

## **Education case studies**

### **Carbometer assembly at Westwood School**

SRTS presented two assemblies at Westwood Junior School in March, using the special purpose built SRTS Carbo-Meter exhibit. This measures how many calories are burnt during 90 seconds walking on a treadmill compared to how few are burnt during a 90 second car journey. Pupil volunteers did a fantastic job demonstrating the benefits of an active journey as the Carbo-Meter showed how walking used up far more energy. The Carbo-Meter doesn't measure the enjoyment factor, but all the children felt they would enjoy a walk to school more than being cooped up in the car.

### **One World science day at Cromwell Park Primary School**

Pupils at Cromwell Park Primary School in Huntingdon learnt how they could help the environment and themselves at a special One World science day event organised by their Project Officer. Sessions enjoyed during the day included Ecosnakes and ladders, which gets a serious message across in a fun way. The day was concluded with a short SRTS commissioned film called 'The Only One'. The film looks at the environmental challenges we all face and suggests ways we can help our environment by making small changes in the way we live our daily lives.

### **National Science week**

Hundreds of pupils at SRTS project schools found out how to save the planet in just 45 minutes as part of National Science and Engineering Week. The sessions run by the Inspirational Science Theatre Company (as featured on Teachers TV and national television) helped teach children how to combat climate change.

Other events organised by the SRTS team for National Science and Engineering Week have included the popular show Carless Talk. Children and adults discovered how everyone can help reduce the impact of climate change by making small changes to our lifestyles.

### **Safety lesson at St John's School**

Pupils at St John's Primary School, Huntingdon had a fun filled lesson that they asked for as part of their Safer Routes to School (SRTS) project. The pupils each got a chance to drop raw eggs first without, and then with, a miniature polystyrene helmet to understand how a cycle helmet protects their head.

Pupils also spotted faults on a very dodgy bike and estimated, then measured, the speed of cars going past their school to practise being able to guess how fast a car is travelling – an important skill in crossing a road safely.

Lastly they watched a 'you've been framed' style video with important do's and don'ts for how to cross the road safely and which included some scary real-life near misses with motorists and pedestrians. The lesson finished with a road safety quiz.

Feedback from teachers and children alike showed the lesson had not only been a great success but the children had also learnt some vital information along the way.

As a result of the SRTS project the school has also benefited from a fantastic new cycle shelter and a scooter rack. They also have signs to deter parents from parking close to the school and further highway measures are planned. The school have also benefited from a visit from the Millennium Maths Project, who ran fun and interactive maths workshops with the younger years groups in 2008 as part of Walk to School Week.

## Encouragement case studies

### Houghton Primary School

For the children at Houghton Primary School, the Walking Bus is great - they get exercise, fresh air and can chat with friends even before their school day starts. Parents and carers also benefit; knowing that their children have arrived at school safely and on time without the stress of the usual school run traffic. All children are welcome to join the bus even if their parents or carers cannot be drivers and the service is free.

### St Bede's School

Over the summer holiday the cycle parking at St Bede's School was transformed from this



to this...



Students and staff at St Bede's school had been cycling on the school journey but on arrival had nowhere to store their bikes. Now students store their bike in a secure

place. As a result of this the numbers cycling to school have increased and there has been a reduction in students being driven to school. In fact the original provision for 100 cycle parking spaces is now beginning to look inadequate!

### **Little Thetford Primary School**

During Walk to School 2008, pupils arriving by Walking Bus at Little Thetford Primary, were met by Spike the Road Safety Hedgehog. Spike was there to encourage more children to walk to school and say a big well done to those pupils who use the bus regularly. Matthew Grout, Safer Routes to School Project Officer said "Lt Thetford have done a really good job setting up the walking bus and it is important that people recognise the work involved. Walking to school provides children with great opportunities to chat with friends as well as becoming more aware of their surroundings. Parents and carers can also benefit as walking to school can reduce fuel costs and help to meet the recommended one hour a day of physical activity."

## **Engineering case studies**

### **Elm Road Primary School**

Many parents and children at Elm Road Primary School make the daily journey to school on foot and crossing the road was raised as a problem. After extensive research and consultation the working group found that most people wanted to have the existing wide junction made narrower, slowing the traffic in the area and making it much safer and easier for pedestrians and cyclists to cross.

