# Green Ridge Primary Academy School Travel Plan



October 2021-Issue 5

### **Autumn Term 2021**

We are excited to announce that we have achieved our Silver ModeShift Star Award, which is a fantastic achievement!

ModeShift Stars is the Centre of Excellence for the delivery of Effective Travel Plans in Education, Business and Community settings. The scheme recognises schools that have shown excellence in supporting sustainable travel and aims to reduce air pollution around us, something that we are passionate about.



#### Polite Plea

Please use the pavements and zebra crossings for yours and your child's safety when travelling to the school gates/class.

We ask your child to stop riding and please push their bikes and scooters on school property as there have been a few dangerous incidents due to children cycling into crowds of people.

#### **Upcoming Projects**

Road Safety Week

#### Road Safety Week 2021

Road Safety Week takes place from 15th - 21st November 2021.

The theme of Road Safety Week 2021 is Road Safety Heroes, celebrating the heroic work of road safety professionals, and explaining how we can all play a part in making journeys safer for everyone.



During this week, all classes will be partaking in Road Safety lessons and an assembly. <u>Click here</u> for a link to Teaching Road Safety: A Guide for Parents.

#### **WOW Travel Tracker**

We have restarted Travel Tracker! If your child travels to school actively at least once every week they will earn a badge. We look forward to seeing how many children earn the next badge which has a picture of the Petronas Towers.

If you have any suggestions to improve travel safety or projects that we can run to increase active travel, please let us know!

#### Bikeability

Year 6 and Year 4 took part in Level 1 Bikeability in Autumn Term 2021.

"We learnt some cycling skills that made us feel more confident riding the bike. The games were really fun too." Feedback from a Yr4 child.



Give your bike a check up!

Use the Bike Doctor checklist on page 2 to help your child check they are bike ready!

## Junior Bike Doctor Checklist

Brakes
Do your brakes stop your bike well?
Look at the brake blocks, are they worn?
Are the brake levers tight and level?
Wheels & Tyres
Check tyres are pumped up and feeling firm. Is the tyre tread on both wheels in good condition or worn?
Do the wheels turn easily?
Steering
Handlebars should be straight.
Does the front tyre line up in the middle when you look down?
Saddle and seatpost
Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.
Pedals and chain
Spin your pedals, do they move smoothly?
Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.
Frame
Check over the frame for damage, dents and rust. It's important to keep your bike clean and dry after use to keep it in tip-top condition!