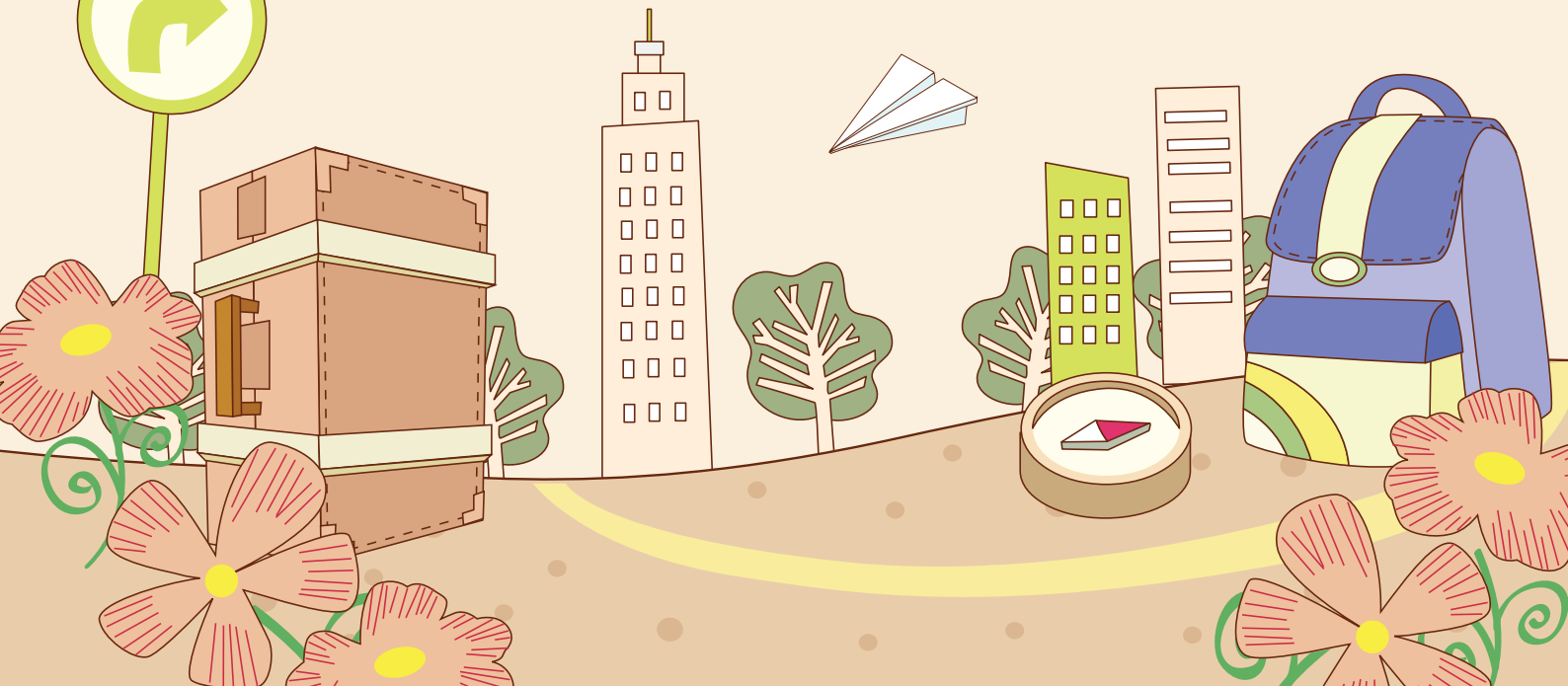


Winter 2010

Green-Schools Travel Progress Report



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Executive Summary

A review of the second year of the national roll-out of Green-Schools Travel demonstrates that the programme continues to be a success in changing the behaviour and attitudes of participating schools in relation to school travel. In accomplishing this, the programme has achieved targets set in terms of reducing car-based travel to and from school, while increasing the number of pupils travelling to school by sustainable modes of transport.

- The Green-Schools Travel programme has had a considerable impact over the past school year in terms of reducing the number of pupils travelling to school by private car, while also increasing the number of pupils travelling to school by sustainable modes of travel such as walking and park n' stride.
- 90% of schools involved in the programme for at least two years have been awarded the Green Flag. The award of a Green Flag indicates that a school has implemented the travel theme successfully.
- Over the past school year independent baseline and follow-on travel surveys were circulated to all 433 participating schools in May 2009, October 2009 and May 2010. The response rate for all three surveys was high and the survey results robust.
- Results from schools that undertook the programme between 2008 & 2010 indicate that over the past two years participating schools experienced a 27% reduction in private car use to more sustainable modes of travel to school.

This represents over 11,800¹ people per day making the switch from the private car to sustainable modes of transport such as walking, cycling and park n' stride.

- The number of children walking to school increased by 31% between Oct 2008 and May 2010.
- The number of children cycling to school increased by 25% between Oct 2008 and May 2010.
- The comparative survey results revealed a 45% increase in pupils travelling to school by mixed mode transport and indicates a high uptake in park 'n' stride initiatives.
- Comparative results showed an increase in the desire to travel to school by sustainable modes with cycling being the preferred mode at 43% between Oct 2008 and May 2010.
- The number of staff who travel to school by car has decreased by 11% between Oct 2008 and May 2010.
- Overall, 80% of respondents would prefer to travel to school using sustainable transport modes.
- Following completion of two years of the national rollout of the Green-Schools Travel programme, a higher percentage of pupils:
 - Use their bike outside of school
 - Have a helmet
 - Wear a helmet
 - Wear a high-visibility vest

¹ The total student population during this period was 74,000.

No of Schools	No of Visits	WOW Days	COW Days	Park n Stride	Walking Bus	Walkability Audits	Cycle Training	Cycle Parking
418	1875	307	201	248	82	126	137	115

- Over the course of the 2009-2010 school year, eighteen Travel Officers have conducted over 1,850 school visits to 418 participating schools. On average each school has been visited 4.5 times by their Green-Schools Travel Officer during the school year.
- In efforts to increase sustainable modes of travel on the school run; 73% of participating schools run WOW days (Walk On Wednesday), 59% run park 'n stride initiatives, 48% run COW days (Cycle On Wednesday) and 19% facilitate walking buses.
- In addition 137 schools (33%) received cycle training and 115 schools (27%) received cycle parking facilities under the Green-Schools travel programme over the course of the school year.
- 5,996 pupils received cycle training between September 2009 and June 2010 as part of the GS Travel programme.
- 1,830 bike parking spaces were installed in 115 schools between September 2009 and June 2010.
- Over 32,850 pupils in 250 schools took part in National WOW day (Walk on Wednesday) on the 19th May. Green-Schools set a target of 20,000 for participation in the event, this was exceeded by 12,850 students who walked on the day.
- Over 3,717 children cycled to school on National COW Day (Cycle on Wednesday) in June 2010.
- It is estimated that an additional 240 schools will join the Travel programme in September 2010, this will bring the number of participating schools to over 650 and 152,313 pupils.
- The programme received a high degree of media coverage during the school year with much publicity garnered around events arranged during National Bike Week and National Walk to School Week.
- National targets and results for Green-Schools Travel:

Year	No. of Schools	No. of Pupils	Target Car Use	Achieved Car use to School	Target Cycling & Walking	Achieved Cycling & Walking to School
06-08	49	20,000	-10%	-30%	8%	17%
08-09	314	101,000	-12%	-22%	8%	43%
09-10	482	150,000	-13%	-20%	8.5%	41%



1. Introduction

The Green-Schools Travel theme is part of the Green-Schools programme which is operated by An Taisce, funded by the Department of Transport and supported by the Dublin Transportation Office. The aim of the Travel theme is to encourage schools to promote sustainable modes of transport to and from school. Green-Schools Travel encourages pupils and parents to walk, cycle, Park n Stride, use public transport or car pool instead of using the private car on the school run. This report outlines the progress of the Green-Schools Travel programme over the period September 2009 to June 2010.

It also measures the performance of the programme over a two year period from September 2008 to June 2010 through a comparative analysis of survey results compiled at the beginning of the school year (October 2008), with those collected towards the end of the two year Green-Schools Travel programme (May 2010). In addition, the report outlines the development of the programme, highlights ongoing work on the ground, identifies initiatives schools are undertaking, provides an update of Green-Schools cycling initiatives and events, and charts the future development of the programme.

