

Sustainable Schools Update

Issue 3

April 2010

97% of Schools now have Travel Plans



The cover of Riverside Travel Plan, designed by Holly Evans, age 6

A further eight schools developed Travel Plans by the end of March this year. They are:

Eastnor Primary
Riverside Primary
Hereford Academy
St Mary's High School
Minster College
The Elms School

Hereford Cathedral Junior and Senior Schools

Herefordshire has done better than most other Local Authorities in achieving such a high percentage.

This means that only 1 state school in Herefordshire is left to develop a Travel Plan together with 5 independent schools. The government will not be providing any further Travel Plan grants but it is hoped that the remaining schools will develop Travel Plans by 2012 so that any highway measures which schools feel are necessary to improve safety can be included on the Safer Routes to School priority list.

Schools with Travel Plans are still expected to update and review them annually, with a major review at least every 3 years. Updated Travel Plans also form part of the Healthy Schools and Eco Schools review.

MOMO Theatre Company in Action

Two hard-working actors from Oxford came to Hereford on March 17th to put on shows at Aylestone High School and Lord Scudamore Primary School. The themes were sustainable travel, walking, cycling, car-sharing or using the bus on the journey to school as well as road safety and reducing our carbon footprint. The performances were introduced as "The Man from the Council" which initially students thought was going to be really boring. A man in a suit, and his assistant Mr Holloway, began the talk which quickly disintegrated into chaos due to Mr Holloway's ineptness, which had all the children in fits of laughter. The following comments are from Lord Scudamore pupils:



Sam Roantree, Lord Scudamore pupil in Y6, rather regrets volunteering to help

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"You was very funny and I will do the things you said"

"I have not laughed so much in my life. I loved it."

"Try and walk or cycle more and it's better. If you do go in a car ask if your friend wants to come as well or you could all go on a bus. I really didn't know all them things but now I do."

The MOMO Theatre company has been doing this kind of presentation across the country for several years now and will also do presentations on Healthy Schools, Eco schools and Energy conservation. A really fun way of getting the message across!



Mr Holloway demonstrating hi-viz gear at Aylestone High School

Healthy Schools News

Congratulations to both Riverside and Burghill Primary Schools who have recently been awarded National Healthy Schools Status.

14 of Herefordshire's committed Healthy Schools are currently engaged in the Pilot of the Healthy Schools Enhancement Model. The 14 schools are:

Aylestone High School; Whitecross High School; Wigmore High School, Cradley, Hampton Dene, Kings Caple, Leintwardine, Lord Scudamore, Madley, Marden, Marlbrook, Mordiford, Peterchurch, Whitchurch.

All of these schools are now focusing upon Obesity as their local priority. Further training events for the pilot is taking place in April and June.

Let's Get Cooking has been this month launched in Herefordshire and 10 schools were lucky enough to have been accepted onto the training. The primary schools involved are Burghill, Garway, Trinity, Ledbury, Stoke Prior, Withington, Our Lady's and Bosbury together with The Bishop of Hereford's Bluecoat School, The Hereford Academy and Weobley High School.

Let's Get Cooking is using a £20 million Big Lottery Fund grant to set up a network of 5,000 cooking clubs across England, for children, their families and the wider community.



Demonstrator Training (Hereford Academy – March 2010) A two-day, cookery training course, providing cooking presentation skills, safety knowledge and the confidence to show club members how to make a range of recipes which they can make at school or home took place at the Academy.



These pictures show the group using a basic scone recipe which was then adapted to make a variety of items including pizza, an apple and sultana cobbler, cherry scones, cheese scones and scone bread.



Shobdon is tops for sustainability

Pupils at Shobdon Primary School are looking forward to using their new zebra crossing when installation is complete next month. The school has just completed its third Travel Plan Review and is embarking on the Healthy Schools Enhanced module. It was awarded an Eco Schools Green Flag last year so is among the top sustainable schools in the county. Over 50% of pupils walk to school and 25% of parents carshare, so the school run is becoming less of a problem. Staff and pupils are justifiably proud of their outstanding Ofsted report last year



Headteacher Vicky Hancock and pupils at the site of the new zebra crossing



Goodbye to David Holmes

The popular Road Safety and Cycle trainer has left for a new job in Lincolnshire. He will be much missed by his colleagues in Herefordshire Council and in primary schools. David is going to be a Health, Safety and Security Officer for a large firm of potato packers and says "I shall miss all the children and the cycle training, but I hope to get a new bike and cycle a lot in Lincolnshire where it is flat, although a bit windy". Schools who want to arrange cycle training for the summer or autumn terms should contact Road Safety on 01432 260947

High School Students sign up for Bikeability

Oliver Sims, School Cycling Officer, writes:

“Students in Herefordshire have greeted the introduction of the ‘advanced on-road cycle training’ scheme with enthusiasm and commitment, with large numbers of girls and boys signing up to take part. Eleven secondary schools are involved in the new cycle training, and sessions are already under way in The Minster College, Lady Hawkins’ School, Hereford Academy and Aylestone Business & Enterprise College.