Now when children and their parents and carers cross the road to walk to school they do not have such a huge expanse of roadway to negotiate because pavements have been widened and new pedestrian islands have been built.

### **One schools experience of being on the SRTS project**

"Our school is situated in a village just off a busy road, opposite the local shopping centre and next to the local library and doctors surgery. Our main concerns were; the majority of children being driven to school, dangerous parking, health and road safety awareness of the children and the environmental impact.

We wanted all the children at the school to get involved and included them in the working group. We ran a competition to design pavement 'stop look listen markings' to be used around the school site. SRTS also installed some low level fencing outside the school to channel the children to cross with the lollipop lady rather than running across the grass and straight across the road.

The children helped to write and design a travel planner booklet outlining the ideas behind the project and showing the recommended routes to our school.

I would recommend the SRTS project to other schools. It was lovely to see the children have such good fun and I feel they have benefited greatly from the project. I hope they will take what they have learnt into their future lives."

### **Waterbeach Primary School**

An important part of the Safer Routes Project is working with the local community to encourage more children and adults to cycle to and from school. This usually involves Parish Councils or local community organisations, but at Waterbeach new ground was broken with the involvement of the Army in the project. The 39 Engineer Regiment (Air Support) based at Waterbeach Barracks worked to install new cycle

shelters at the local Primary School. The involvement of the Royal Engineers was particularly significant as many of the children at Waterbeach Primary live on the army base.

### **Bassingbourn Primary and Village College**

Bassingbourn Village College and Primary are the recipients of over £12,000 worth of improvements to the entrances of their schools.

A working group was set up with representatives from the Village College and Primary to identify what improvements could be made to help those walking and cycling to the schools. Research pointed to the fact that the pedestrian and cyclist approach to the Village College in particular was difficult as the path was very narrow and also ran out just as it crossed the car park entrance! It was also felt that improvements could be made to the route between the Primary School and Village College.

As a result of this, the working group were successful in securing SRTS funding to pay for the path to the Village College to be widened and raised, new signs installed for cyclists, a zebra crossing marked out across the car park as well as a path marked out where there was none. A knee rail fence was also installed to protect pedestrians and route improvements made between the Village College and Primary.

These improvements have now been completed and both schools are very pleased with the results - not only do they look great but they are being well used. Just a few of the positive comments by students are: "at the bottom of the drive I don't have to walk on the road - it used to be too narrow", "You don't nearly get run over by cars now", "Better - it's safer, because you can actually see where the path is"

One of the other benefits that the two schools have enjoyed as part of the SRTS project was a visit by a theatre company. The theatre company performed one of their highly acclaimed lectures on the subject of pollution, road safety and the benefits of cycling and walking. The difference with this lecture though, was the 'Laurel and Hardy'-like delivery!

### **Mayfield Primary School**

SRTS were helped by funding from the Cycling (Demonstration) Town project in 2009 which aims to increase and encourage cycling in Cambridge and surrounding villages. One of the schools that benefited was Mayfield Primary School and John Grimshaw CBE, president of Sustrans and special advisor to Cycling England, officially opened the cycle parking. He said: "Cycling is a great way to commute to and from school, not only for health reasons but it also relieves congestion in local communities by reducing the number of school car runs. By providing facilities such as cycle parking we hope to encourage more pupils to get on their bikes knowing that they can park them both safely and securely on school grounds. It's great to see so many keen cyclists, some of the children I met at Mayfield Primary cycle up to 30 miles a week. One child had even cycled from Lands End to John o' Groats!"



Cambridgeshire County Councillor, Matt Bradney, Cabinet Member for Transport, said: “Cambridge currently enjoys the highest levels of cycling anywhere in Britain, however, it is essential that this cycling culture is encouraged to grow into outlying villages and new communities. We need to make sure we provide appropriate infrastructure including cycle parking to support existing cyclists and encourage more pupils and teachers to choose to cycle to and from school.”

With the additional funding provided by the Cycle Demonstration Project, Safer Routes has provided parking for 184 cycles and 54 scooters. This number already exceeds the total of cycle parking spaces that was provided in the last six months of 2008. The extra funding has been a tremendous help to SRTS.