**Pedal powered pupils in AREA this Cycle to School Week**

*Children from SCHOOL NAME pledge to join The Bikeability Trust and Sustrans by cycling to school.*

It’s time to ditch the car and switch to pedal power! That’s the message from pupils at SCHOOL NAME as they gear up Cycle to School Week.

Organised by The Bikeability Trust, in partnership with Sustrans, Cycle to School Week returns from 25-29 September to encourage families and schools to celebrate cycling.

At SCHOOL NAME children will be/are … *here explain what your activities will be during Cycle to School Week including special lessons, activities and events including parents.*

Parents and families can get involved too! Anyone can make a pledge to cycle more on Bikeability’s website. Participants can choose between pledging to swap one car journey for cycling, cycle to school every day, cycle with their family or discover somewhere new on a cycle ride. All participants will be entered into a prize draw to win a brand new Frog bicycle worth £535!

On average, according to Cycling UK, just 2.2% of children cycle to school and a whopping 35.4% are driven to school. The average journey to school is just 2.4 miles, which takes just 15 minutes to cycle at a child’s pace.

Pedal power saves the planet too. If just one child cycled to school instead of travelling in the car for a year, it would save almost half a tonne in carbon dioxide emissions, equivalent to growing eight trees for a decade or charging 58,388 mobile phones3. Cycling to school reduces congestion, improves air quality and makes neighbourhoods quieter and more pleasant places to live.

HEADTEACHER QUOTE *Here explain why your school is taking part in Cycle to School Week and why you think it’s important to encourage more families to cycle to school.*

PUPIL QUOTE *Here include the voice of one of your pupils – ask them why they like cycling to school and why they think other children should cycle more.*

Emily Cherry, CEO at The Bikeability Trust, said: “It’s so important that children are active and a cycling commute is great for the health – and purses! – of the whole family, as well as our planet. We are keen to make this year’s the biggest yet – it’s so important that children are active and making a cycling pledge is great for the health of the whole family, as well as our planet. We have reached record numbers of schoolchildren this past year with Bikeability, and we are so excited to celebrate the skills they’ve learnt on a cycling commute this September.

“By working with schools and families to encourage a more active school run, we’re now embedding healthy habits in the next generation. I will be pledging to go on a cycle ride with my family this Cycle to School Week, what will yours be?”

Chris Bennett, Head of Behaviour Change at Sustrans, said: “For generations of children, cycling to school has been an opportunity to be active and independent. Young people today are just as eager to enjoy those same journeys. That’s why the Government must prioritise making walking and cycling easier and safer for everyone, especially through schools programmes and the National Cycle Network – of which half of people live within a mile.

“We are delighted to partner with The Bikeability Trust for Cycle to School Week 2023, to encourage families and friends to walk, wheel and cycle together, building positive habits that last a lifetime.”

Cycle to School Week will take place from 25 – 29 September 2023. Find out more, and submit your pledge, at [**www.bikeability.org.uk/cycletoschoolweek.**](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bikeability.org.uk%2Fcycletoschoolweek&data=05%7C01%7Cmolly%40bikeabilitytrust.org%7Cf9440fb9d60e47acaae908da84e3bf9a%7Cd5c7c7a167634fcca24592f821d33c89%7C0%7C0%7C637968410943258553%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=UK8e2oirD8jyky9ZRe3eY166jR9OLKgxKpdZikp2ihU%3D&reserved=0)

**ENDS**

**Notes to Editors –** *this section gives extra details to journalists. Include this section when you’re sending the press release to the media. You do not need to include this section if you are uploading the press release to your website*

1. If an average journey is 2.4 miles and the average cost of fuel is £1.8 per litre, £157.65 could be saved per year. Based on the following vehicle example; 2010 plate petrol car at 65mpg for 2.4 miles each way, five days a week in rush hour. Calculator used <https://www.omnicalculator.com/ecology/car-vs-bike>
2. Carbon emissions calculated using <https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator>

**About YOUR SCHOOL NAME**

*Here include some key information about your school, including a contact number in case journalists want to speak to you.*

**About the Bikeability Trust**

The Bikeability Trust is a Charitable Incorporated Organisation with the vision to ensure everyone has the confidence to cycle and enjoy this skill for life. The Trust manages, develops and promotes the Bikeability programme on behalf of Active Travel England.

Bikeability cycle training is a practical training programme, which provides children and adults with a life skill and enables them to cycle confidently and competently on today’s roads. More than five million children have received Bikeability cycle training since the programme’s inception in 2007.

Evidence proves that children participating in Bikeability cycle training report increased confidence when cycling on the road compared to their initial level of confidence (NFER, 2015; SQW, 2019). This increase in confidence aligns with existing research on school-based cycle training (e.g. see Hatfield et al 2019; Jones, 2017; Mullan and Jones, 2015). Forming a positive attitude to cycling at a young age has also been found to contribute to the uptake and sustained participation in cycling during adulthood (de Bruijn et al, 2009).

The Bikeability Trust works with Active Travel England, Local Highways Authorities and a workforce of enthusiastic cycle instructors to empower people to cycle on the road. The confidence and competence it brings will enable more people to embrace an active lifestyle.

**About Sustrans**

Sustrans works for and with communities, helping them come to life by walking, wheeling and cycling to create healthier places and happier lives for everyone.

Across the UK we involve communities in shaping our towns and cities. Together we campaign for and create spaces where everyone can move around safely and give people the tools and confidence to get out of their cars.

We inspire people to change the way we all travel every day, forging closer connections with our neighbours and reducing traffic to create a better environment and more sustainable society for everyone.

Join us on our journey. www.sustrans.org.uk

Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).