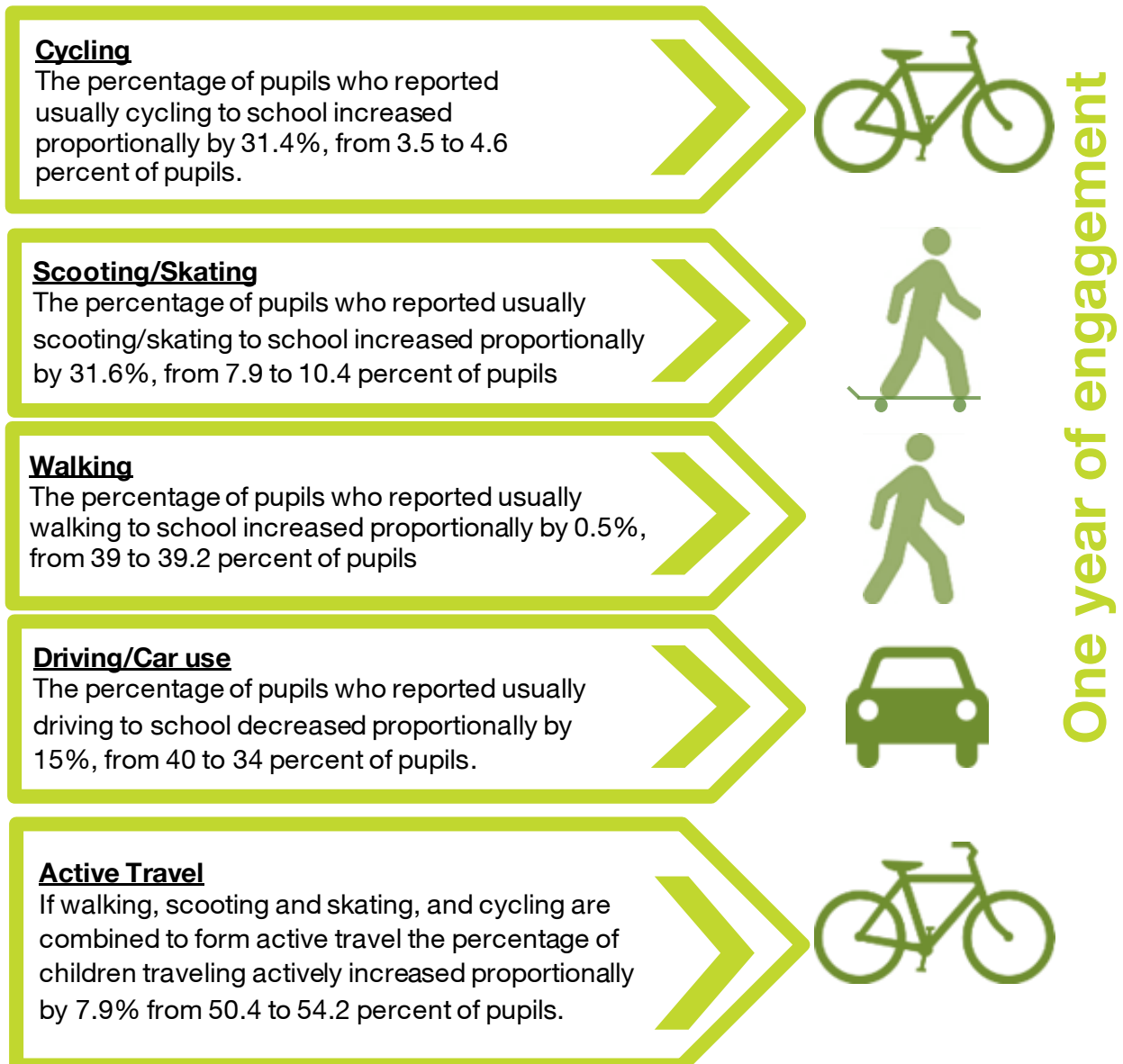
2015-16



Executive summary

The Isle of Wight School Engagement project is working alongside schools to increase the number of young people travelling to school actively and/or sustainably with an emphasis on increasing cycling levels, reducing car travel, increasing levels of walking to school and creating a culture of active travel within schools which can be sustained.

During the fiscal year (April 15- Mar 16), four Sustrans officers delivered **496 activities** across **48 schools** and had **39,969¹ attendances**.



The results above are from the schools that engaged for the first time in the 2015/16 fiscal year and completed pre and post surveys. The pre surveys were carried out in the summer term in 2015 and the post surveys were carried out in summer term in 2016.

¹.i.e. the events held by the Officer were attended by 39,969 people in total. It is important to note that this figure includes repeat participants, and does not necessarily equate 39,969 different pupils

About the IOW Project

The Isle of Wight Council invited tenders as part of the Local Sustainable Transport Fund (LSTF) Tranche 2 bid. The programme delivered a series of interventions in and around educational settings with the aim of changing the travel behaviour of pupils. This was to enable young people, their families, staff and neighbouring communities to walk, cycle, and scoot or skate more often.

