

Case Study: Ysgol Bryn Deva

Written by Gwen Thomas, Sustrans Schools Officer

Ysgol Bryn Deva have embraced the Active Journeys project this year, and taken part in a host of activities in working to achieve their Bronze Sustrans School Mark Award.

In the autumn, the school completed their initial Hands Up Surveys with junior pupils to gather baseline data. 62% of pupils were travelling actively – with the majority of these being walking journeys.

Early in the year pupils were given opportunities to comment on safe routes to school, to learn how to check whether their bikes and scooters were in good condition, and have them looked at and repaired by local Sustrans volunteers.



School's Active Journey Team member having his bike repaired by Sustrans volunteers

The school were provided with balance bikes by Flintshire County Council and Welsh Cycling for a day of skills practice with the Foundation Phase. 8 members of staff observed the sessions delivered by Sustrans' Gwen Thomas, and Welsh Cycling's Go Ride Officer, Tim Matthews, with the view that school staff could replicate the sessions in the future.



All Foundation Phase pupils took part in balance bike and cycle skills practice

The school came 4th in Wales during Sustrans' Big Pedal 2019 challenge, and saw over 76% of pupils travelling actively. They were also well supported, with 75% supporter journeys by staff, parents and guardians.

To follow the success of the Big Pedal, the school then took part in Walk to school week after the Easter break and May tests, and again saw good numbers of children travelling actively.

In the summer term, the school introduced Scooter Fridays. Every Friday, pupils can bring their scooters to school and have half an hour during lunchtime to ride around the one-way course. This proved very popular with more pupils joining each week!

Throughout the year the school have communicated with pupils, staff and families. The Active Journeys Team played an important role in promoting events, helping with activities, and gathering data. A noticeboard has been put together in the school, and information has been made available to the wider school community through letters, the school website and Twitter.



Active Journeys noticeboard at Ysgol Bryn Deva

"Being part of the Active Journeys Project has had so many positive effects on our school. As well as being great fun we have had so much support...[it has] developed the children's skills and confidence and encouraged greater road awareness. It has also had a positive impact on their wellbeing as well as helping to develop an awareness of environmental benefits" **Pam Clegg, School Champion**

Case Study: Ysgol Llywelyn

Written by Gwen Thomas, Sustrans Schools Officer



Ysgol Llywelyn have an ambition: to see all Year 2 pupils finish the year able to ride a bicycle.

The school joined Sustrans' Active Journeys programme in 2016 and were keen to build on the work they had already done as part of the Healthy Schools programme.

They quickly achieved both Bronze and Silver Sustrans School Mark awards by promoting active travel to school regularly through events as well as through classroom work, and installation of cycle and scooter storage with help from Denbighshire County Council.

One of the key events of the school calendar is the school's preparation and participation in the Rhyl Schools Triathlon. The event takes place every September, and even though only a few take part in the final event, every pupil is part of the run up to the competition.



Ysgol Llywelyn were already supporting children interested in cycling to improve their skills through Go Ride sessions. But, the school decided to go a step further and embed the ethos of Active Journeys in their School Development Plan. Staff ambitiously wrote that they would like to see every pupil complete their time in the Foundation Phase able to pedal a bike. In order to put the plan into action, the school decided to invest in a fleet of bikes to help achieve their ambitious goal. Through Sustrans' partnerships the school was able to purchase a number of Tadpole Balance Bikes from the family run company, Frog Bikes, as well as a few larger bikes so that pupils could get pedalling once they had mastered the art of balancing. Foundation Phase staff have also been trained in order to make the most of the bikes.

"The balance bikes have allowed Foundation staff to help in the important life style skill of learning to ride." **Tim Matthews, Welsh Cycling officer**