2. Progress to Date

2.1 Green-Schools General

The 2009-2010 school year was another busy year for Green-Schools. The programme is now in its thirteenth year and is still seeing new schools registering for participation. During this year alone 307 new schools registered which brings the total number of schools registered to 3,433 or 83% of schools in Ireland. During Year 13 the number of schools awarded the Green-Flag increased by a further 284 bringing the total number of schools flying the Green-Flag in Ireland to 2,051. This represents around 46% of all schools in Ireland. In total Green-Schools awarded 982 Green-Flags in 2010 and held 36 award ceremonies throughout the country. The award ceremonies were held in the following locations; Croke Park Dublin, Thomand Park Limerick, Cork, Galway, Kilkenny, W. Meath and Donegal.

2.2 Green-Schools Travel²

199 schools were awarded their Green-Flag for Travel in 2010, this represents 75% of all schools which started the Travel theme in 2008. These are all schools that worked on the theme for two years and brings the total number of schools awarded Green-Flags for Travel to 243. A number of schools chose to defer their Travel flag until 2011 due to a number of reasons including; a) wishing to work longer on the flag to achieve greater modal shift b) a change in co-ordinator

and c) external issues affecting the school. The number of awarded flags is an indication of the success of the programme to date as schools are successfully completing the two year cycle and achieving modal shift on the school run. This level of success is as a result of ongoing support by Green-Schools staff on the ground as well as a growing awareness within schools about sustainable modes of travel.



² Abbreviations include in the report are as follows: GS; Green-Schools, GST; Green-Schools Travel, NTA; National Transport Authority, DOT; Department of Transport, LA; Local Authority.

3. Results and Analysis of May 2010 Surveys

3.1 Introduction and Methodology

In May 2010 a follow-on survey was carried out in schools which started the Travel theme in September 2008 and September 2009. This was a follow-on survey to monitor the progress of schools with respect to modal shift away from the private car as well as to determine behavioural change in schools towards sustainable travel. The results of the survey were compared to the baseline and follow-on surveys completed by 2008 schools and the baseline survey completed by 2009 schools.

The 2009 follow-on survey was primarily carried out by GS Travel Education Officers, however a number of teachers also carried out the survey. The 2008 follow-on survey was solely carried out by teachers due to limited capacity amongst GS staff, a prize fund was used as an incentive for schools to complete the survey. The 2009 follow-on survey data represents 107 schools with some 365 separate surveys which totals 9,671 student responses. The 2008 follow-on survey data represents 94 schools with some 424 separate surveys which represents 9,671 student responses. The responses for both surveys were evenly spread between urban and rural (2009 – 48% urban, 51% rural) (2008- 42% rural, 38% urban) and there was a good geographical distribution around the country.

The data and analysis was carried out independently by UCD Urban Institute who were successful in the tendering process carried out in April 2010. The follow-on survey format was the same structure as the survey used in May 2009 with 11 questions in the student survey and 10 questions in the staff survey. The delivery of the survey was through a personally issued process, where the class teacher, GS Co-ordinator or GS Travel Education Officer asked a class of pupils to respond to questions by raising their hands. The survey also offered teachers the opportunity to provide additional comments on the programme.

Following the collation of the data comparative analysis was carried out to determine the progress of the schools over the following periods: 2008-2010 and 2009-2010. The comparative results from the 2008-2010 surveys shows the modal shift experienced by schools who have undertaken two years of the GS Travel programme, the majority of which have been awarded their Green Flag for Travel. The results from 2009-2010 surveys indicate the modal shift experienced by schools which have undergone their first year of the GS Travel theme. The key results are outlined below.

3.2 2008 schools: Final Student Survey Results³

3.2.1 Question: How do you usually travel TO school?

Table 1: Travel TO school

Mode	Baseline 2008 Survey	1st Follow-on Survey May 2009	2nd Follow-on Survey Oct 2009	3rd Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2008 & 3rd Follow-on Survey
Car	58.8%	49.6%	49.8%	42.7%	-27%	- 16.1%
Walk	18.4%	28%	23.4%	26.6%	+31%	+ 8.2%
Cycle	3.6%	3.9%	3.3%	4.8%	+25%	+1.2%
Mixture (Park n Stride)	6%	14%	8%	11%	+45%	+ 5%
Bus	17.5%	17.2%	12%	11%	-37%	- 6.5%
Train	0	0.5%	2.5%	3.7%	+100%	+ 3.7%

³ '2008 schools' denotes those schools who started working on the travel theme in September 2008 and completed the theme in June 2010.