Table 0-1 provides details of all schools engaged in the project with comparable pre and post data that are reported on in the Hands Up Survey results.

Table 0-1: List of participating schools with comparable data (38 with comparable data)

School name	School roll	Date of engagement	School Mark
All Saints Primary School	87	Jul 2015	Working towards Bronze
Arreton St Georges	163	Jun 2015	Working towards Bronze
Barton Primary School	241	Sep 2015	Working towards Bronze
Bembridge C of E Primary School	193	Sep 2015	Working towards Silver
Binstead Primary School	246	Jun 2015	Working towards Bronze
Brading C of E Primary School	96	Jul 2015	Working towards Bronze
Brighstone	183	May 2015	Working towards Bronze
Carisbrooke C of E Primary	331	Sep 2015	Working towards Bronze
Carisbrooke College	1155	Sep 2015	Working towards Bronze
Chillerton and Rookley Primary	61	May 2015	Working towards Bronze
Cowes Primary School	326	Jun 2015	Achieved Bronze
Dover Park	257	Jun 2015	Working towards Bronze
Godshill	132	Jun 2015	Working towards Bronze
Greenmount Primary School	303	Jun 2015	Working towards Bronze
Gurnard Primary School	360	Sep 2015	Achieved Bronze
Haylands Primary School	413	Jun 2015	Working towards Bronze
Holy Cross RC Primary	200	Jun 2015	Working towards Bronze
Hunnyhill Primary School	270	May 2015	Working towards Bronze
Lanesend Primary School	280	Jun 2015	Achieved Bronze
Nettlestone Primary School	183	Oct 2015	Working towards Bronze
Newchurch	217	Jun 2015	Working towards Bronze
Newport Church of England Primary school	371	Nov 2015	Working towards Bronze
Nine Acres Primary School	407	Sep 2015	Working towards Bronze
Niton primary	162	Sep 2015	Working towards Bronze
Northwood Primary School	210	Sep 2015	Working towards Bronze
Oakfield Church of England Aided Primary School	222	Jun 2015	Working towards Bronze
Queensgate Primary School	400	May 2015	Achieved Bronze
Shalfleet Primary School	143	Sep 2015	Working towards Bronze
St Blasius	180	Sep 2015	Working towards Bronze
St Francis	210	Oct 2015	Working towards Bronze
St Helens Primary	85	Jul 2015	Working towards Bronze
St Mary's Catholic Primary School	146	Jun 2015	Working towards Bronze
St Saviour's	119	Jun 2015	Working towards Bronze
Summerfields Primary School	200	Sep 2015	Working towards Bronze
The Bay C of E Primary	409	Sep 2015	Working towards Bronze
Wootton community Primary School	197	Jun 2015	Working towards Bronze
Wroxal	96	May 2015	Working towards Bronze
Yarmouth Primary school	69	Sep 2015	Working towards Bronze

2.1 Aims and KPIs

Overall aim: To increase the number of young people travelling to school actively and/or sustainably.

2.2 Objectives

- To increase levels of sustainable and active modes of travel for journeys to educational establishments.
- To support the provision of skills, training and experiences to enable young people to travel more actively, safely and independently.
- Reduce sedentary behaviour by increasing confidence and participation in physical activity
- To celebrate and share best practice in the promotion of sustainable travel choices.

2.3 Key performance Indicators

- 100% of schools receiving the programme between 1 April 2015 and 31 March 2016
- 100% of school receiving the programme in each academic term
- 100% of school children engaged between 1 April 2015 and 31 March 2016
- 100% of school children engaged each terms
- A 13% reduction in school journey trips made by car (as passenger).
- A 203% increase in school journey cycle trips
- A 5.9% increase in school journey walking trips
- 100 tonnes of carbon saved
- Creation of 5 FTE posts

Monitoring and Evaluation

Sustrans' Research & Monitoring Unit is responsible for monitoring the impact of Sustrans Education and Young People programmes across the UK.

The following tools are used to effectively monitor the impact of the project against the intended outcomes:

- Hands-up surveys with pupils
- Activity logs
- Bike/scooter counts

This report outlines results from hands-up surveys with pupils and activity log and bike/scooter count data. Results outlined in this report will inform project delivery, and allow for the evaluation of the impact of Sustrans Education and Young People programmes over time.

3.1 Hands up surveys

Hands-up surveys are used to monitor variations in the mode of travel of school pupils. They ask pupils about their modes and frequency of travel to school and how often they ride their bike outside of school. The surveys are delivered by Sustrans or school staff to a whole class pre and post intervention. Results are entered by Sustrans Officers on Sustrans' online database for Education & Young People projects.

Baseline hands-up surveys are conducted with each school before engagement in the project. On the Isle of Wight, a number of these baseline surveys were conducted by the Footprint Trust, a partnering organisation who helped with school recruitment at the start of the project.

