

Road Safety Education Team Newsletter Spring 2025

Travel to School Sustainably: A Green Journey

As spring brings new beginnings, it's the perfect time to consider a more sustainable approach to the school run. Travelling to school in eco-friendly ways benefits not only the environment, but also your child's health and well-being.

Tips for a Successful Sustainable School Run

Plan Ahead: Ensure you have enough time for a relaxed journey to avoid rushing.

Dress Appropriately: Wear weather-appropriate clothing and comfortable shoes.

Safety First: Teach your children road safety rules and ensure their bikes or scooters are well-maintained.



Why Choose Sustainable Travel? Opting for sustainable travel methods, such as walking, cycling, scootering, or public transport, significantly reduces your carbon footprint. Fewer cars on the road mean less air pollution and fewer greenhouse gas emissions. It's a small change that makes a big difference in our fight against climate change.

Health and Well-Being Benefits Active travel, like walking or cycling, not only reduces environmental impact but also promotes physical health. Children who engage in daily physical activity are more likely to have better concentration, improved mood, and increased overall fitness. Arriving at school refreshed and ready to learn sets a positive tone for the day.

Educational Opportunities Sustainable travel also provides unique learning experiences for children. Walking or cycling to school allows them to observe and engage with their local environment. They can learn about different plant and animal species, understand the importance of biodiversity, and develop a sense of responsibility towards nature.

Community and Connection Sustainable travel fosters a sense of community. Walking or cycling with neighbours and friends can strengthen social bonds and create a supportive network. It's a wonderful way to start the day with positive interactions and shared experiences.

By embracing sustainable travel, we can all contribute to a healthier planet and a brighter future. Let's make the school run an enjoyable, eco-friendly part of our daily routine.

More than 70 schools in Cambridgeshire have now signed up for the Modeshift STARS program. This national initiative is dedicated to promoting sustainable travel to and from schools, and our local schools are leading the way. By participating in Modeshift STARS, these schools are not only reducing congestion and improving air quality around their premises but



Fordham Primary School Shines with Modeshift STARS Silver Award

At Fordham Primary School, we're thrilled to announce that we've achieved the prestigious Modeshift STARS 'Silver' award, dedicated to keeping our children safe on roads in and around the school. Our Junior Travel Ambassadors (JTAs) have played a crucial role, passionately engaging in numerous projects over the past year to earn this recognition.

Here are some of the initiatives that have helped us reach this milestone:

Be Bright Be Seen

Bikeability

Take 5

Road Safety Awareness

Undertaking Travel Surveys

World Car Free Day

Big Walk and Wheel

Theatre/Show on Air Pollution

Bikers Breakfast Campaign



As the JTA lead, I strive to keep everyone informed by regularly publishing projects, dates, and upcoming events through our weekly newsletter, bulletins, and posters around the school. Weekly meetings are essential to ensure JTAs effectively promote our message throughout the school—whether through creating posters, pledge cards, or classroom visits. We continuously reflect on and document our work each month to find areas for improvement and add creative initiatives to boost school morale and keep our children safe.

Thanks to our collective efforts, we've seen fewer cars parked in front of the school gates and more children biking, scooting, or walking to school. The students are well-versed in the Green Cross Code, and parents are enthusiastic about keeping their children active!

Our JTAs have also relished the opportunity to lead their own projects, contributing to a safer and healthier school environment.

We are celebrating this incredible achievement and continue our journey toward an even brighter, more sustainable future!

Ushat Faskar

School Travel Champion and JTA Lead

Junior Travel Ambassadors Lead the Way in Promoting Safer, Greener Travel!



The Junior Travel Ambassadors have been busy preparing for Sustrans, Big Walk & Wheel campaign, promoting active and safe travel to and from school. The focus will be on using your wheels, wheelchairs, scooters, and cycles. They will be doing assemblies, running competitions, including the golden lock, when the JTAs put a golden lock on a bike or scooter randomly each day and if you find it you get a prize. They will also be doing the mini helmet/egg demonstration to show the importance of wearing a cycle helmet.

