

CYCLE TO SCHOOL WEEK 1-5 June 2015

Bike to School Week 2015 runs 1-5 June and is an opportunity to celebrate all the fantastic things schools have achieved throughout the UK to encourage cycling. Hughenden Primary School organises cycling training for Year 5 pupils every year, run by Spokes.

We are calling on all Year 5 and 6 pupils: It's time to get your bike out of the shed, dust it off, saddle up, get your wheels in motion as we're gearing up for Bike to School Week !

Benefits of active travel for young people:

- Physical activity can encourage healthy growth and development, maintain a healthy weight and reduce anxiety and stress. It can improve muscular strength, endurance and flexibility in children.
- Research shows that 15-minute exercise can lead to significant increases in positive mood and decreases in negative mood amongst young children.
- Independently negotiating the school journey is thought to develop children's responsibility, decision making, and time and risk management skill
- Children who walk, scoot and cycle to school from an early age develop a greater awareness of traffic and the ability to travel independently and safely.
- In addition to the physical, emotional and academic benefits, making an active journey to school has been shown to increase the independence of participants, teaching them valuable life skills.

Research shows that active travel to school makes children more alert and ready to face the school day than if they had arrived in a car: walking, cycling or scooting to school wakes up the mind and body.

Like any machine, a bicycle will work better and last longer if you care for it properly. Get in the habit of checking your bike regularly – simple checks and maintenance can help you enjoy hassle-free riding and avoid repairs.

The "M check" is a simple way to make sure your bike is safe to ride. Check a helpful video on:

<http://www.sustrans.org.uk/change-your-travel/get-cycling/bicycle-maintenance-made-easy/checking-your-bike>

It's time we all began making smarter travel choices!

Mrs A Lane

School Travel Plans Co-ordinator