

Green Ridge Primary Academy

School Travel Plan



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We are very excited to announce that we have achieved our **Gold Excellent Travel Plan Award**, which is a great 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.



Walking Bubble

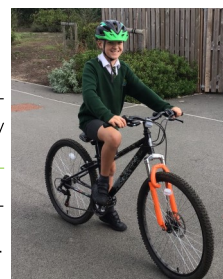
Walking/wheeling, cycling or scooting to school is the best way to **reduce congestion** and **pollution**, while **improving the mental and physical wellbeing** of pupils. Please look at the updated 5 minute walking bubble map [here](#).

Upcoming Projects

- Be Bright, Be Seen Day
- Road Safety Week

Level 1 Bikeability

Year 4 partook in Level 1 Bikeability last week. They learnt some key **cycle control skills** needed before taking the bikes out on the road.



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

WOW - the walk to school challenge

We have restarted Travel Tracker for all pupils in YR—Y6. **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 **dinosaurs**.



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!