Here are the JTAs at Great Abington doing the mini helmet experiment, they thought it was an eggcellent idea!!!!



As well as the national campaigns here are some other fab things they have been doing! JTAS conduct travel surveys, speed surveys, work in partnership with Parish Councils to promote road safety and promoted considerate parking away from the school gate, set up balance bike and scooter loan schemes, created plays, books and songs/raps, active journey-get a free breakfast, designed road safety top trump cards. The list goes on!!! A huge well done to all the excellent JTAs and the hard working dedicated staff in schools who support the programme. They do so much amazing work to help us at the road safety team to get important road safety messages out and encourage more active travel not only to their school community but to the wider community too.



JTAs at Benwick Primary School are proud of their new "Don't Park Here" signs





The Sustrans Big Walk and Wheel is the UK's largest inter-school walking, wheeling, scooting, and cycling challenge. It aims to inspire pupils to make active journeys to school, improve air quality in their neighbourhoods, and discover the benefits of these changes for their world.

The event is open to all primary and secondary schools in the UK, including SEN schools, and it's free to participate. Schools compete to see who can get the highest percentage of their pupils walking, using a wheelchair, scooting, or cycling to school. The challenge runs from 24th March to 4th April, 2025. Participating schools can win daily prizes if 15% or more of their pupils travel actively to school. The event also provides free resources, including curriculum-linked lesson plans, school assembly presentations, and top tips to encourage active travel. It's a fantastic initiative to promote healthier lifestyles, reduce traffic congestion, and improve air quality around schools. If you're interested, you can find more information and register your school at [Sustrans Big Walk and Wheel 2025](https://www.sustrans.org.uk/big-walk-and-wheel-2025)

If children are using a bike to take part it's good to make sure they have a correctly fitting cycle helmet



HELMET SIZING GUIDE

<p>EYES</p> <p>Only TWO fingers should fit in the space between your eyebrows & the bottom of your helmet</p>	<p>EARS</p> <p>Line your TWO fingers up with the straps; the V of your fingers should be right at your earlobe</p>	<p>CHIN</p> <p>Hook TWO fingers between your chin. There should be no extra space</p>

Wearing a cycle helmet is an important safety measure for children. Here's why:

- **Protection from Head Injuries:** The primary purpose of a cycle helmet is to protect the head during accidents. Children are more prone to falls and crashes, and a helmet can significantly reduce the risk of serious head injuries.
- **Brain Safety:** The brain is delicate, and any impact can cause severe damage. Helmets are designed to absorb and distribute the force of an impact, shielding the brain from injury.
- **Setting a Good Example:** Wearing a helmet instils good habits in children. It teaches them the importance of safety and following rules, which can extend to other aspects of their lives.
- **Visibility:** Many helmets have bright colours and reflective materials, making it easier for others to see the rider. This is especially important in low-light conditions.
- **Boosting Confidence:** Knowing they have a layer of protection can make some children feel more confident and encourage them to enjoy cycling.

So, strapping on a helmet isn't just about following the rules—it's about safeguarding young riders and promoting a culture of safety.

Real World Learning The Road Safety Education Team work with schools and communities to promote sustainable travel but it's also important to consider safety and perceptions of safety. We have a number of resources we use, many of which are bespoke for our team.

Speed Radar sessions are always popular in schools. Using speed radars to teach children about traffic speeds is an innovative way to enhance road safety education. Here are some benefits:

Real-World Learning: Speed radars provide a tangible, real-world experience that helps children understand the importance of adhering to speed limits. Seeing actual speeds can make the concept more relatable and impactful.

Engagement: Interactive learning is often more engaging for children. Using speed radars can make road safety lessons more interesting and memorable.

Awareness: Children learn to be more aware of their surroundings and the behaviour of drivers on the road. This awareness is crucial for their safety as pedestrians or cyclists.

Empathy for Drivers: Understanding how quickly a car can approach helps children develop empathy for drivers, leading to better cooperation and respect for road rules.

Community Involvement: It can be a great way to involve children in community safety initiatives, fostering a sense of responsibility and active participation in their neighbourhood.

