

### Welcome

Welcome to the spring term newsletter, reporting all the good work that's been going on!

We've ended the term with things a little different to normal.

For now we have unfortunately ceased our school menu of activities.

However, we can still offer remote resources. We have a menu on offer, I'd be happy to send over! Please see below for more info.

Stay Safe – keep using your one a day to get outside 😊

## Bikeability Fix Course

Students across Milton Keynes have been lucky enough to be involved in learning more about maintaining their bike, and what to do if it goes wrong!



Students on the course learnt the following:

- Parts to a bike
- M Check
- ABC Check
- How to repair a punctured tyre



MKC partnered with Cycle Saviours to deliver these Bikeability Fix courses. "Cycle Saviours is an exciting social enterprise that loves saving, refurbishing, repairing, servicing and selling bikes, making cycling accessible to all and encouraging everyone to get on their bikes." To find out more visit:

<http://www.mkchristianfoundation.co.uk/social-enterprise/cycle-saviours/>

**Modeshift STARS Initiative Achieved**  
C1 – Dr Bike/Cycle Maintenance Sessions



### Remote Activities

<b>Cycle Smart Fun Book</b> e.g. label a bike, crossword	<b>Bling your Bike Art/Design Competition</b>	<b>Write a letter to the Headteacher/government explaining why school needs to be safer</b>	<b>Quizzes</b> PowerPoint or PDF Get students to create their own quiz
<b>Word Searches</b>	<b>Work through the Highway Code</b> (Tales of the Road)	<b>Create a new Highway Code</b> Older students for younger students?	<b>Draw or make a Car/Design a Road Safety Game</b> Resources on request
<b>Check your Bike M check!</b> Check over their bike whilst at home	<b>Road Safety Resources</b> e.g. colouring in, spot the difference, safest route	<b>Research into a country/area, do they have poor air quality and why?</b>	<b>Air Quality Resources</b>
<b>What different Road Signs mean. Make your own Road Sign.</b>	<b>Write a contrasting story - a good journey to/from school and a bad journey to/from school</b>	<b>Create a poster/leaflet on a particular aspect</b> e.g. Road Safety, Air Pollution	<b>Create an active travel super hero</b>

If you want to learn more or if you're interested in resources contact:

[ellie.williamson@milton-keynes.gov.uk](mailto:ellie.williamson@milton-keynes.gov.uk)

### Accreditation

We are here to work alongside you, to help gain accreditation!

This term has been a busy one!

We have seen:

MKC Bikeability Instructors and Cycle Saviours, undertake Bikeability Fix courses in schools!

K+N session – Lorry Sessions

Redway Guide Session

## Park and Stride

Loughton School launched their new park and stride location.

Park and Stride site is a nominated area where parents/guardians can park, then walk the rest of the way to school.

The school teamed up with their local Harvester who is situated 5 minute walk away from the school. The Harvester kindly offered free tea and coffee for parents who joined the walk and a competition to win a £40 meal voucher!

The school chose a theme '**Funky Feet Friday**' students jazzed up their footwear to win prizes! The launch was a huge success with over 100 families joining the walk.

Well done to all who took part!



### Modeshift STARS Initiative Achieved

- AQ4 – Park and Walk/Stride Scheme
- PR8 – Competitions run by the school
- PR10 – Social Media Campaign
- PR16 – Headteacher letter to parents



## Redway Guide Sessions

Schools across MK have been exploring the Redway Map and its Code of Conduct. Looking at ways we can make a 'child friendly' version, to make journeys on the Redways simpler, safer and easier.

Sessions with students have been vital, and there have been some brilliant ideas come forward!

A big thank you to the following schools for hosting the sessions:

- Long Meadow
- Loughton School
- Olney Middle School

These schools all have travel ambassadors who look to implement ideas and activities around modal shift.

If you are interested in finding out more please contact us!

Keep up the good work!



### Modeshift STARS Initiative Achieved

- C16 – Other cycling initiative<sup>1</sup>
- PR10 – Social Media Campaign
- PR20 – JRSO/YTA's/JRSO's in place



## Travel Display Board and Distributing Maps

Look at this great travel board and travel table at **Long Meadow School**! It details everything active travel! Parents, staff, students and the community can access the board/info – to help plan their journeys. Their travel team have been working really hard in school and out in the community. Keep up the good work!



### Modeshift STARS Initiative Achieved

- PR5 – Distributing Cycling and Public Transport Map
- PR7 – Travel information on notice board

