

Oakington Primary School

# BETTER BY

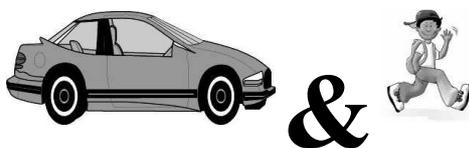
## Pedal for housepoints, plod for housepoints!

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 12th - 16th 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.



### **What's "Park & Stride"?**

Park & Stride is for anyone who lives outside Oakington and comes to school by car. Park at the pavilion car park in Queensway and "stride" round the corner to school. It cuts congestion on the roads near school, and gives you a few minutes of fresh air and exercise! We encourage everyone who has to drive to school from outside the village to Park & Stride whenever they can.



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.

### **Quick Questions**

You should have received a paper copy of the School Travel Plan questionnaire. Please take a couple of minutes to answer as much as you would like to, and return to the box outside the school office. It will be really helpful to have the feedback and views from as many parents/carers as possible, so thank you in advance!



### **What's the "School Travel Plan"?**

All schools have a Travel Plan, which looks at the issues surrounding all journeys to and from the school site. (A copy of ours is available in the entrance foyer.) The Travel Plan is an opportunity to address issues of fitness, eco-friendliness, and the village environment, as well as giving children (and adults) useful skills and healthy habits for the future.

## **Cambridgeshire - national cycling hotspot!**

Recent figures from the Department of Transport reveal that cycling levels in South Cambridgeshire are among the best in the country, with as many people cycling at least once a month as do in York (32%) and nearly as many as do in Oxford. Cambridge itself tops the league table with 58% cycling at least once a month, and 52% at least once a week.

**BIKE .... FOOT .... PARK & STRIDE**



**Centaurs victorious in House Cycling competition!**

Well done to the Centaurs who won the "Sports Day on Wheels" event held after school on 9th October. But we all had fun! The cyclists and scootists competed in six different races ranging from the Slow Race (don't wobble) to the Pumping Challenge. A big thank you to all the helpers (and to the sun for shining!)



**What's "Bike It"?**

Bike It is a project run by the sustainable transport charity Sustrans. With advice and support from the local Bike It Officer (ours is John Stanley), schools encourage and enable cycling in lots of different ways - eg. training, providing bike sheds, special events, clubs, and competitions. The majority of children would prefer to cycle to school and Bike It makes it possible for more to do so. Oakington holds the Silver Bike It Mark for our achievements so far.

**Brighten Up Your Bike!**

The Bike It Crew have suggested a "Bling Your Bike" competition, with a Christmassy theme! To take part, decorate your bike as beautifully or as crazily as you can, then take a photo and bring that into school - or if your bike is still rideable or pushable, you can bring the bike itself! The competition will be held on **Thursday 22nd November** and there will be some brilliant Bike It prizes!

- Centaur 94
- Dragon 90
- Griffin 89
- Phoenix 70

**Where's the Bike It noticeboard?**

Haven't you seen it yet? In the hall near the PE mats. Have a look!

First size pink bike with stabilisers free to good home. Call 237031.

**DATES FOR YOUR DIARY**

- 24 October            **Last Bike Club this term**
- 26 October           **Last date to return questionnaires**
- 12 - 16 November   **Active Travel Week**
- 22 November         **Decorate Your Bike competition**

**Who are the Bike It Crew?**

The Bike It Crew help with all kinds of Bike It activities - organising events, counting bikes, cleaning pool bikes and keeping the Bike It notice board up to date. This year they are: Luke and Charlie Davies, Jennifer Buss, Curtis Bailey, Katherine Prince and Charlie Welch. Thank you to them all for their time and enthusiasm!