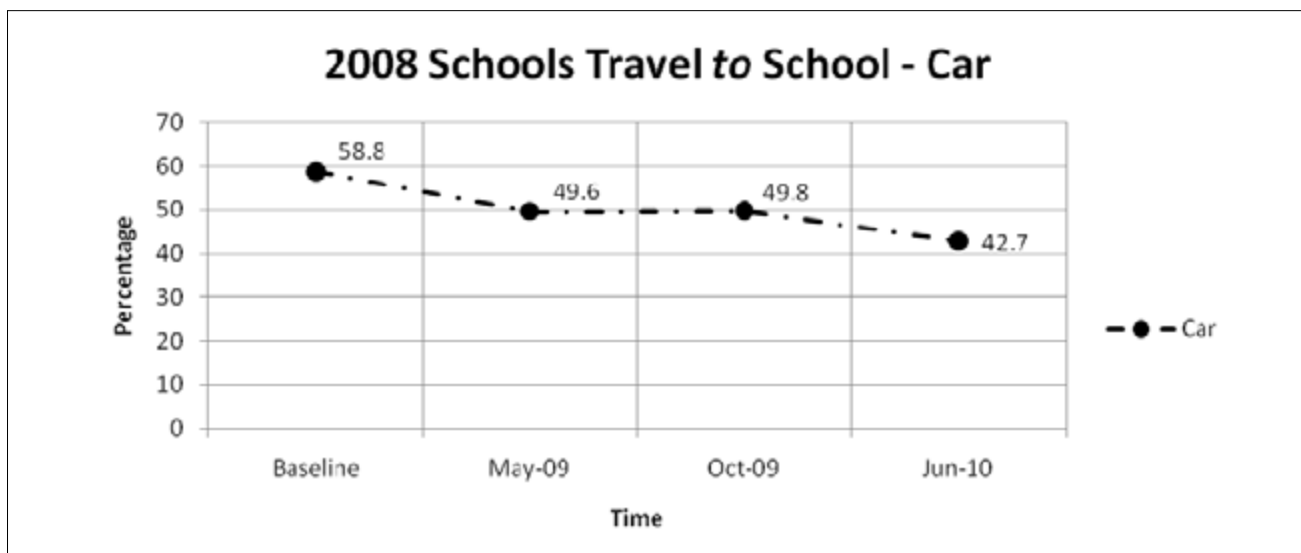


Figure 1: 2008 Schools Final Student Survey Results; Car Journeys TO School⁴

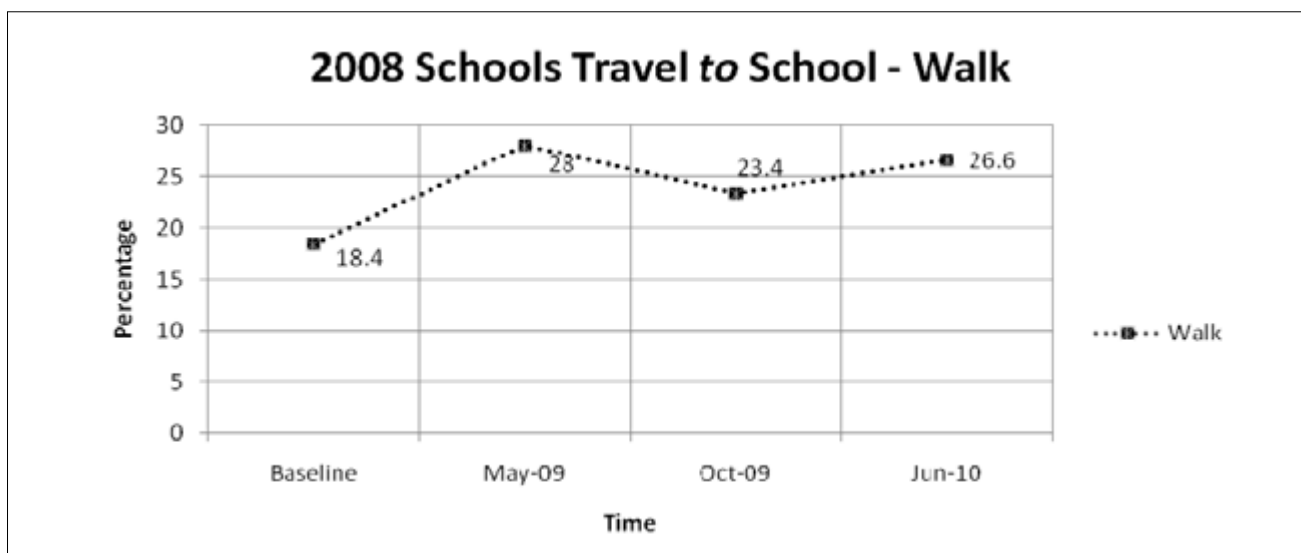


Figure 2: 2008 Schools Final Student Survey Results; Walking TO School

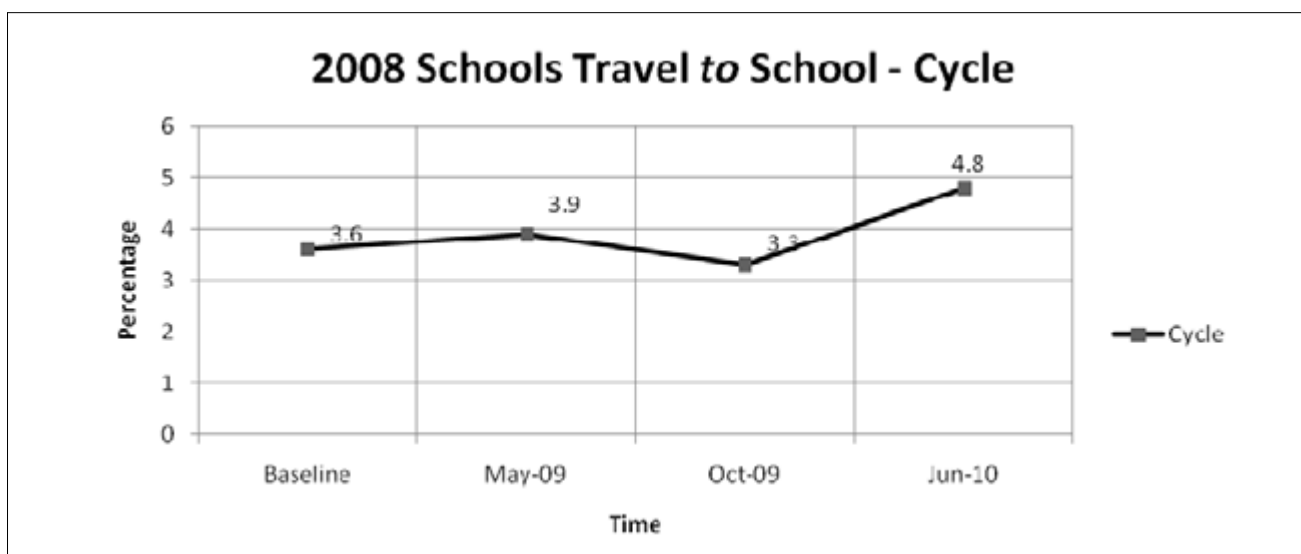


Figure 3: 2008 Schools Final Student Survey Results; Cycling TO school

⁴ Please note that the analysis of the data was carried out in June 2010 hence UCD has labelled the final survey as June 2010 as opposed to May 2010.

Table 1 and Figures 1-3 above outlines the comparative changes from all four surveys carried out between Oct 2008 and May 2010. The results from the final follow-on survey for 2008 schools shows the following:

- A reduction in car journeys to school of 27%,
- An increase in the number of students walking to school of 31%.
- An increase in cycling numbers of 25%, and
- An increase in Park n Stride of 45%.

06 3.2.2 Question: How do you usually travel FROM school?

Table 2: Travel FROM School

Mode	Baseline 2008 Survey	1st Follow-on Survey May 2009	2nd Follow-on Survey Oct 2009	3rd Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2008 & 3rd Follow-on Survey
Car	55.7%	48.7%	47.3%	42.7%	-23%	-13%
Walk	21.2%	30%	25.9%	29.1%	+27%	+7.9%
Cycle	2.2%	3.9%	3.2%	4.7%	+44%	+2.1%
Mixture (Park n Stride)	6.4%	11.4%	5.2%	6.8%	+5.8%	+0.4%
Bus	18.2%	19.5%	13.5%	12%	-34%	-6.2%
Train	0	0	2.5%	3.9%	+100%	+3.9%

