

The big chill

As winter approaches, and the nights and days are darker, walking and cycling are still good ways to get about, but it's important to keep safe whilst you are on the move. In this issue we have some simple tips to help you keep safer when you are out and about.

As the seasons change there are also changes afoot for the Safer Routes to School and Road Safety Education teams as Road Safety Services goes through a major restructure. In this issue we look at some of the great things that have happened this year and start to look ahead as we move into the New Year with slimmed down teams and new ways of working with schools and partner organisations.



Winter Walking Tips

Keep hands, head and ears covered, but be sure hats and scarves don't block hearing or vision.

Mittens keep hands warmer than gloves!

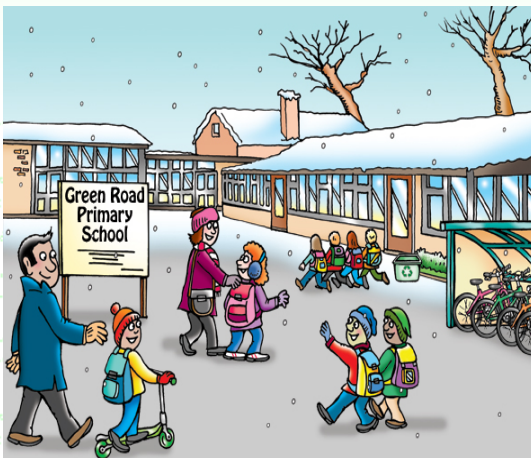
On dark winter mornings, make sure children are visible to oncoming traffic with reflective strips or tags on jackets, backpacks, boots, umbrellas, etc.

Wear sunscreen, you can still get sunburnt in winter!

Always walk on the pavement. If there are no pavements, walk facing oncoming cars.

When crossing the road wait until cars stop completely before crossing. Drivers may not be able to stop suddenly on icy roads.

Go Walking in our Winter Wonderland!



When you are sitting in your house this Christmas, tired of watching television, why not wrap up in winter layers and set out for a winter walk! In just sixty minutes of walking you can burn about 360 calories– an excellent way to get your daily dose of physical activity and be on your way to good health! Enjoying the scenery is not just for summer - maybe you could help to organise a winter walk day in your community?

Car free travel!

Many schools in Cambridgeshire have a **Walking Bus** which is a group of children walking to school with two or more adults. If that sounds simple, it is, and that's part of the beauty of the walking bus. It can be as informal as two families taking turns to walk their children to school or something more structured with a route, meeting points, a time table and trained adult volunteer bus 'drivers'. If you are not sure if it would work why not start simple? It often makes sense to start with a trial of a small **Walking Bus** and see how it works. Start with a neighbourhood that has a group of parents and children who would like to try it. Invite families who live nearby to join in, choose a route and do a test walk. Decide how often you will walk together. Benefits include money saving, exercise and meeting friends and neighbours. If the trial is successful then you can consider expanding the bus and setting up a formal **Walking Bus** for more information on this please contact Road Safety Services on: 01223 699346



Safer Routes to School News

Matthew Grout SRTS Project Officer celebrates The Bellbird Primary School's successful project.

After 3 years involvement with Safer Routes, The Bellbird Primary School in Sawston left the Project on 11 November. A special assembly was held to present a certificate awarded to all schools to mark the successful completion of the Project. Their Project Officer, Matthew Grout was sad to see them go. 'Working with The Bellbird School has



been superb. We've managed to do some really good work at the school. *'The Bling Your Bike'* competition last February and the assembly that followed was a real highlight and the playground markings in a road layout applied last December look very special.

Most valuable of all was the 'Bellbird Superstar' Certificate I was awarded after the *'Bling Your Bike'* competition. It holds pride of place on my desk.' Safer Routes wish everyone at The Bellbird all the best for the future.



Roundup, Melanie Baker SRTS Project Officer reports on events at some SRTS project schools.



A fantastic new SRTS resource '**The Reaction Timer**' has been road tested at several SRTS primary schools, Dry Drayton and Barton Primary School enjoyed their sessions very much. The reaction timers form part of a lesson about speed and the factors that affect a drivers' stopping distance.

Pedal Power cycle training took place with Year 3 at Willingham and Year 4 William Westley Primary Schools. Pedal Power is an off road cycle training course and the precursor to **Safer Cycling** and **Bikeability**. All the children really enjoyed the sessions and luckily the rain stayed away! As part of National Road Safety Week, children at Middlefield and William Westley Primary Schools took part in a '**Be Safe Be Seen**' assembly and learnt how to stay safe on the school journey by wearing fluorescent and reflective clothing.