Follow up surveys are conducted at the end of each school's first year of engagement, and again at the end of each subsequent year of the programme.

3.2 Activity log

All Sustrans school officers are required to enter activity data as part of project monitoring. The activity log has been designed to record the positive cycling experiences delivered through the project programmes which are not picked up by hands-up surveys and bike counts. The activity log records the number of participants (pupils, staff, volunteers, parents and siblings) at activities delivered by the Officer.

3.3 Bike/scooter counts

Officers are required to complete counts of parked bikes and scooters, periodically throughout the school year. Regular bike counts allow us to determine the extent to which cycle storage is used within a school and can also be looked at in relation to programme activity as reported in the activity log. On the Isle of Wight, the majority of bike/scooter counts were taken during active travel challenges, or when an activity was running.

Results

Hands up survey Sample Information:

- 7,541 pupils completed a comparable pre survey in 2015-16 across 38 schools
- 7,315 pupils completed a comparable post survey in 2015-16 in 38 schools

Where less than 80% of the class size responded to a question, that question has been excluded from the data set and has not been reported on

The following section will provide an overview of the engagement levels and activities, followed by a breakdown of the results based upon the aims of the project.

In the last fiscal year (2015-2016) the officers on the Isle of Wight delivered 496¹ activities across all schools engaged in the project:

In total, throughout 2015-2016 the officers in the Isle of Wight had 44,209² attendances to activities including pupils, siblings, their parents and teachers (Table 4 2).

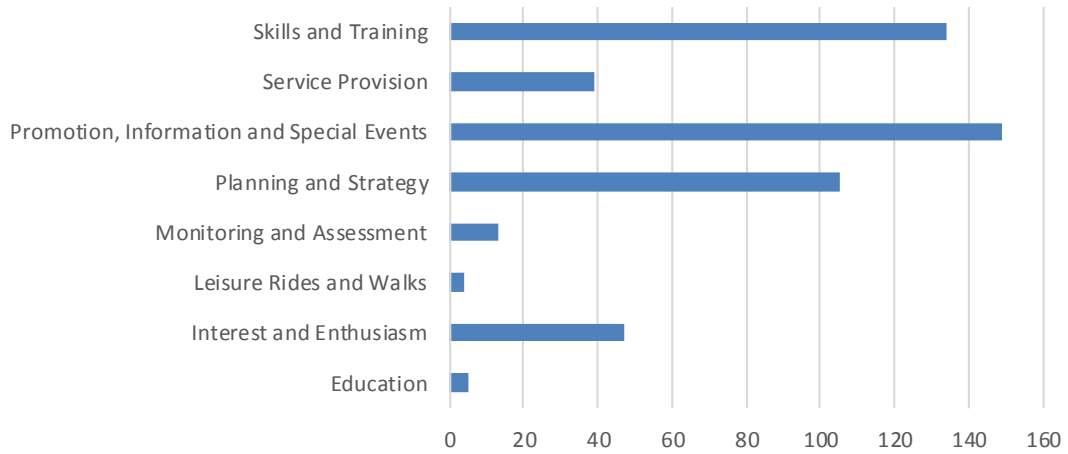
Activity Logs

Table 4-2 Total number of activities delivered in the 2015-16 fiscal year.

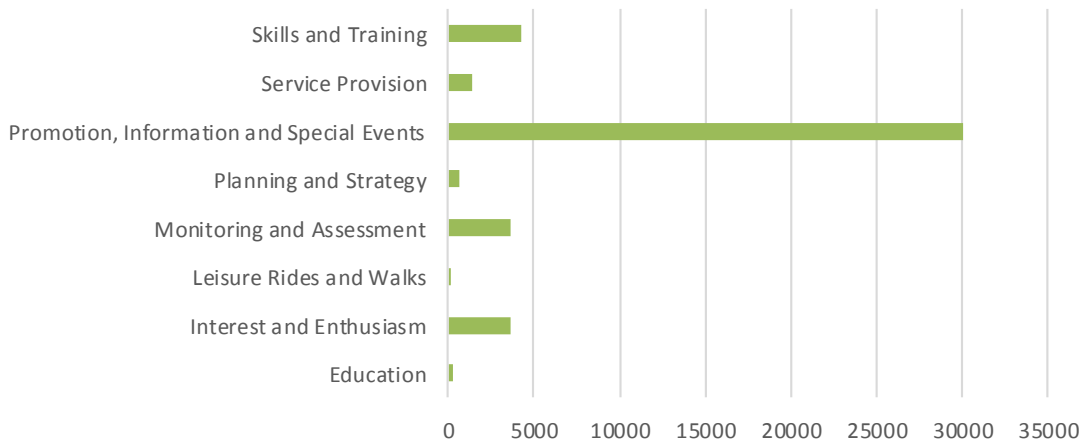
Activity Type	Total Logs	Pupils	Staff	Parents	Siblings	Volunteers	Adults	Total attendances
Education	5	223	6	0	0	0	0	234
Interest and Enthusiasm	47	3168	189	154	49	32	5	3644
Leisure Rides and Walks	4	36	1	0	0	1	0	42
Monitoring and Assessment	13	3515	94	0	0	0	0	3622
Planning and Strategy	105	472	130	5	0	13	4	729
Promotion, Information and Special Events	149	27389	1259	1045	129	93	119	30183
Service Provision	39	1243	71	22	0	6	10	1391
Skills and Training	134	3923	263	23	0	20	1	4364
Total	496	39969	2013	1249	178	165	139	44209

