



Oakington Primary School

# BETTER BY

## Dragons win "Sports Day on Wheels"



Over 60 children stayed after school on 10th October to take part in the annual "House Cycling" event. The cyclists and scootists tackled a variety of races and challenges around the field and playground: Slalom, "Swervin' Mervin", Ball Drop, Triathlon, Bottle Shuttle, Slow Race, and the Grand Relay! Everyone had fun and got points for joining in, but here are the final scores.

Dragon	195
Griffin	163
Centaur	140
Phoenix	123

A big thank you to all the adults who helped, to the parents who came to cheer the competitors on, and to the sun for shining!

### **Balance Bikes come to Oakington!**

At first glance a balance bike looks a bit bizarre - a bike with no pedals that you have to power by running while you sit on the saddle. But the clue's in the name - balance bikes are great for little ones to learn how to stay upright on two wheels, and soon their feet barely touch the ground!

As a leading Bike It school, Oakington has been given 5 balance bikes which we can use in PE lessons and at other activities, and lend to nearby schools as well.



### **Pedal for housepoints, plod for housepoints!**

It's good to get to school by healthy, sustainable ways of travelling at any time of the year - and lots of people already do. But the week of 7th - 11th November is going to be a special **Active Travel Week**. You earn a housepoint for every day in that week you bike, scoot, walk or (if you live outside Oakington) park & stride. And there will be a small prize for everyone who takes part.

So, get out your umbrella and woolly gloves, and look out for the Active Travel record card which will be given out after half term.

**Better by .... BIKE .... FOOT .... PARK & STRIDE**

**Better By ... what?**

If you're new to the school, you might be wondering what all this "Better By" business is about! We all know we should build fitness habits into our daily lives - starting young! And that cars cause global warming and clog up village roads. So at Oakington we run lots of activities to inspire and enable everyone to travel "actively" - this means walking, scooting, or cycling to school. For those who live outside Oakington, it includes "Park & Stride" - parking at the pavilion car park in Queensway, away from the main village roads, and walking or scooting round the corner to school.



When asked, most children say they would most like to come by bike, so we are a "Bike It" school, helping children learn to use their bikes - whether or not they can cycle to school, although lots do and it's great practice! We have been awarded the Bronze, Silver and Gold

Bike It Marks, and a gold outstanding-level award for sustainable travel: look for them in the school entrance hall.



**Get in touch!**

If you would like to know more about anything in this newsletter, speak to Mrs Moss or Mr Mansell, Teaching Assistants, or Jenny Prince, volunteer: [jenny@theprinces.me.uk](mailto:jenny@theprinces.me.uk). We sometimes need help with one-off events or Bike Club, so if you are a keen cyclist, or simply keen to get children cycling, please do get in touch!

**Ways to School**

No matter where you live, you can travel actively to school at least sometimes...

from Oakington...

walk, scoot or cycle if you can!

Cycling...

many families from Westwick, Girton, Histon, Impington and Longstanton, cycle to school sometimes - there are good cycle paths in most of these directions.

Bus...

Citi 6 and guided bus run frequently from Cambridge, Girton, Histon/Impington and Longstanton

Park & Stride...

from the pavilion - cuts congestion on the roads near school, and gives you a few minutes of fresh air and exercise!

<http://www.oakingtonschool.org.uk/green-school/travel-plan>

**DATES FOR YOUR DIARY**

7 - 11 Nov      **Active Travel Week**

**Bike It Crew**

This year it's: Ben, Edward, Heather and Eve. Look out for the notice board in school.

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