Data Collection Skills: Operating speed radars can teach children basic data collection and analysis skills. They can learn how to record speeds, analyse patterns, and draw conclusions.

Using speed radars can be a valuable part of a comprehensive road safety education program. It's about making learning interactive, engaging, and practical all of which the counties' Road Safety Education team specialise in.



Road safety education has a significant positive impact on community safety. Here's how:

Reduced Accidents: Educating both children and adults about road safety helps in reducing the number of traffic accidents. When people are more aware of traffic rules and safe behaviours, they're less likely to engage in risky actions.

Informed Pedestrians and Cyclists: Road safety education ensures that pedestrians and cyclists understand how to navigate roads safely. This reduces the likelihood of accidents involving vulnerable road users.

Cultural Shift: Consistent road safety education fosters a culture of safety within the community. When safety becomes a shared value, community members are more likely to look out for each other and adhere to safe practices.

Better Driver Behaviour: Drivers who have undergone road safety education are more likely to follow traffic laws, respect speed limits, and avoid dangerous behaviours like distracted or impaired driving.

Emergency Response: Educating people about what to do in the event of an accident can improve emergency response. Knowing how to call for help, provide first aid, or manage traffic can save lives and reduce the severity of injuries.

Increased Public Health: Fewer accidents mean fewer injuries and fatalities, which contributes to overall public health. A safer community is a healthier and happier one.





Lollipop Heroes

Ensuring Safe Journeys
for pupils and their
families

In our bustling communities, school crossing patrols, often affectionately known as "lollipop men" and "lollipop women," play a pivotal role in ensuring the safety of our youngest pedestrians. These dedicated staff work in all weathers helping children cross the road safely on their way to and from school. But their impact goes far beyond just stopping traffic.

School crossing patrols provide a safe passage for children, significantly reducing the risk of accidents. Their presence ensures that children can cross busy roads without fear, fostering a sense of security among parents and guardians.

By interacting with children daily, school crossing patrols instil important road safety habits. They teach children to look both ways before crossing and to wait for the patrol's signal, lessons that are crucial for their safety and can last a lifetime.

Having a school crossing patrol on the route to school makes the environment feel calmer and more welcoming. This encourages parents and children to walk, scoot, or cycle to school, promoting healthier lifestyles and reducing traffic congestion. The visible presence of school crossing patrols helps parents feel more at ease knowing that there is someone dedicated to ensuring their children's safety. This sense of community support is invaluable.

By encouraging more children to walk or cycle to school, school crossing patrols help reduce the number of cars on the road during peak times. This not only eases traffic congestion but also contributes to better air quality in the local area. School crossing patrols are more than just traffic controllers; they are essential pillars of our community, promoting safety, sustainability, and trust. Their dedication and service are something we would be much poorer without.

More information can be found here

[School crossing patrol | Cambridgeshire County Council](#)

We welcome two new patrollers who have joined the service in Cambridgeshire. The dedication of the patrollers to ensuring the safety of children as they travel to and from school is invaluable. Their contribution to promoting a safer more connected community makes them a vital part of the road safety team.

Claire Browning – Westwood Juniors (Norwood Road)

Sarah Taylor – Maple Grove Infants (Maple Grove)



Spring into Safety Top Tips for Safe Driving This Season



As the chill of winter fades and the vibrant colours of spring emerge, it's a perfect time to refresh our driving habits and ensure we stay safe on the roads. Spring brings unique challenges and opportunities for drivers, from unpredictable weather to an increase in pedestrian and cyclist activity. Here are some essential tips to help you drive safely this spring

Beware of Changing Weather Conditions Spring weather can be unpredictable, with sudden rain showers, fog, and even hail. Make sure your wipers are in good condition, and always adjust your speed to the weather conditions. Wet roads can be slippery, so maintain a safe following distance.

Check Your Vehicle After a long winter, it's essential to give your car a thorough check-up. Inspect your tyres for wear and proper inflation, check the brakes, and ensure all fluids are topped up. A well-maintained vehicle is crucial for safe driving.