².I.e. the events held by the Officer were attended 44,209 times. It is important to note that this figure may include repeat participants, and does not necessarily equate 44,209 different people

No. Of Activities



No. Of Attendances



Bike and scooter counts

Alongside recording activities, officers keep a record of how many bikes are on site each time they visit a school. Schools are also encouraged to keep a record of bike counts throughout the year.

Bike and scooter counts below are the highest recorded bike or scooter count at that school.

The highest rates of cycling and scooting at most schools occurred when there was an activity delivered by Sustrans. This is expected in the first year of a programme, as delivery focuses on raising enthusiasm and awareness in sustainable travel options. These activities, and the resulting increase in bike and scooter use, demonstrates to parents, staff and pupils that a change in travel behaviour is possible.

Table 5-1: Bike counts

School	Activity	Headline bike count	% of school roll
Shalfleet Primary School	Dr Bike	45	32%
All Saints Primary School	Dr Bike	36	31%
Wroxal	No activity	28	29%
Brighstone	Dr Bike	42	25%
Bembridge C of E Primary School	Dr Bike	43	22%
Holy Cross RC Primary	Yr 5/6 Go Ride	45	21%
Yarmouth Primary school	Dr Bike	14	20%
Nine Acres Primary School	Dr Bike	34	17%
Niton primary	Triathlon	24	16%
Barton Primary School	Dr Bike and Whizzing Wheels	38	15%
St Mary's Catholic Primary School	Dr Bike	26	12%
Carisbrooke C of E Primary	Dr Bike	37	11%
Newport Church of England Primary school	Cycle Skills	40	11%
Northwood Primary School	Dr Bike	21	10%
Gurnard Primary School	Big Shift	34	9%
Greenmount Primary School	Dr Bike	28	9%
St Helens Primary	No activity	8	9%
Newchurch	Dr Bike	18	8%
St Saviour's	Dr Bike	9	8%
Wootton community Primary School	No activity	15	8%
Nettlestone Primary School	No activity	4	7%
Binstead Primary School	No activity	14	7%

Cowes Primary School	Big Shift	19	6%
Lanesend Primary School	Dr Bike	18	5%
Summerfields Primary School	Dr Bike	9	5%
Hunnyhill Primary School	Dr Bike	12	4%
Oakfield Church of England Aided Primary School	No activity	8	4%
Queensgate Primary School	Big Shift Week	14	4%
Haylands Primary School	No activity	13	3%
Cowes Enterprise College	Cycle Skills	17	2%
Ryde Academy	Assembly previous week	15	2%

Table 5-2: Scooter Counts

School	Activity	Headline scooter count	% of school roll
Niton primary	Triathlon	32	21%
Cowes Primary School	Big Shift	68	21%
Nettlestone Primary School	No activity	10	17%
Gurnard Primary School	Big Shift	57	16%
Brightstone	Dr Bike	25	15%
Barton Primary School	Dr Bike and Whizzing Wheels	30	12%
Bembridge CofE Primary School	Dr Bike	23	12%
Queensgate Primary School	Big Shift Week	46	12%
Northwood Primary School	Dr Bike	19	9%
Newport Church of England Primary school	Cycle Skills	32	9%
Hunnyhill Primary School	Dr Bike	25	8%
Carisbrooke C of E Primary	Dr Bike	25	8%
Binstead Primary School	No activity	16	7%
Yarmouth Primary school	Dr Bike	5	7%
St Mary's Catholic Primary School	Dr Bike	15	7%
Greenmount Primary School	Dr Bike	22	7%
Lanesend Primary School	Dr Bike	28	7%
St Helens Primary	No activity	6	7%
The Bay C of E Primary	No activity	16	6%
Nine Acres Primary School	Dr Bike	11	6%
Oakfield Church of England Aided Primary School	No activity	12	5%
All Saints Primary School	Dr Bike	6	5%
St Blasius	No activity	8	4%
Wootton community Primary School	No activity	7	4%
Haylands Primary School	No activity	12	3%
Holy Cross RC Primary	Yr 5/6 Go Ride	6	3%
Cowes Enterprise College	Cycle Skills	24	2%
Wroxal	No activity	2	2%

Big Shift and schools challenge data

There were two, week long, large scale challenges promoted over the course of a year; The Big Shift and the January Challenge. The challenges are “free to access” online challenges designed to get as many children traveling actively in the space of a week.