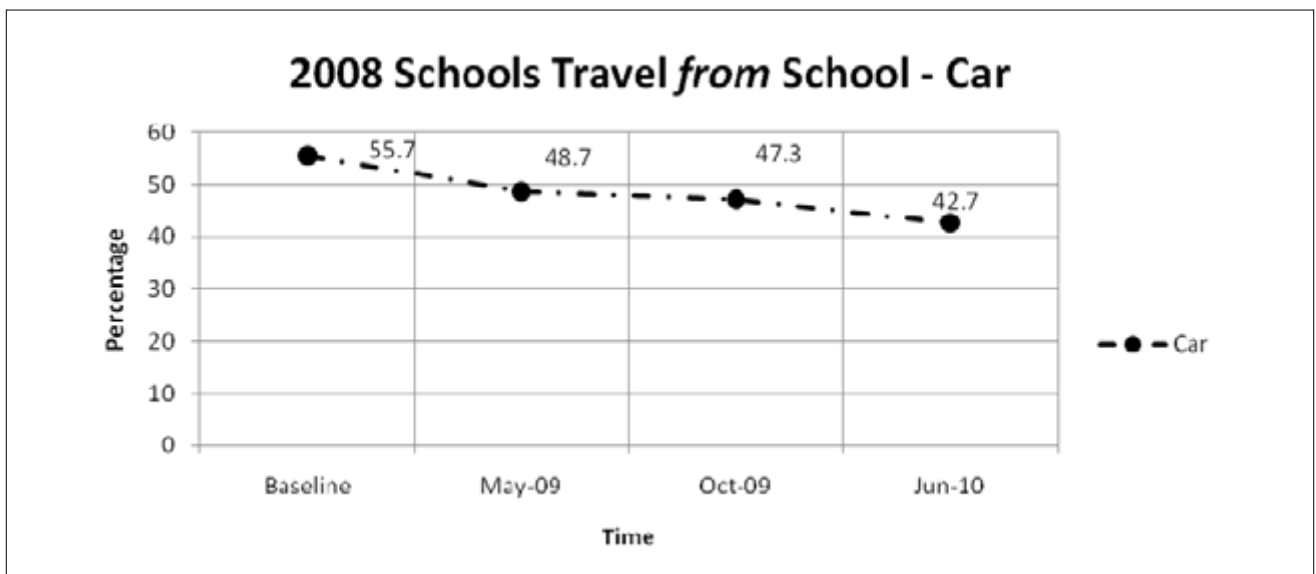


Figure 4: 2008 Schools Final Student Survey Results; Car Journeys FROM School

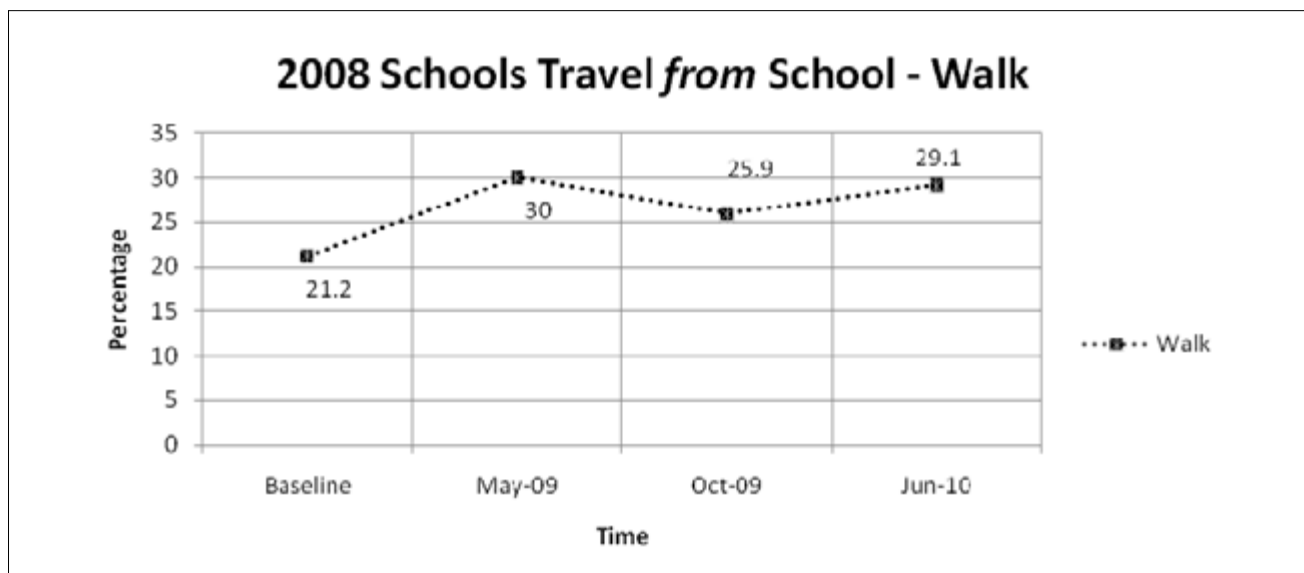


Figure 5: 2008 Schools Final Student Survey Results; Walking FROM School

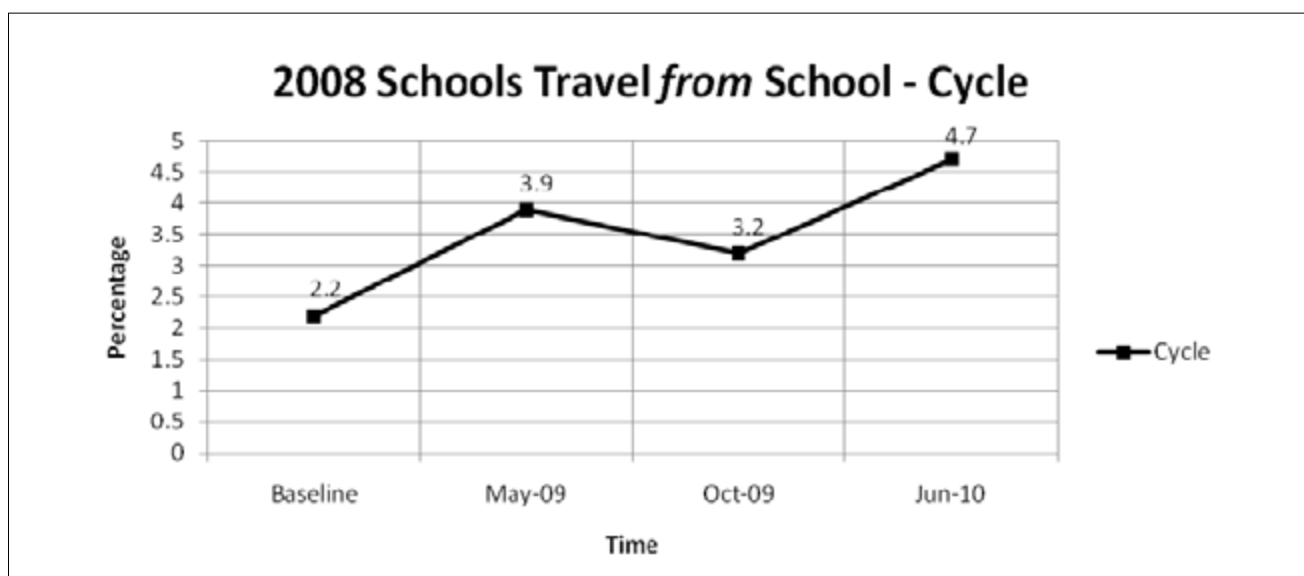


Figure 6: 2008 Schools Final Student Survey Results; Cycling FROM School

Table 2 and Figures 4-6 above outline the comparative changes from all four surveys carried out between Oct 2008 and May 2010. The results from the final follow-on survey from 2008 schools shows the following;

- A reduction in car journeys from school of 23%.
- An increase in the number of students walking home from school of 27%, and;
- An increase in the number students cycling to school of 44%.

3.2.3 Question: How would you prefer to travel TO school?

Table 3: Preferred Mode of Travel TO School

Mode	Baseline 2008 Survey	1st Follow-on Survey May 2009	2nd Follow-on Survey Oct 2009	3rd Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2008 & 3rd Follow-on Survey
Car	24.3%	12.3%	13%	9.8%	-59%	-14.5%
Walk	14.4%	20.2%	25.2%	27%	+46%	+12.6%
Cycle	31.7%	54.4%	46.8%	42.9%	+26%	+11.2%
Mixture (Park n Stride)	7.5%	8.5%	4.3%	4%	-46%	-3.5%
Bus	16.7%	9.7%	10.2%	6.7%	-60%	-10%
Train	5.9%	1%	2%	2.4%	-59%	-3.5%

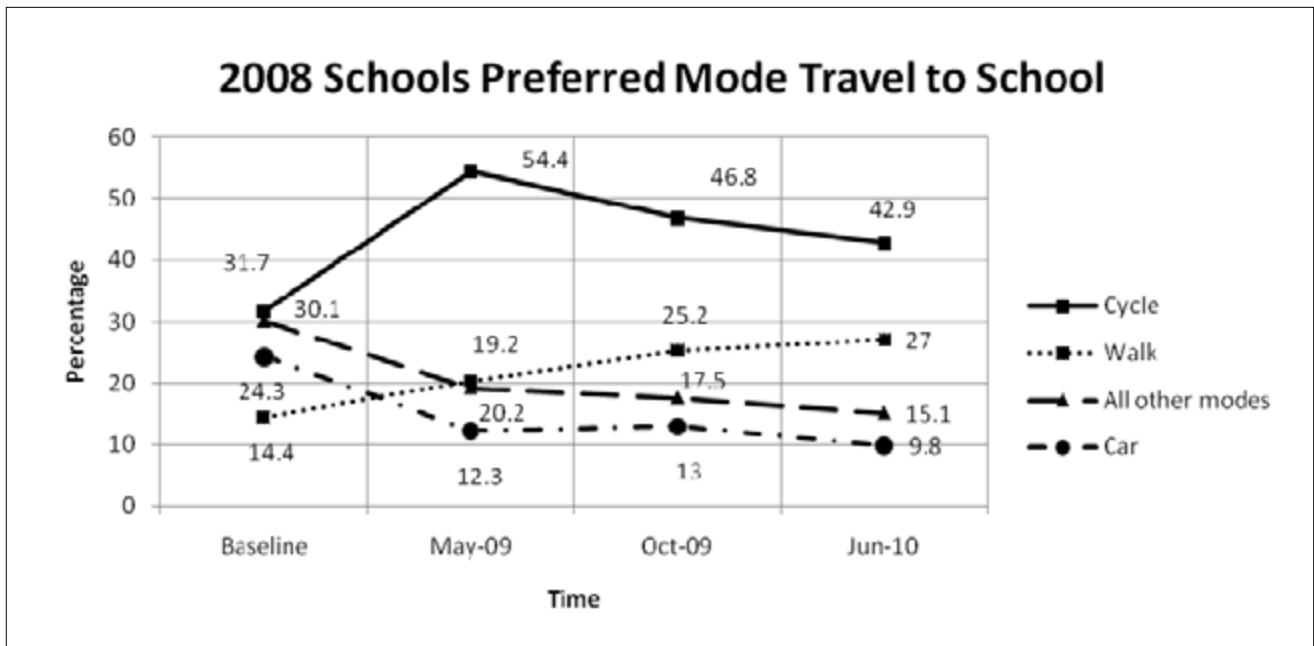


Figure 7: 2008 Schools Final Student Survey Results; Preferred Mode of Transport TO School

Table 3 and Figure 7 outline the comparative changes from all four surveys carried out between Oct 2008 and May 2010. The results from the final follow-on survey from 2008 schools shows the following;

- Students have a strong preference towards sustainable transport modes.
- The desire to be driven to school decreased by 59%.
- The number of students who wished to cycle to school increased by 26%.
- Students also showed a keen interest in walking to school with an increase of 46%.

