

# LOCKDOWN

## Active Travel from home

Better by...



May 2020

We hope you and your families are all keeping well during this extremely difficult time.

Even though we are not able to keep to our planned initiatives in school we thought it was a good idea to highlight some of the things children can be doing at home to support your School Travel Plan (STP) and the opportunities these would have given at school.

These could be extra activities as part of your home learning or activities that can be enjoyed during your time in the garden or outside.

Please note the home learning activities will count towards your school's Modeshift STARS journey to accreditation. Please find further details for Modeshift STARS in the section below.

## A great start to the academic year ...

Well done to all schools who took part in the sustainable travel initiatives and competitions we launched at the beginning of this year. These included road safety drama based workshops, active travel walking challenges, bike safety events, Bikeability, competitions and much more.

## Road safety banners designed by school children unveiled

One school's pupil who won a competition to design a road safety banner will now have it displayed outside their school. The banner featuring the winners' artwork will now take pride of place outside their school.

Slough Borough Council's sustainable transport team, Better By, supplied primary schools with a blank poster for pupils to create simple and bold designs based around road safety. Natasha's entry from Arbour Vale School was picked as a winner and it was converted into a banner.

She also received a gift voucher to spend. Neil Sykes, Principal at Arbour Vale, said he was extremely proud of his student's design. He said: "This will remind people of being safe and reduce their speed around the school and has been created by one of our pupils." Dean Gray, the school's development manager, said: "This is an important message that we want to send out to motorists, but it was also a great way to engage the students and talk to them and remind them about road safety."



# Pupils are streets ahead with road safety awareness

The Better by team partnered with Konflux to deliver road safety workshops to Slough schools.

Konflux has over 20 years experience in delivering Creative Learning Workshops that are designed to encourage creativity, imagination, teamwork, confidence and knowledge on a chosen topic. Their Creative Learning projects are a perfect platform for kick-starting a topic and unlocking imagination in order to follow up work in the classroom.

This project was initiated to address high levels of single car occupancy on school journeys and

the perception of danger on the roads amongst school communities in Slough. Konflux worked with Better by to create a bespoke workshop incorporating eco/active travel and road safety messaging.

A facilitator worked with each school (usually a group of 30

children) for an hour exploring different drama techniques and exercises. The facilitator acts as both an actor and facilitator, taking the pupils on an imagination based journey. The pupils are actively involved in the exploration of eco travel and road safety issues.



**Funded Road Safety Workshops!**

Brought to you by Slough Borough Council & Konflux Theatre in Education



In February 2020 the Government announced ambitious plans to significantly expand its Bikeability training programme, so that every child in England can be offered Bikeability Level 1 and Level 2 training by the end of Year 6 at Primary/Junior school.

Last year in Slough, we trained 485 children in levels 1 and 2 using the Bikeability Grant funding from the Department for Transport.

For this financial year, Slough has been awarded grant funding to fund 550 level 1 and 2 courses and 183 level 3 courses. In addition to these core Bikeability levels, Slough also has funding through Bikeability Plus to offer courses such as Bikeability Balance and Bikeability Parents to offer cycle training to a wider age group and also Bikeability Fix where trained mechanics will repair and maintain bicycles.

We are aiming to resume cycle training sessions as soon as it is safe to do so. To stay updated about when Bikeability cycle training will resume, please subscribe to our regular newsletter here: <http://eepurl.com/gSOJYz>



# Reach for the Stars! Modeshift comes to Slough schools

## Slough is investing in creative and innovative ways to promote sustainable travel to the Borough's schools.

The national Modeshift Stars scheme will reward schools that encourage children, staff and parents to walk and cycle to school. Modeshift aims to share best practice in sustainable travel delivery.

The scheme awards schools bronze, silver or gold stars according to how effective they are at persuading pupils to choose greener and healthier ways of getting to and from school. Schools will have access to a great number of exciting initiatives to promote sustainable

travel and regular support and guidance from the Borough's Sustainable Travel Officer, Ramandeep Gogna.

Around 5,000 schools already follow the scheme and Slough schools will now be next on the list. Schools that win a STARS award could be recognised as regional or national school of the year at the Modeshift National Sustainable Travel Awards.

We all know that walking or cycling is good for your health and better for the environment than jumping into a car. Slough schools will now have the opportunity to participate in this programme, which incentivises school

communities to choose a healthier route to and from school.

## Modeshift STARS updates:

- 20 schools in Slough have already signed up to Modeshift STARS and are working towards accreditation.
- Modeshift Workshops - postponed until Sept 2020. Please note we will be sending out an online workshop presentation shortly for teaching staff.