Data collected during the challenges was compared with pre hands up survey data. During the Big Shift in March there was a 20% increase in active travel. Those travelling actively increased from 55% to 66%.

During the January Challenge, there was a 30% increase from 50% to 65% of pupils traveling actively (walking, scooting and skating and cycling).

These two challenges demonstrate the large scale behaviour change potential that can be achieved in schools during periods of intensive engagement.



Scoot to school

THERE was a pedal-powered breakfast at Gurnard Primary School as pupils celebrated a successful Active Travel Challenge month.

Around 100 children were treated to a winner's breakfast of croissants, pancakes, yoghurt and a smoothie made using a bike-powered blender.

Throughout January, the school took part in the challenge, run by sustainable transport charity Sustrans, to encourage

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parents and pupils to walk, cycle and scoot to school.

Youngsters competed in their house colours to see which team could achieve the most active travel journeys to school.

The winning red team attended the breakfast, along with 'class heroes' who consistently took part in the challenge.

Emile Bleriot, 11, said: "I scooter

every day to school and I thought this was a great opportunity for other people to be encouraged to do the same.

"I think the smoothie breakfast was a great idea because it was healthy and low in sugar. It was also a brilliant reward."

The school undertook the challenge to combat parking problems at the school and to encourage children and their families to develop a healthy lifestyle.

The school has been given £2,000 by the Sports Unit to put towards equipment to encourage this aim.



Noah Squires, ten, pedalling the bike to power the blender at Gurnard Primary School. 0216-p70225

Analysis of Key Performance Indicators

Six out of nine key performance indicators were met in the first year.

KPI 1: 100% of schools receiving the programme between 1 April 2015 and 31 March 2016 (tolerance 98-100%).

KPI 1: Met

The project engaged with 47 of the 48 (98%) schools on the Island. This means that KPI 1 has been met. In addition a number of extracurricular sessions were delivered including summer skills sessions and the Smallbrook cycle sessions.

KPI 2: 100% of schools receiving the programme in each academic term (tolerance 32.6%).

KPI2: Met

	Summer term 2015	Autumn Term 2015	Spring Term 2016
% of schools receiving the programme	24/49= 49%	45/49=92%	33/49=67%

KPI 2 was met as over 32.6% of schools received the programme in each term. The term with the highest amount of school engagement was the autumn term with 92% of all schools receiving the programme.

KPI 3: 100% of school children engaged between 1 April 2015 and 31 March 2016 (tolerance 75%).

KPI 3: Most Likely Met

At Sustrans we don't count individual pupils but we do count attendances- here is our estimation of number of children engaged:

The upper limit figure listed below was calculated assuming that if Sustrans engaged with the school then all children on the school roll engaged in the project. The lower limit was calculated taking the single highest attended activity log at each school and totalling this, giving us a known minimum value. By using this methodology it reveals that the true value sits somewhere between 59% and 99%. The average of the two values is 79%. This suggests that KPI 3 was most probably met.

	15/16 Fiscal year
Maximum number of children engaging in the project	99% (16,507/16,717)
Minimum number of children engaging in the project	59% (9,878/16,717)
Mean of the two values	79%

KPI 4: 100% of school children engaged each term. (Tolerance 75%)

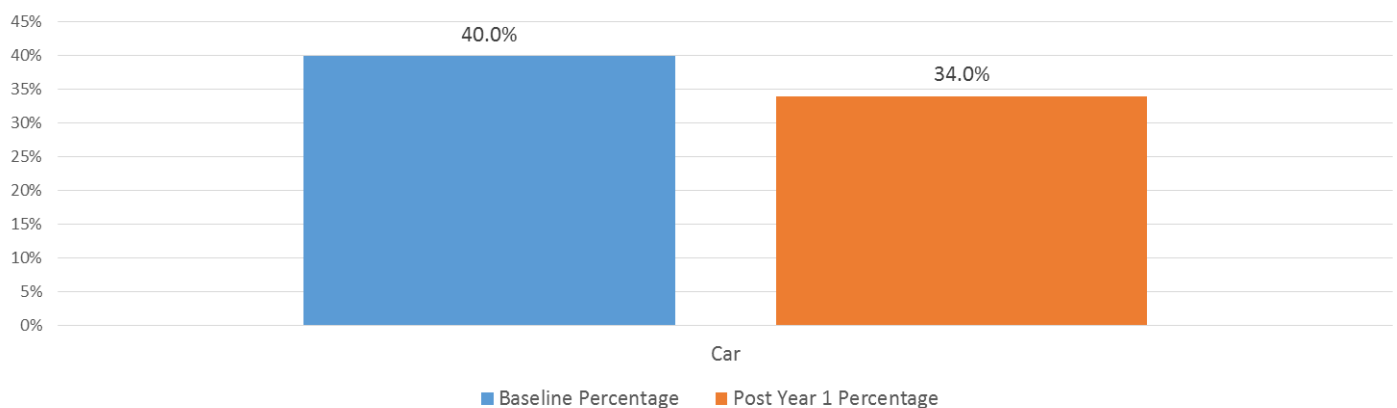
	Summer term 2015	Autumn Term 2015	Spring Term 2016
Maximum number of children engaging in the project	41% (6,781/16,717)	97% (16,158/16,717)	60% (10,064/16,717)
Minimum number of children engaging in the project	19% (3,213/16,717)	43% (7,180/16,717)	39% (6,574/16,717)
Mean of the two values	30%	70%	50%