3.2.4 Questions Relating to Cycling

Table 4: Trends Relating to Safe Cycling

Cycling	Baseline 2008 Survey	1st Follow-on Survey May 2009	2nd Follow-on Survey Oct 2009	3rd Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2008 & 3rd Follow-on Survey
Cycle their bike at home?	45.8%	67%	72.9%	72%	+33%	+26.2%
Own a helmet?	38.4%	56%	53%	52.3%	+26%	+13.9%
Wear a helmet?	21%	26%	27%	27.8%	+24%	+6.8%
Wear a high vis vest?	12.2%	17.4%	20.5%	15.7%	+20%	+3.2%

Table 4 outlines the comparative changes from all four surveys carried out between Oct 2008 and May 2010. The results from the final follow-on survey from 2008 schools shows the following;

- The number of children that cycle at home has increased by 33%.
- The number of children own a helmet increased by 26%.
- The number of children that wear a helmet when cycling increased by 24%.
- The number of children that wear a hi vis vest when cycling increased by 20%.

3.3 2008 Schools; Final Staff Survey Results

3.3.1 Question: How do you usually travel TO School?

Table 5: Staff Travel TO School

Mode	Baseline 2008 Survey	1st Follow-on Survey May 2009	2nd Follow-on Survey Oct 2009	3rd Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2008 & 3rd Follow-on Survey
Car	95.4%	89%	88.4%	85%	-11%	-10.4%
Walk	3%	5%	4.6%	6.9%	+56%	+3.9%
Cycle	1%	1%	4.3%	2.9%	+35%	+1.9%
Mixture (Park n Stride)	1.4%	3%	0%	3.4%	+59%	+2%
Bus	0%	1%	1%	1%	+100%	+1%
Train	0%	0%	0%	0%	0%	0%

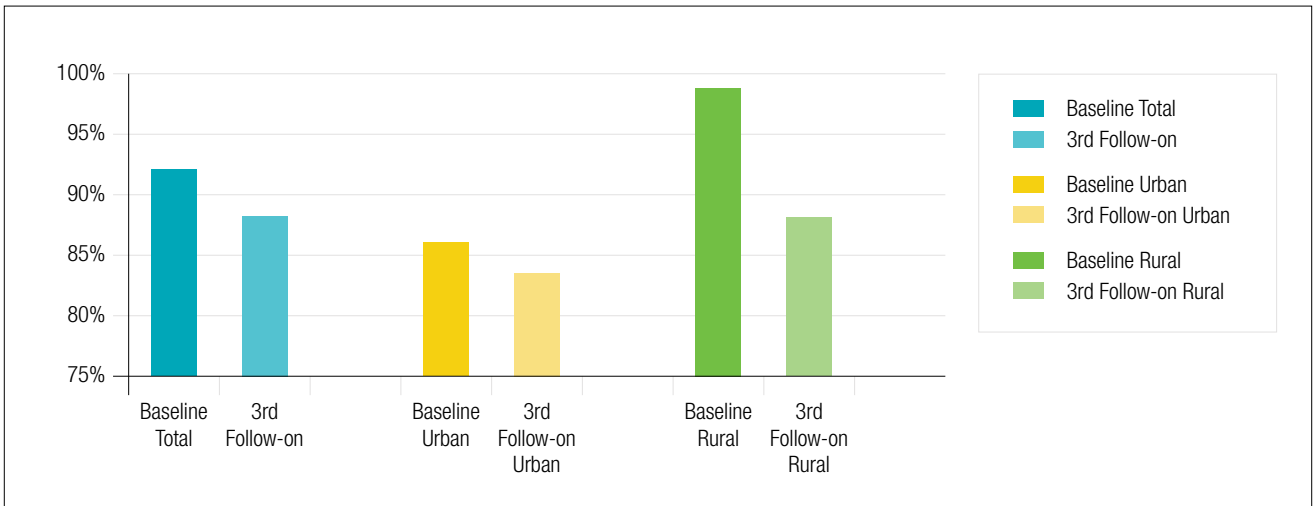


Figure 8: 2008 Schools Final Staff Survey Results; staff journeys TO school by location

Table 5 and Figure 8 outlines the comparative changes from all four surveys carried out between Oct 2008 and May 2010. The results from the final follow-on survey from 2008 schools shows the following;

- The number of staff who travel to school by car has decreased by 11%.
- The number of staff who walk to school has increased by 56%.
- The number of staff who cycle to school has increased by 35%.
- The number of staff who park n stride has increased by 59%.

3.3.2 Question: Have you participated in a walking or cycling event to school?

Table 6: Participation in Walking or Cycling Events

Survey	Yes	No
2 nd Follow On Oct 2009	26%	74%
3 rd Follow On May 2010	67%	33%

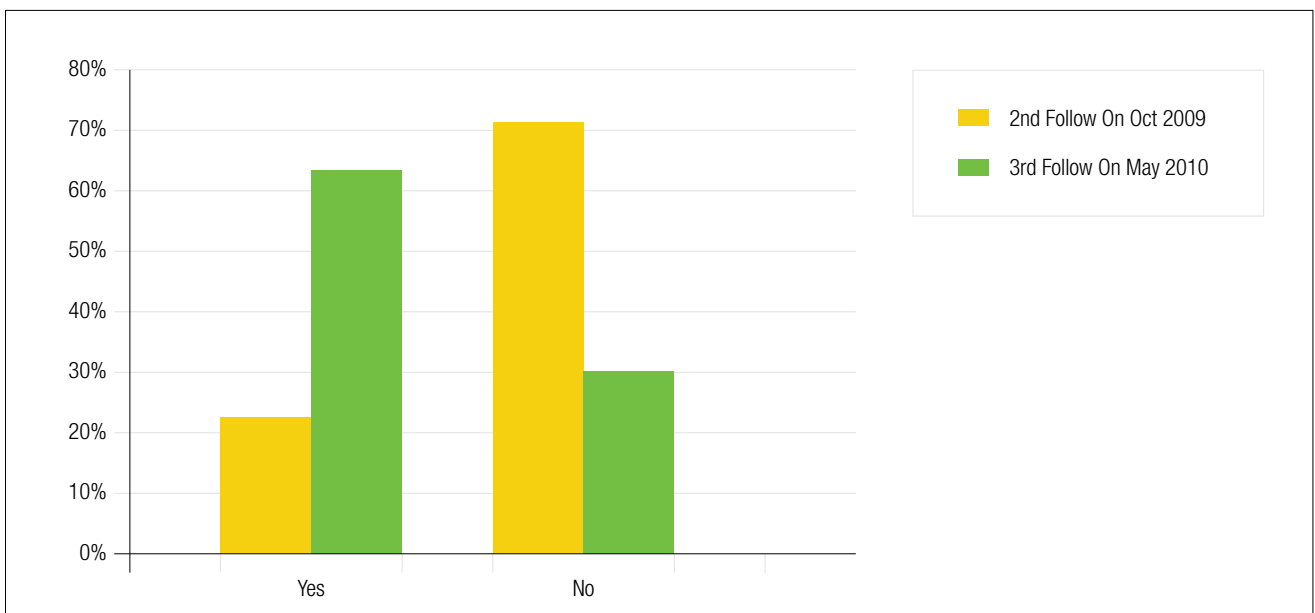


Figure 9: Comparative participation rates in walking or cycling events between Oct 2009 and May 2010

Table 6 and Figure 9 outlines the comparative changes from two surveys carried out between Oct 2009 and May 2010. This question was introduced in the 2nd Follow-On survey of 2008 schools in Oct 2009 to gauge participation rates for walking and cycling events. The results from 2008 schools show the following;

- There was an increase of 40.6% in the number of staff that participated in walking and cycling activities between Oct 2009 and May 2010. The key walking & cycling events are WOW days, COW Days, Walk to School Week and Bike Week.