Watch out for Pedestrians and Cyclists With warmer weather, more people are out walking and cycling. Be extra vigilant at junctions and crossings and always yield to pedestrians. Give cyclists plenty of space and be patient when sharing the road with them.

Be aware of schools Be particularly careful in school zones. Obey speed limits and be prepared for increased foot traffic. School crossing patrols will be active, so follow their signals and instructions many schools, have implemented 20mph zones to enhance road safety for children. These zones are part of broader efforts to create safer environments around schools by reducing vehicle speeds and encouraging more cautious driving.

Prepare for Glare The sun sits higher in the sky during spring, which can create glare that affects visibility. Keep a pair of sunglasses handy, and ensure your windshield is clean to reduce the impact of glare.

Look Out for Wildlife Spring is a time of increased wildlife activity. Be cautious, especially in rural or wooded areas, where animals like deer may cross the road unexpectedly. Reduce your speed and stay alert.

Avoid Distracted Driving With the beauty of spring all around, it's tempting to take in the scenery. However, it's crucial to keep your focus on the road. Avoid distractions such as mobile phones and ensure you're always in full control of your vehicle.

Plan for Increased Traffic Spring often brings more drivers onto the roads, especially during holidays and weekends. Plan your journeys in advance, anticipate longer travel times, and stay patient in traffic. By following these tips, you can enjoy the beauty of spring while ensuring you and others stay safe on the roads.

Let's all do our part to make this season a safe and enjoyable one for everyone. Drive safely and enjoy the springtime scenery.



Get Your Wheels Spinning! Preparing Your Bike for Spring

Spring has arrived, and it's time to dust off your bike and hit the open roads or trails. Before you embark on new adventures, make sure your bike is in top condition with these essential tips:

Clean and Inspect: Start by giving your bike a thorough clean. Pay special attention to the chain, gears, and brakes. Look for any visible damage such as cracks, rust, or worn-out components.

Check the Tires: Inspect your tires for cracks, bald spots, or embedded debris. Inflate them to the recommended pressure (indicated on the sidewall) to ensure a smooth and safe ride.

Lubricate the Chain: A well-lubricated chain reduces wear and tear. Use a bike-specific lubricant and wipe off any excess to avoid attracting dirt.

Test the Brakes: Make sure your brakes are functioning properly and haven't worn down. Replace brake pads if necessary and adjust the brake tension for optimal stopping power.

Gear Tune-Up: Shift through all gears to check for smooth transitions. If shifting feels off, the derailleur might need adjustment or the cables could need replacing.

Safety First: Confirm that lights, reflectors, and the bell are in working order. Don't forget to check your helmet for cracks or damage and replace it if needed.

Pro Tip – Professional Service: If your bike hasn't been used for a long time or requires major adjustments, consider a professional tune-up at your local bike shop.

By taking the time to prep your bike, you'll ensure a safer, more enjoyable cycling experience this spring. So, gear up, hit the road, and let the season of renewal inspire your rides!



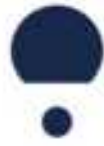
Spring is a wonderful time to do more walking and cycling, not only for the joy of being outdoors but also for the many health benefits of being active.

Walking is helpful in strengthening your legs, improving balance, and boosting cardiovascular health. Even a regular brisk 30-minute walk can work wonders. Cycling is fun and is a low-impact exercise that builds muscle strength, enhances joint mobility, and improves endurance while being easy on the knees. Walking with friends or cycling in groups can be a fun way to stay connected and improve your social well-being.



Spending time outdoors in spring's fresh air and greenery can reduce stress, anxiety, and symptoms of depression. Physical activity like walking or cycling triggers the release of endorphins, which can enhance mood. Moderate exercise like walking or cycling has been linked to enhanced immunity, which is especially helpful during seasonal changes. While not directly a health benefit, choosing walking or cycling over driving reduces your carbon footprint, contributing to cleaner air—a win for everyone's respiratory health.

So, put on your walking shoes or hop on your bike, and enjoy the revitalizing benefits of springtime movement! It's a great way to nourish your body and mind while enjoying the beauty of the season.



