School Name: Coppice Primary School, Chigwell

1. Title

The promotion of healthy and sustainable ways of travelling to and from school.

2. What did you want to do? (What problem did you want to address?)

As a school, we were aware that some of the children do not travel to school in a healthy and sustainable way. Therefore we wanted to promote and provide all children in the school with the opportunity to travel to school in a healthy way.
The problems to address for this target were the positive engagement of parents and the weather dampening the children's engagement. Through this initiative the children will develop their understanding of how their method of travelling to school can contribute to sustaining a healthy active lifestyle.

3. What did you do? (How did you do it? What strategies have you used?)

Coppice have promoted and participated in many Redbridge borough initiatives to promote a healthy and sustainable way to travel. The initiatives are as follows:

Cycle to school week
Walk to school initiative
Walk to school week and walkers hot chocolate
Bikers breakfast
Big Pedal
Bikeability
Staff cycle training
Dr Bike
Balance bikes training

Throughout all of these initiatives we saw an increase in the number of children and parents walking, cycling or scooting to school.

4. What difference has this made? (What differences are you seeing in young people e.g. attitude, behaviour, achievement and attainment? What evidence do you have?)

Throughout Cycle to School Week in October and Walk to School Week in November the numbers of children cycling and walking to school dramatically increased, when speaking to children they fully understood why cycling and walking is healthier than driving or getting the bus to school. This was shown through the data that was collected as evidence for the borough. This healthier choice of travelling has been promoted throughout the year through other initiatives e.g. A family bikers breakfast and walkers hot chocolate, these were strategies that created a reward and a method of encouragement for families choosing to cycle or walk to school.
Parents who attended the Bikers breakfast stated "It was lovely environment to have a healthy breakfast." These mornings were also important in providing the children with a healthy breakfast which is a borough and school target and develops the children's understanding of what a healthy balanced diet is.

To develop the children's cycling, we organised for balance bike training sessions. These sessions enabled the children to develop their balance on the bikes, enabled them to feel more confident and have a positive experience. From these sessions the children are able to practice their cycling at home.
We also participated in a recent national competition- The Big Pedal. During the Big Pedal competition, which consisted of 10 school days, there was an increase of 20% in the number of children who cycled or scooted to school.

A programme that we have run for year 6 children has been Bikeability, during this programme the children learned how to cycle safely on the public roads. This programme provided the children with the skills necessary to cycle not only to school but socially. A lot of these children did not have bikes; as a school we were able to provide them with one with our bike pool. A child after finishing this programme quoted, "It was very enjoyable, I have learnt a lot."

We have also organised for Dr Bike to help rid the barrier of children's bikes not being functional- they can get it fixed at school for free.

In the summer term there will also be a cycling extra-curricular club available.

It is hoped that all of the above initiatives will continue to encourage the children to choose to cycle, walk or scooter to school to enhance their understanding of a healthy active lifestyle.

5. Why did it work? (What were the critical factors which made this work for you?)

These initiatives increased the choice of healthy and sustainable methods of transport as they involved a positive engagement of the parents. With the Big Pedal and bikers breakfast parents rode to school with their children, adding enjoyment and important family time. An element of success was also achieved as there was a sense of competition with rewards. Individual prizes were also given to children for their achievements,

All of the above initiatives have opened up the opportunities for the children to suggest to their parents to continue their positive engagement in choosing a healthy way to travel.