3.4 2009 Schools; Student Survey Results May 2010⁵

3.4.1 Question: How do you usually travel TO School?

Table 7: Mode of Travel TO School

Mode	Baseline Survey 2009 Schools	1st Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2009 & 1st Follow-on Survey
Car	51.4%	41.2%	-20%	-10.2%
Walk	25.9%	27%	+4%	+1.1%
Cycle	3.2%	5.1%	+37%	+1.9%
Mixture (Park n Stride)	6.2%	11.6%	+46%	+5.4%
Bus	12%	12%	0%	0%
Public Transport (inc train)	2.7%	2.1%	-22%	-0.6%

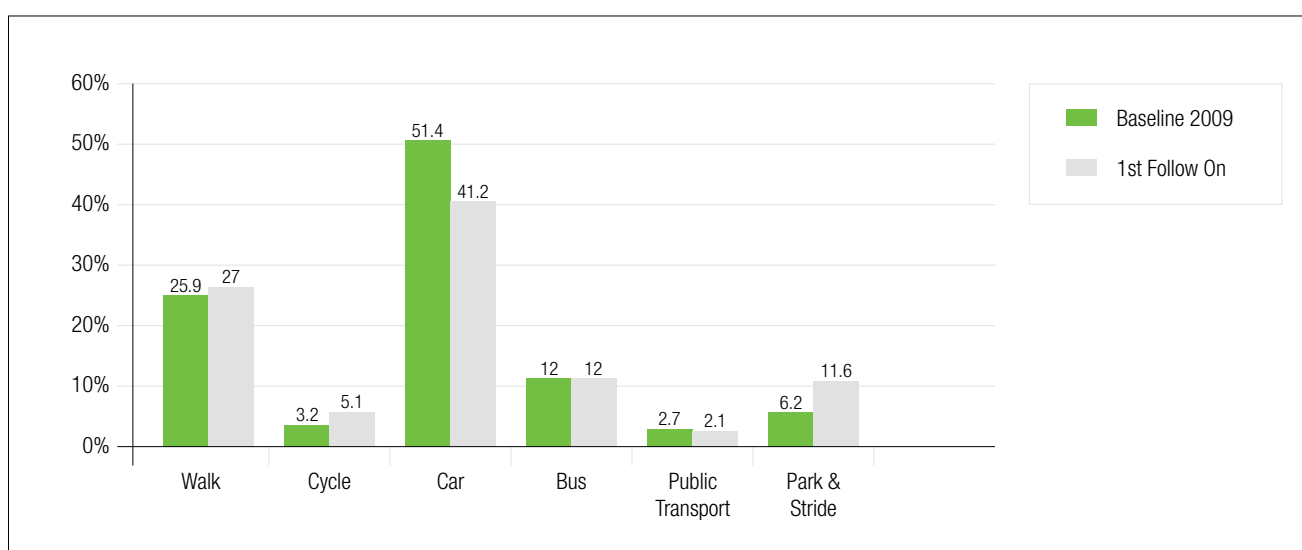


Figure 10: 2009 Schools Follow-On Student Survey Results; Mode of Travel TO School

⁵ '2009 Schools' denotes schools who started working on the travel theme in September 2009 and will complete the theme in June 2011.

Table 7 and Figure 10 outlines the comparative changes from two surveys carried out between Oct 2009 and May 2010. The results from 2009 schools show the following;

- The results show a 20% reduction in car journeys to school.
- Park n Stride saw the greatest change with a 46% increase.
- The number of children walking to school increased by 4%.
- The number of children cycling to school increased by 37%.

3.4.2 Question: How do you usually travel FROM School?

Table 8: Mode of Travel FROM School

Mode	Baseline Survey 2009 Schools	1st Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2009 & 1st Follow-on Survey
Car	45.2%	41.2%	-8.4%	-4%
Walk	29.7%	29.8%	0%	0%
Cycle	3.3%	5%	+34%	+1.7%
Mixture (Park n Stride)	5.8%	7.6%	+23%	+1.8%
Bus	12.7%	13.3%	+4.5%	+0.6%
Public Transport (inc train)	3.3%	2.2%	-33%	-1.1%

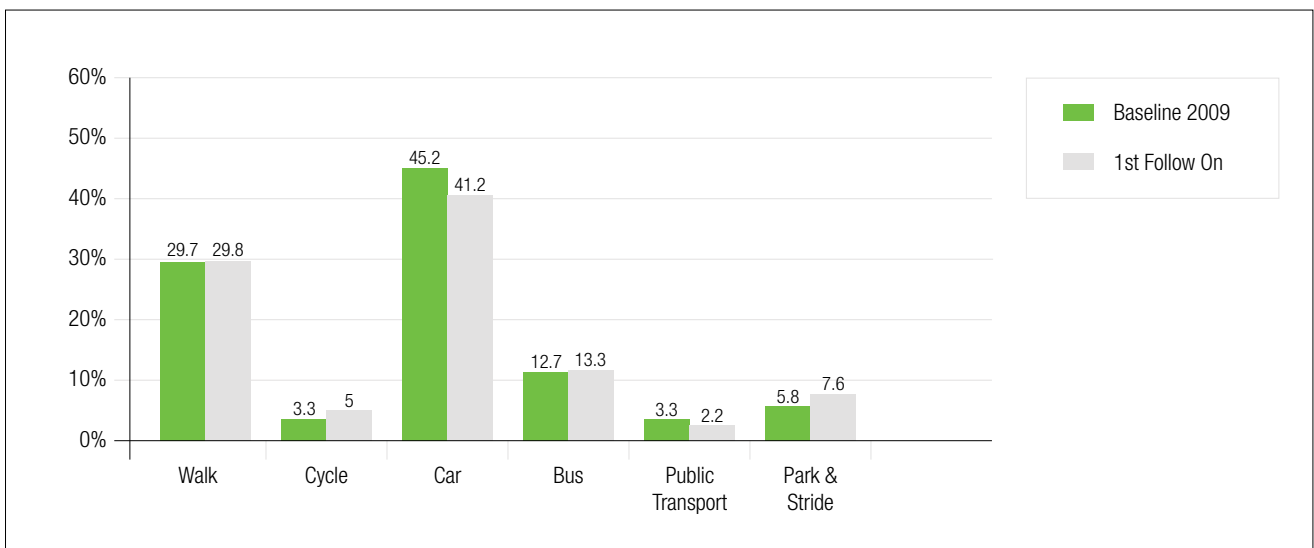


Figure 11: 2009-2010 Follow-On Student Survey Results; Mode of Travel FROM School

Table 8 and Figure 11 outlines the comparative changes from two surveys carried out between Oct 2009 and May 2010. The results from 2009 schools show the following;

- The results show an 8.4% reduction in car journeys from school.
- There was no change in the number of children walking home from school.
- The number of children cycling home from school increased by 34%.
- The number of children park n striding increased by 23%.

3.4.3 Question: How would you prefer to travel to school?

Table 9: Preferred Mode of Travel to School

Mode	Baseline Survey 2009 Schools	1st Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2009 & 1st Follow-on Survey
Car	13.6%	9.1%	-33%	-4.5%
Walk	27.5%	27.9%	0%	0%
Cycle	44.3%	48.8%	+9%	+4.5%
Mixture (Park n Stride)	3.1%	4.6%	+32%	+1.5%
Bus	7.4%	6%	-19%	-1.4%
Public Transport (inc train)	2.2%	2.2%	0%	0%

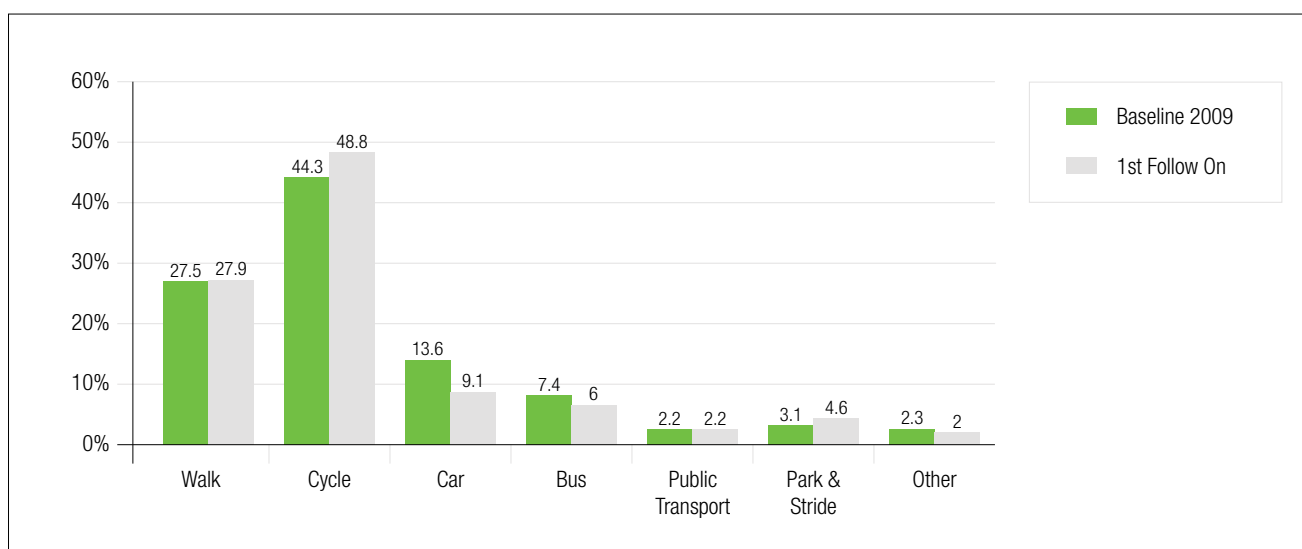


Figure 12: 2009 Schools Follow-On Student Survey Results; Preferred Mode of Travel to School