The results show that KPI 4 was not met in summer term 2015 and spring term 2016. It is also unlikely that the KPI was met in the Autumn Term 2015 as the mean of the maximum number of children and the minimum number of children engaging in the project was 70% therefore falling below 75%.

KPI 5: A 13% reduction in school journey trips made by car.

KPI 5: Met

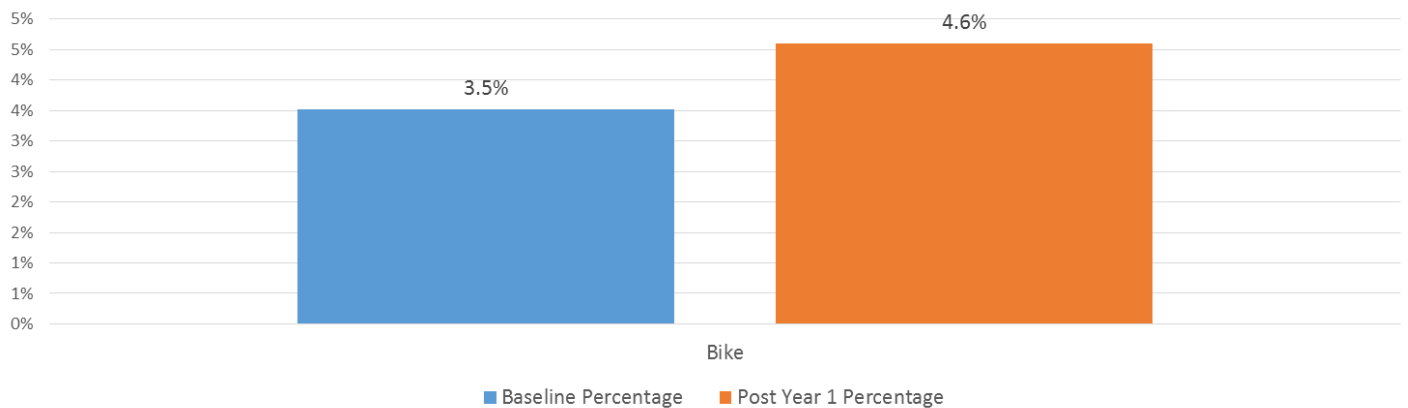
How do you usually travel to school? Those who answered “by car”



Pupils reporting usually travelling to school by car decreased by 15% (6 percentage points) from 40.0% at baseline to 34.0% at post year 1 follow up. This means that KPI 5 was met in the first year.

KPI 6: A 203% increase in school journey cycle trips.

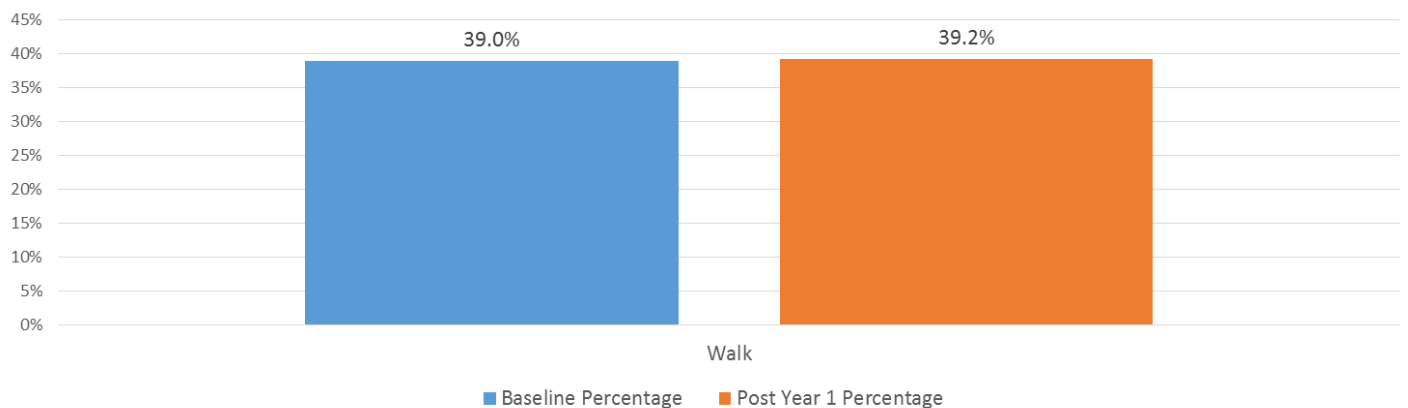
How do you usually travel to school? Those who answered “by bike.”