# RETURN TO SCHOOL

## forthcoming events and initiatives

### Watch out!

#### The JTA's are about...

The Junior Travel Ambassador (JTA) scheme encourages peer-to-peer engagement and will provide schools with all the resources and guidance they need to promote safer, active and independent travel within the school community. It's a fun and engaging way to spread important messages and build skills for life.

The JTA project will be launched in September 2020 to all schools across Slough. The council's Sustainable Travel officer will

provide initial support and guidance to schools setting up the scheme but the JTA's will deliver the scheme in their school. Two pupils in each year group will be appointed as JTA's and will lead on sustainable travel activities and road safety. Their primary role will be to make the journey to and from school safer and more active for the whole school community.

#### Crackdown on idling: Slough to launch anti-idling campaign

Slough's Better by... team will be working in collaboration with the Environmental Quality Team to

deliver this campaign to schools across Slough. During the school runs to and from school, this campaign aims to reduce the amount of pollution around the school site from idling vehicles. Pupils accompanied by school staff will be explaining to drivers the risks of leaving their engines on when parked up. Pupils, wearing hi-vis jackets and armed with flags and banners will be cheering those parents and drivers who pledge not to idle outside the school. Drivers will be given information cards on the impacts of pollution around schools.

# HOME SCHOOL

## active travel challenges

## Fun competitions

Fantastic prizes to be won! Pupils will be rewarded for their efforts and participation in the home learning activities. Schools can select three winners from each activity and send all entries by email to [ramandeep.gogna@slough.gov.uk](mailto:ramandeep.gogna@slough.gov.uk) by the deadline dates (see below for details).

**COMPETITION OF THE MONTH**  
**Active Travel Leaf Challenge**  
**WIN A PRIZE UP TO £50**

Please click on the following link for further details and instructions on how you can enter this competition:  
[www.slough.gov.uk/parking-travel-and-roads/design-a-leaf-poster-competition-2020.aspx](http://www.slough.gov.uk/parking-travel-and-roads/design-a-leaf-poster-competition-2020.aspx)

### ACTIVITY 1: Cycle Art Competition

Have a go at being imaginative with your bike, scooter or skateboard... create your own active travel garden art. Make use of all those bits and pieces you find in a garden to design people travelling by bike, scooter or skateboard. Ideal for lockdown or any time afterwards if you are looking for an active travel creative task and it can be adapted for the space you have if you don't have a garden. You can use dry twigs, weeds, leaves and flowers or whatever you can find in your garden or shed.

When you have finished make sure you show your family and take a picture. You may need to (safely) stand on a chair to get the best angle... or ask an adult to take a photo for you. Be careful not to cast a shadow which spoils your design when taking a photo. **Please send all photos or scanned images to your school by 29 May 2020.**

### ACTIVITY 2: Tin Foil Modelling Challenge

This is a great fun home activity pupils can do during lockdown or any time after. Create your own active travel models - scooting, walking, cycling or even a whole scene - just using tin foil from your kitchen to show all the great ways of getting around. **Take a photo of your creations and send in to your school by 29 May 2020.**

### ACTIVITY 3: Stay Safe Get Active Challenge

Create your own mini comic, story or poem to show how you can Stay Safe Get Active both now and when schools reopen. **All entries to be returned to schools by 5 June 2020.**

### ACTIVITY 4: Rate Your Walk Challenge

Design a walking log book - keep a note of all the interesting things (street signs, animals, birds) you see during your daily active walk allowance in Lockdown. **Walking log books can be sent in to schools by 5 June 2020.**

### ACTIVITY 5: Design a Parking Pledge Badge

Pupils can remind parents to park responsibly when schools return after lockdown. This activity will involve pupils designing a tax disc-sized parking pledge badge for the car windscreen. Pupils must also write a few words about why poor parking might be dangerous. **All entries to be returned to schools by 5 June 2020.**



## Love to Ride

Love to Ride has something for everyone. Register on the Love to Ride site where you can record your rides, encourage others to jump in the saddle, complete a virtual ride, set goals and so much more. Keep your eyes peeled over the coming months as Love to Ride will be running campaigns, such as Bike Week and Cycle September, where you could win bikes, holidays, vouchers and more! Whether you are going to the shops or going out for your daily exercise, Register at [www.lovetoride.net/slough](http://www.lovetoride.net/slough) to enjoy a ride and record it on your profile to see what Love to Ride is all about.