Table 9 and Figure 12 outlines the comparative changes from two surveys carried out between Oct 2009 and May 2010. The results from 2009 schools show the following;

- There was a reduction in the desire to travel to school by car of 33%.
- The desire to cycle to school increased by 9%.
- The desire to park n stride increased by 32%.
- The desire to travel by bus declined by 19%.

3.5 2009 Schools; Staff Survey Results

3.5.1 Question: How do you travel TO School?

Table 10: Mode of Travel TO School

Mode	Baseline Survey 2009 Schools	1st Follow-on Survey May 2010	Increases/decreases between Baseline 2008 & 3rd Follow-on Survey	Modal Change between Baseline 2009 & 1st Follow-on Survey
Car	90%	90%	0%	0%
Walk	4.6%	5.2%	+11%	+0.6%
Cycle	1.5%	2.8%	+46%	+1.3%

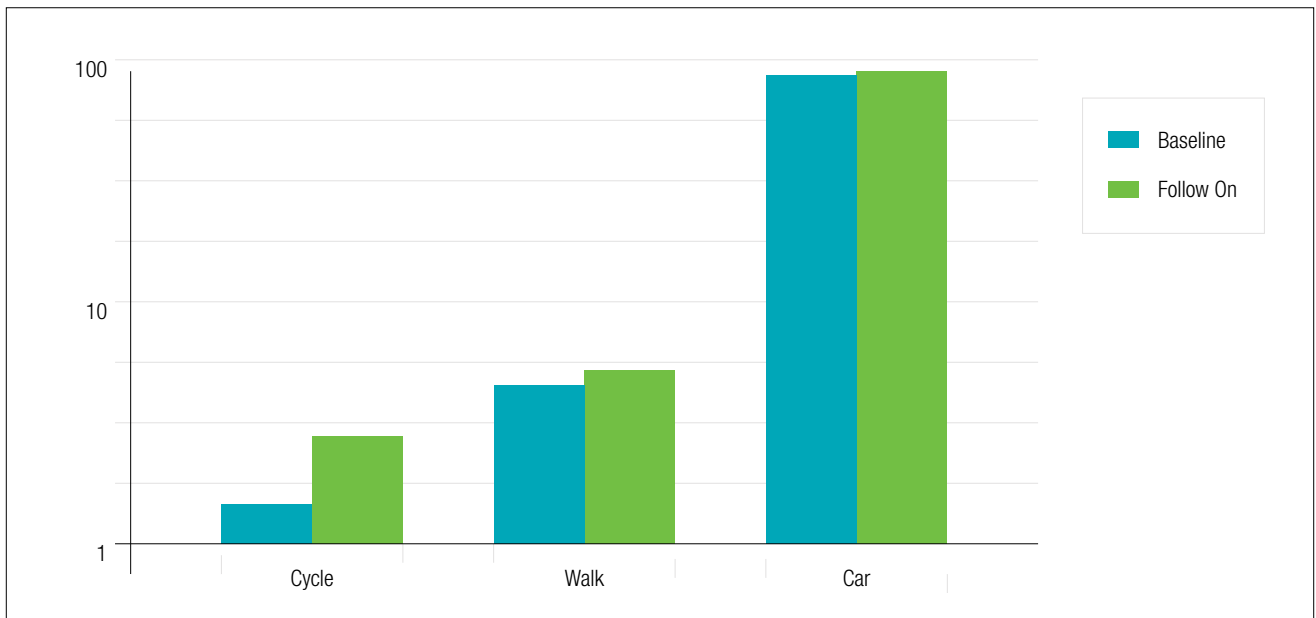


Figure 13: 2009 Schools Follow-On Staff Survey Results; Staff Travel TO School

The number of staff leaving their car at home hasn't changed between Oct 2009 and May 2010, however the number who have walked & cycled to school has increased somewhat. These increases may be due to staff moving from other sustainable modes of transport such as public transport to walking and cycling. It is hoped that over the course of the 2010/2011 school term more staff will leave the car at home on a regular basis.

3.5.2 Question: If you travel to school by car, how many people usually travel with you?

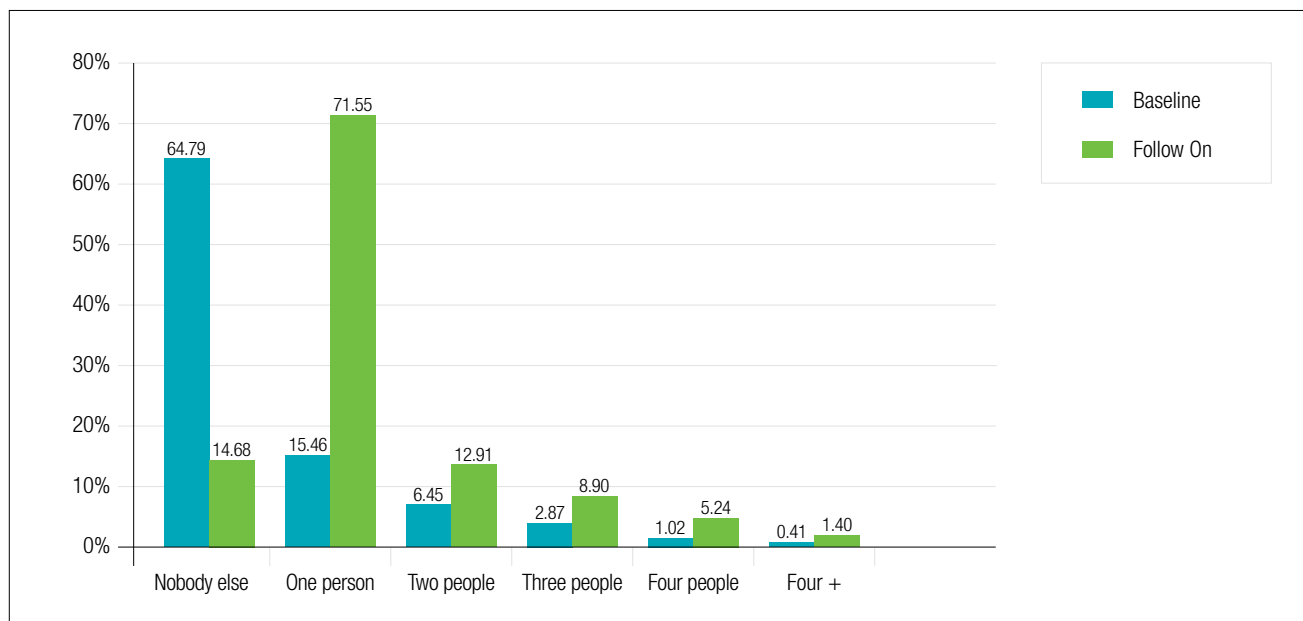


Figure 14: 2009 Schools Follow-On Staff Survey Results; Staff Carpooling on the Journey to School

Of the 90% of staff that travel to school by car there has been an increase in the number who carpool. This may be an indication of the increased awareness of sustainable modes of travel on the school run. If for instance staff have a limited option when it comes to walking & cycling it is imperative that they consider carpooling as an option instead.