Pupils reporting usually travelling to school by bike increased by 31.4% from 3.5% at baseline to 4.6% at post year 1 follow up. KPI 6 was not met in the first year.

KPI 7: A 5.9% increase in school journey walking trips.

How do you usually travel to school? Those who answered “by walking.”



Pupils reporting usually travelling to school by walking increased by 0.5% from 39% at baseline to 39.2% at post year 1 follow up. KPI 7 was not met in the first year.

KPI 8: 100 tonnes of carbon saved

KPI 8: Met

Using this methodology it is estimated that 259.34 tonnes of carbon were saved. This shows that KPI 8 was met based on the reduction in car journeys achieved through the project.

Variable	Source	Value
School Roll	Total roll of schools engaged with project	16,717
Baseline Mode share for Car	Sustrans Pupils Survey	40.00%
Follow up Mode share for Car	Sustrans Pupils Survey	34.00%
Average trips per day for "escort education" – driving others to education establishments	Purpose of next trip by gender and previous trip: England, 2014	3.46
Days per school year	-	195
Rounded daily trips saved	(rounded daily trips at baseline – rounded daily trips at follow up)	3470
Trips saved per school year	(rounded daily trips * 195)	676650
Miles per Journey	IoW tender document (4.1km in miles)	2.54762
Carbon KG per Mile	2016 Government publication- Greenhouse gas reporting - Conversion factors 2016	0.30088
Change profile ³	-	50%
Tonnes of Carbon saved (CO2e)	(((Miles per journey * trips saved) * Carbon Conversion) * change profile) / 1000	<u>-259.34</u>

KPI 9: Creation of 5 FTE (or equivalent) posts.

KPI 9: Met

The ambitious target was to create 5 FTE posts within the Access to Education work. The initial four posts were made up of 3FTE project officer staff working on the Island. In addition there is managerial support from a Delivery Co-Ordinator (who also covers other projects external to the Isle of Wight). Also there are a number of external trainers and staff who have been subcontracted by the Isle of Wight Access to Education project- for maintenance and other roles.

³ The 50% change profile represents the logic that the change reported, most likely, did not happen straight away and therefore it is reasonable to assume that the reduction in car journeys witnessed was spread out over the year. Therefore 50% was picked under the assumption that the rate of change occurred linearly over the year.

Schools' Views

'The impact of so many children and their families taking part in the active challenge week was extraordinary - more children arrived on time, happy, relaxed and ready to learn; more parents were smiling and calm and there were far fewer cars blocking the road and car parks! I'm really optimistic that we can make this positive change a permanent improvement!'

- Head teacher at Greenmount Primary School after the Active Travel Challenge

"The work that Sustrans has carried out in the school has really motivated the children to find alternative ways of travelling to school. We have a great number now scooting regularly to and from school as well as the cyclists. The Golden Padlock idea was inspired."

- Deputy Head at Brighstone Primary School

"Students who are normally less engaged and less active pupils have been taking part in all of the lesson. It was great to see that [the reluctant child] participated in the session from start to finish."

- School Champion, Gurnard Primary School following a 'Scootability' session

"Being involved with Sustrans has really transformed how we think about travelling to school. The children have been inspired by the Sustrans Officer and the many initiatives which he has brought to the school. Led by our bike crew and staff, we now feel able to sustain the active travel philosophy and we look forward to maintaining being a fitter, healthier, more thoughtful school community."

- Acting Deputy Head, Bembridge CE Primary



Children from Newchurch Primary School about to set off on their federation ramble in aid of Children in Need. CONTRIBUTED



The Wellies and Onesies Walk at Newchurch Primary School.

Rambling for Pudsey

IT WAS a case of 'ready, teddy, go' as older children from Newchurch and Nettlestone primary schools joined forces for their first-ever federation ramble in aid of Pudsey.

Around 140 children took part in the walk, based on the BBC Children in Need ramble this year, with around 20 parents, over a distance of almost nine miles. Both sets of children set off from their respective school sites at 9am and walked to Brading Football Club.

Newchurch's walk was almost completely off-road, as its 78

youngsters climbed over the Downs and on to the Nunwell Trail to Brading.

The event was supported by the football club.

Sustrans, the Island's sustainable transport company, supported the children on their walk with its famous 'smoothie bike'.

The younger children at Newchurch had their own countryside ramble, called Wellies and Onesies.

Adam Tuck, Newchurch primary's PE co-ordinator, said: "Every child in the school took part in a sponsored walk. It was something we will be looking to hold as an annual event."