Bikeability sessions begin in the playground and progress to riding on road, through town, within realistic traffic situations, with 2 trainers to every 4 trainees. Towards the end of the course trainees learn to navigate roundabouts, traffic lights and filter lanes, allowing them to use their bicycles safely as a mode of transport to get to school, their friends houses and work.

To complement the cycling sessions, students are given the opportunity to attend guided mountain bike sessions in the Forest of Dean, a very different type of cycling on technical off road terrain within the forest.

Bicycle mechanic classes are also proposed to take place within the workshops of the secondary schools to teach practical skills in bicycle maintenance and repair, this knowledge relates closely to the teaching curriculum of science and design and technology, and provides useful vocational skills.

The aim of the Bikeability scheme within Herefordshire is to encourage more students to cycle. Cycling improves health and fitness (see below), reduces obesity, provides a sustainable efficient and economic alternative to the car, and reduces traffic congestion – especially on the ‘school run!’”



An assembly introducing Bikeability to students at Queen Elizabeth Humanities College in Bromyard

New research says fittest children cycle to school

6000 children aged 10-16 from 23 schools in eastern England were studied in 2007/8. They completed a 20 metre shuttle run test to assess fitness levels. Boys who walked to school were 20% more fit than those who came by bus or car, and girls who walked to school were 30% more fit. However boys who cycled to school were 30% fitter and girls who cycled to school were, amazingly, 7 times fitter than girls who came by car. In all cases pupils who were driven to school showed the lowest levels of fitness.

The research was done by the American College of Sports Medicine, the largest sports medicine and exercise college in the world. The lead researchers said that active transportation can be a gateway for lifelong fitness in children.

Goodrich Primary School new parents’ shelter



Goodrich used their Travel Plan grant to put up this wooden shelter to encourage walking to school. A recent review of the Travel Plan shows that more children are now walking to school, using the bus and carsharing. The Review also highlights highway improvements which are still needed, especially improving safety at the road junction with the B4229 by re-positioning the school sign and cutting back hedges. The school has produced Codes of Conduct for walkers, cyclists, car drivers and bus users.

Pictured left, pupils Ellie Rogers, Jasmine Rollinson, Ryan Chaplain and William Daniels with teacher and Travel Plan Co-ordinator Karen Clee

Herefordshire Council contacts

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Dates for your diary:

April 26-30 West Midlands Car Free Challenge Week for Secondary Schools

Walk to Work Week

Bike to School Week

May 17-21 Walk to School Week

Saturday 5 June World Environment Day in High Town

June 7-18 Crucial Crew

June 19-27 National Bike Week

June 30th Sustainable Schools Awards at Hereford Town Hall

July 3-25 Tour de France

Sustainable Schools Award Ceremony on 30 June

For the second year running, Healthy Schools, Eco Schools and School Travel will join together in the Award Ceremony in Hereford Town Hall to present the 2010 Awards. These will go to schools newly achieving Healthy Schools or Eco Schools status or who have developed new Travel Plans. In addition the excellent progress made by schools on sustainable issues will be celebrated. So put the date in your diary now if you are a successful Eco School or Healthy School, if you have developed a new School Travel Plan or if you have applied for a School Travel Achievement Award (application forms are enclosed with this newsletter). As ever, Spike the Hedgehog will be in attendance and there will be an entertaining guest presentation.



Eco Schools in Herefordshire help to plant Howard's Wood

BBC Hereford and Worcester presenter Howard Bentham wanted to plant 470 trees in the counties of Herefordshire and Worcestershire to help offset his carbon footprint. Jane Denny, Eco Schools support officer, suggested that a tree be donated to every school in Herefordshire. This would help to reinforce the environmental message, increase the biodiversity of school grounds and count towards the schools' Eco Schools Award.

Howard thought that this was a great idea but was concerned about how the trees could be distributed to the schools. The Extended Schools coordinators came to the rescue and agreed to deliver trees to all the schools in their clusters. This means that ten out of the fourteen clusters in the county will be helping to reduce Howard's carbon footprint. The clusters that will benefit are Weobley, John Kyrle, St Mary's, John Masefield, Hereford Academy, Bishops Bluecoat, Aylestone, Whitecross, Kingstone and Queen Elizabeth, Bromyard. The Farmers' Plant Market in Kings Acre Hereford very generously donated the 170 native broadleaved trees for schools to form part of Howards Wood.



Pictured l to r Extended Schools Co-ordinators Hayley Knapper (John Kyrle) Jo Williams(Hereford Academy), Jo Hayden (St Mary's) Cath Close (Bishop's) Jane Denny(Weobley) Martyn Davies (Whitecross) with Doug from the Farmers' Plant Market

The newly appointed Sustainability Officer for Herefordshire, Philip Tamuno, will be taking up his post, which includes working with Eco Schools, on 14 April.

The latest figures on Eco schools in the county are very impressive: 106 schools are registered as eco-schools (this includes some independent schools) and out of these 81% have achieved an award status, with 16% having at least one Green Flag.