Barton Primary School was one of four Cambridgeshire schools to receive national recognition for their commitment to encouraging sustainable ways of getting to and from school. Barton were awarded the Bronze Standard in the School Travel Plan National Accreditation Scheme.



Spike shows The Way 2 Go! Rosemary Mullen SRTS Project Officer says goodbye to Nene Infant

Nene Infant School enjoyed a Road Safety Day with their Safer Routes Project Officer Rosemary Mullen and Road Safety mascot Spike the Hedgehog. The day was the conclusion to a successful and enjoyable project at the school which saw the working group achieve a number of much needed measures, these included pedestrian safety barriers at the school entrance and improved pedestrian features on the road leading to the school. 'It's sad to say goodbye to such a keen and committed school, but I know they will carry on with the work and achieve even greater success in encouraging walking and cycling to school' said Rosemary.



Road Safety News



Safer Cycling and the Olympic Torch!

Sadly, despite getting through to the last round, Maureen Harrison a volunteer cycling instructor from Ramnoth for almost 30 years, did not make the last stage to become a torchbearer but we are really proud of her. Well done Maureen and thank you so much for all of your time and

effort over the years. Her Olympic spirit has encouraged many youngsters to become confident cyclists.

As you will be aware there have been many changes to cycle training over the last few months, particularly with the introduction of a charge to cover CCC costs.

Our aim is to ensure that every primary pupil aged 9 and over gets the opportunity to receive on road cycle training. This can be delivered in two ways – Safer Cycling Scheme, delivered by trained volunteers at their school or Bikeability training, delivered by an external provider, currently Outspoken training. From September 2011 all schools were contacted asking them to choose which option suited them best. Many schools have responded and some will already have dates in the diary for spring cycle training. However, many schools have not responded and could miss out on the opportunity to offer cycle training to their pupils. This could be for several reasons, the main being that cycle training has had many changes over the past 12-18 months and schools are confused by the changes. Cheryl Morgan and Maree Richards, Cycling Education Officers for Cambridgeshire County Council are more than happy to go into schools to discuss how cycle training could be introduced to the school or how it could continue. If your school has not responded then please do give us feedback on how we can help. On road cycle training is a vital life skill and can really make a difference to how children cycle safely on our busy roads.

Telephone: 01223 699346

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Winter Driving Tips.

In a warm, comfortable car it can be easy to forget that the cold, wet, windy and icy conditions of winter present a different set of driving hazards. At this time of year there is frost at night, often mixed with fog. For drivers, this means adapting to slippery road conditions and reduced visibility.

The Highway Code requires us all to drive at a speed that will enable us to stop in the distance we can see to be clear ahead. On damp and wet surfaces, this distance will be at least double that of a dry surface. On icy and snowy surfaces, this can be increased by up to ten times! Damp, wet and greasy roads at corners and bends also need extreme caution. In these circumstances drivers are encouraged to slow down and leave plenty of distance between them and the vehicle in front. When driving in winter you should:

- Leave extra time to complete your journey
- Leave plenty of space between you and the vehicle in front at all times
- Ensure vehicle lights operate correctly and are clean
- Only use high intensity fog lights when visibility is seriously reduced
- Ensure that your windscreen and other glass is clean and clear of ice
- Ensure that you have adequate windscreen washing fluid for the whole of your journey
- Ensure that your tyres are in good condition and correctly inflated
- You should also consider carrying emergency equipment

"Wild horses won't stop me"

Going beyond the normal call of duty one of Cambridgeshires' lollipop ladies stopped a herd of wild horses heading towards school.

Lollipop Lady Janice Woodland spotted the animals galloping towards her after helping a little girl across the road at Alderman Jacobs School.

Janice immediately held out her lollipop sign to stop the charging animals and corralled them into a nearby garden.

School head teacher Margaret Sargent saluted Janice after she headed off possible disaster.

Janice's Manager Andy Swallowe said "Janice was brilliant and nobody was hurt because of her prompt actions. We have a very special team of School Crossing Patrol staff this brave act shows why!"

**Stop means stop!**

Our "Stop Means Stop" driver awareness campaign was launched in October 2011. The campaign is designed to:

- Raise the awareness of drivers that they have a legal responsibility to stop when instructed by a School Crossing Patrol.
- Highlight the possible penalties for failing to stop when instructed to do so. The penalty is currently 3 points and up to a £1,000 fine.
- A driver in Cambridgeshire was recently fined £500 and banned from driving for failing to stop for a School Crossing Patrol. The 3 points issued combined with other points for speeding etc was enough for their licence to be revoked.



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