Books & Bikes for Prestley Wood

smart journeys have teamed up with Prestley Wood Academy (SEND school in Alconbury Weald) to collect books and bikes for the students.

Any donated bikes will be repaired and refurbished with a qualified bike mechanic as part of the student's life skills training and the refurbished bikes will then be used throughout the year by the students.

Books donated will be put in the school library for the students to enjoy.

Bikes & Books for Prestley Wood

smart journeys are working with Prestley Wood Academy to collect bikes and books for their pupils!

If you have any unwanted bikes of any size and condition please take them to Prestley Wood Academy directly. Donated bikes will be refurbished with a qualified bike mechanic as part of students' life skills training and used by pupils throughout the year.

Prestley Wood have a lovely library for students, however it is looking a little empty! If you have any unwanted books in your house that you would be happy to donate, please take these to New Shire Hall and leave them at reception for smart journeys to deliver these for you!

Any spare Lego would also be greatly appreciated for sensory therapy!

*Any bikes, books or Lego donated to Prestley Wood become the property of the school to use at their own discretion.

Alconbury Weald Working in partnership with smartjourneys



Bike servicing at smart journeys sites

smart journeys are continuing to offer free bike servicing and repairs at the residential and business sites they work with to remove barriers to active travel. The team are working with EMC Cycle Repairs & Maintenance to deliver these sessions and they are always greatly received!

The bike servicing offered by smart journeys includes a range of essential repairs to keep bikes in top condition. These services typically cover: Fixing punctures. Tuning gears for smoother shifting. Replacing brake pads for better safety. Adjusting or replacing brake and gear cables if needed. Pumping tyres and oiling the bike for optimal performance. The service also provides practical advice to help residents maintain their bikes and ensure they remain in good working order.

Voi expansion

Voi E-scooters and E-bikes have begun expanding the area in which they operate, including Trumpington and Eddington. They are continuing to expand their fleet and in the coming months Voi will also be located in Waterbeach, Northstowe and Babraham Research Campus.

The E-bikes include five gears, anti-puncture tyres, an improved bell, an adjustable seat, and a basket capable of carrying 10kg ensuring that sustainable travel is as effortless as possible.



Introducing Street Tag: Turn Physical Activity into a Fun, Interactive Game!

With **Street Tag**, a free app for schools, families, and communities, physical activity becomes an adventure. By walking, running, cycling, or rolling, players earn points by collecting virtual tags scattered around their local area.

These points are displayed on a **dedicated Leaderboard**, where individuals and teams can actively compete for rewards and bragging rights!

Why Join Street Tag? Collect virtual tags, rack up points, and compete for prizes. Participation is completely **FREE!** Achieve 60 daily active minutes while exploring your local area. Win prizes for top players and teams. Rediscover parks and facilities in your community.

How Does It Work? Share Street Tag information with pupils and parents—we provide easy-to-use templates and resources for quick onboarding. Players can participate solo or in teams of up to six. Parents can link up to two Child Accounts per smartphone to involve the whole family. The app includes features like a built-in speedometer and offline modes for uninterrupted fun.



Season 1 Details Dates: March 3rd to May 6th, 2025. **Sign Up Now** to hit the ground tagging when the season starts!

Get Started in 7 Easy Steps:

Download the **free Street Tag app** from the App Store or Google Play Store.

Enter your name, username, email, and create a password.

Skip the referral code if you don't have one.

Choose the community leaderboard and select **“Cambridgeshire & Peterborough Community Leaderboard.”**

Join an existing team by scanning their QR code or create a new team. Start tagging and earning points!

Watch this quick demo to learn how to sign up: [How to Sign Up Demo](#).

<https://www.youtube.com/shorts/LKP-IB1Daa0>



Don't miss your chance to take part in this fun-filled journey to fitness and discovery. The competition is **ON**—who will claim the top spot? Prizes of up to £50 can be won for Cambridgeshire and Peterborough residents, but make sure you sign up to our leaderboard to enter. More details can be found on our website at <https://www.cambridgeshire.gov.uk/active-travel>