Front, left, Nicky Metcalfe, with James Clemens, eight. Back, Tom Clemens, six, Noah Macartney, eight, Sam Corby, nine, and Anya Clarke, eight, and the smoothie bike from Sustrans Active Travel Scheme.

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7 Case Studies

7.1 Cowes Primary Fit 4 Fun

Cowes Primary School began working with Sustrans early in the LSTF School Engagement Programme. The Sustrans School Officer delivered a launch assembly and scooter art competition in June 2015, speaking to all the students about active travel and how they get to school.



The Cowes Primary PE Lead began weekly Fit4Fun KS2 extra-curricular club in September, aimed at female pupils who had disengaged in PE lessons or required more encouragement to become physically active.

Scooter skills was suggested by the Sustrans Officer as a way to help girls enjoy being physically active, and embed the idea that there are options for physical activity outside of school as well.

The school had already held fund-raising activities to purchase a set of helmets and scooters, so the schools officer was able to get started straight away with delivery after planning sessions with staff.

The Sustrans officer suggested different ways of improving balance for using the scooters; stretching exercises to music, hopping and skipping, in addition to raising the heart rate through

The girls gained confidence and co-ordination in completing the different scooter skills challenges.

Several said they would now ask to scooter to school.



Cowes Primary was one of the Big Shift Challenge winners, receiving a set of JD Bug scooters from Sustrans.

The Fit4Fun club helped to assemble them, and now regularly help 'L-check' the scooters.

7.2 Bembridge Primary

Bembridge Primary became the first school on the Isle of Wight to gain their Bronze School Mark accreditation, showing a real commitment to sustainable transport.

This award reflected the hard work that students, staff and their Sustrans Officer had put in throughout the year. More than a quarter of their students cycled and scooted to school during the Big Shift week (11.2% and 16.4% respectively), and the head teacher has noticed an increase in the number of bikes and scooters in the shed on a weekly basis.



In addition to other activities, including an active travel breakfast, Dr Bike, and an art competition to design Santa's sustainable sleigh, the school purchased lights and slapbands from Sustrans to sell at cost to students alongside the Glow Ride.

Bembridge also has a very active Active Travel Crew made up of student representatives.

18 children went on a Glow Ride on residential roads around the school as a fun way for the kids to trial safe routes to school.

Most of the children who took part do not currently cycle to school, although they would like to. When asked whether they usually ride their bikes in the dark, most students replied "No".

This ride gave them a sense of adventure, as well as helping them realise that winter, rain, or dark evenings doesn't mean they can only travel in a car.

Bronze award for green travel



With their bronze Sustainable Transport Award at Bembridge Primary School are, from left, Lucy Taylor, Toby Puckett, Evey Kerr, Mia Paterson, William Hatch, Libby Walker, deputy headteacher Lindsey Stapeley, governor Gordon Kendall, Jessica Scadden and Ross Edmunds, from Sustrans. 0216 970211

PUPIL pedal and pedestrian power has been recognised by a sustainable transport organisation.

Sustrans presented the first bronze award on the Island in Bembridge Primary School, which is now working toward silver.

Ross Edmunds, of Sustrans, said: "The Bembridge Primary School community is making a positive difference to the way the

children travel actively and sustainably to and from school.

"They have set up a pupil-led active travel crew who promote and run events happening at the school.

"Many schools across the Island are now very close to gaining their bronze too."

Sustrans is a leading UK charity helping people to travel by foot, bike or public transport for more of their journeys.

7.3 Changing the School Run

Families across the Isle of Wight aren't always signed up to the active travel agenda when we begin work at a school. One particular family at Wootton Community Primary School was made up of four children, Mum, and Dad—a self-confessed 'petrol head'. They were using the car for the three-quarters of a mile school run every day.



At the Summer school fete called Party in the Park, The Sustrans Schools Officer for the East of the Isle of Wight, ran a smoothie bike session. The Sustrans Schools Officer had previously run a Dr Bike and Cycle Skills session during school time, during which the children's bikes were checked over. However, the fete gave the first chance to speak with parents about Sustrans and the quality of their school run — a very stressful experience for many.

A few weeks after the school fete, Dad saw The Sustrans Schools Officer at the school gate and expressed an interest in trying out cycling and taking on a challenge. The Sustrans Schools Officer organised a Dads' Ride that took dads from the school on some of the local cycle trails. That was enough to whet Dad's appetite.

Over the summer, both Mum and Dad bought bikes and the family cycled together over the Summer holidays. They taught their youngest child to ride a bike, and kept in contact with the Sustrans Schools Officer for advice and support.

Since September, the family has been taking the children to school on bikes most days—a very different way to enjoy the journey. The older son joined the Sustrans Bike Club at Wootton.

In addition, both parents have noticed a big shift in their own fitness and the benefits of using cycling as a low cost family activity which is both fun and helps their family stay healthy, fit and active. A range of Sustrans led activities gave the whole family plenty of opportunities to remove barriers and prepare to change their school journey.