3.5.3 Question: Have you participated in a walking or cycling to school event in the past two weeks?

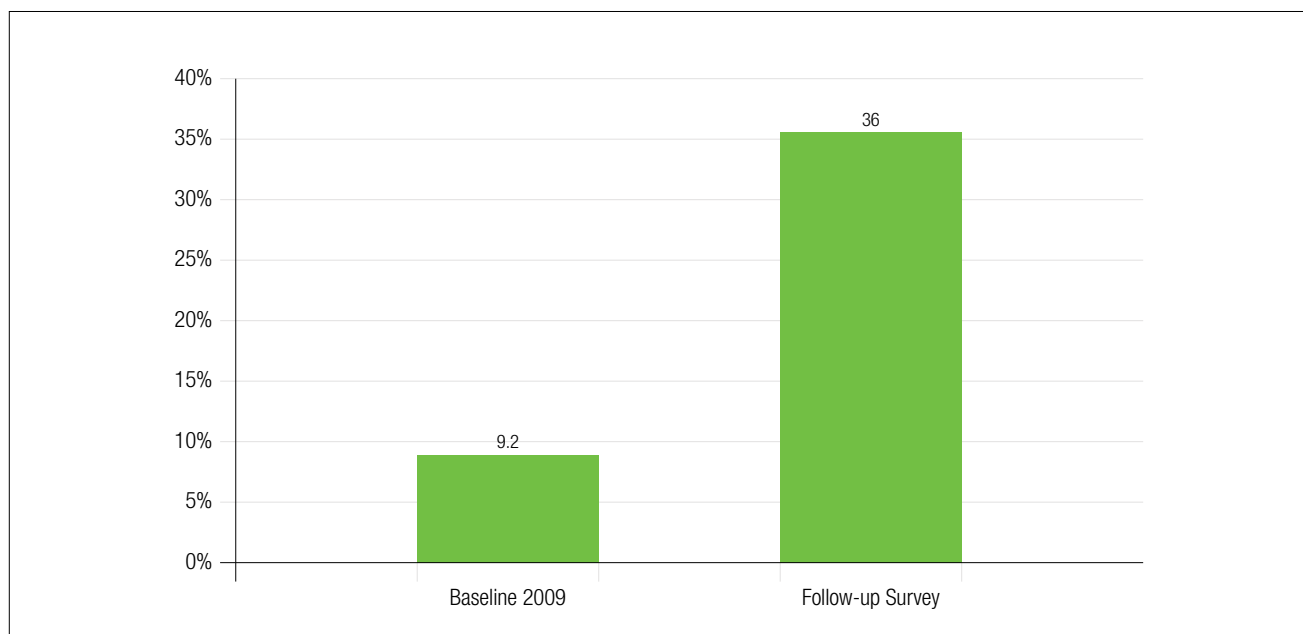


Figure 15: 2009 Schools Follow-On Staff Survey Results; Have you participated in a walk or cycle event in the past two weeks?

Figure 15 outlines the comparative changes from two surveys carried out between Oct 2009 and May 2010. The results from 2009 schools show the following;

- Participation in walking or cycling events increased by 26.8%.

4. Action on the Ground

The effectiveness and ultimate success of the Travel programme may be largely attributed to the work carried out by the Green-Schools Travel Officers on the ground. Each Officer is responsible for approximately 20+ schools located in various catchments around the country. Over the course of the past school year the GS Travel Officers have built up strong relationships with their schools and wider communities and worked with them in introducing, developing and ultimately implementing the programme. Throughout the year Officers have stimulated ongoing interest in the programme and facilitated action through various events and initiatives at local level. Over the school year 18 Travel Officers have conducted over 1,875 school visits to 418 participating schools. On average each school has been visited 4.5 times by their Green-Schools Travel Officer. These visits varied from;

- Introductory meetings with coordinating teachers, principals and pupils,
- Formal meetings with Green-School committees,
- Information talks with Parents Associations and Boards of Management,
- Delivery of presentations and workshops with teachers, pupils and parents,
- Participation in one-off events and launches; and carrying out surveys and assessments on behalf of schools.

In response to the aims and objectives of the programme schools have undertaken and implemented many innovative sustainable travel initiatives and events to encourage the school population to buy into the ethos of Green-Schools Travel. It should be recognised that many schools run WOW (Walk on Wednesday) and COW (Cycle on Wednesday) initiatives on an ongoing basis to encourage pupils to walk or cycle to school at least once a week. These events have proved hugely popular and successful in introducing walking and cycling cultures to participating schools. 73% of participating schools ran WOW days throughout the year, while 48% held COW days. Information compiled by Green-School Travel Officers indicates that 44% of participating schools and 59% run park 'n stride initiatives. Schools have also taken part in national events including Green-Schools National Walk to School Week and National Bike Week.

4.1 Cycling Update

The Green-Schools Cycling Development Officer and GS Travel Officers have been engaged in promoting all aspects of cycling to school during the 2009/2010 school year. The main activities promoted by GS Travel include; cycle training, Dr. Bike sessions, workshops, seminars and the promotion of cycling infrastructure. There has been a real sea change with respect to how schools are responding to cycling and anecdotally it is felt that a cycling culture is developing. These changes are as a result of the following actions/initiatives and incentives;



4.1.1 Green-Schools Smarter Travel Cycling Scheme

The Green-Schools Smarter Travel Cycling Scheme was developed in October 2009 during Year 5 (Sept 2009) of the GS Travel programme. The initiative was developed to allow schools to apply for cycle training and parking at the same time and preference would be given to such schools. Research as part of the GS Travel programme has shown that when a school avails of both cycle parking and cycle training, the number of students cycling to school increases. The Green-Schools Smarter Travel Cycling Scheme has been developed to build on the success that both cycle training and cycle parking bring to a school. The Green-Schools Smarter Travel Cycling Scheme operated during the 2009-2010 school year and may be reintroduced in the future depending on demand.

Table 11: Figures for Cycle Training

	Autumn 09	Dec 09 (GSSTCS)	Spring/Summer 10
Nos. Schools	34	74	41
Nos. Students	1516	2884	1596
No CT before	-	47	27

Table 12: Provision of Cycle Parking from Sept 2009 – June 2010

	Autumn/Winter 09	Spring/Summer 2010
Nos. Schools	96	16
Nos. Spaces	1560	270

4.1.2 Cycling Training

Cycling training has been an integral part of Green-Schools Travel since its inception in 2005. Although there is currently no national standard for cycle training, cycle training is being carried out by many private training providers throughout the country. Funding for cycling training is offered at €10 per student up to a maximum of 60 students. For level 2 or on road training funding is offered at €20 per student up to a maximum of 30 students. In some exceptional cases a school received more than the maximum amount allowed. The figures on cycle training from September 2009 to June 2010 can be seen in Table 11. The total number of students who undertook cycle training between Sept 2009 and June 2010 is 5,996. It can be seen from the table that there is a peak in the number of students being cycle trained in December 2009. This is the result of increased funding as part of the Green-Schools Smarter Travel Cycling Scheme.

4.1.3 Cycle Parking

Funding for cycle parking was continued in Year 5 (September 2009- June 2010) and schools were asked to apply in Sep/Oct 2009 to be eligible for cycle parking during the Autumn term. GS Travel received a large number of cycle parking applications from schools particularly those schools entering the 2nd year of their programme. In October 2009 GS Travel received additional funding from the Department of Transport to accommodate all of the schools that had applied which led to an increase in the number of schools receiving parking. The installations for cycle parking in the Spring/Summer term took place in May and June 2010 with all parking installations being completed before Bike Week 2010. Table 12 shows the number of schools that received cycle parking during Year 5 of the programme.

4.1.4 Cycle Parking – Monitoring and Evaluation

Schools that applied for cycle parking were informed that they would be subject to monitoring and evaluation of their cycle parking. On previous years this was done by a spot check from the respective GS Education Officer on a school visit. It was decided at the start of 2010 that monitoring and evaluation should be carried out by the school as this forms part of their 7 Steps. In February 2010 the 112 schools that received cycle parking were sent a monitoring and evaluation form which can be seen in Appendix 1. Schools were asked to do a spot check once a month over a 4/5 month period. Green-Schools Travel received 25% of the monitoring and evaluation forms back. The results of the monitoring and evaluation for the 3 survey samples can be seen in Figure 15.



The occupancy rate of cycle parking installed as part of the Green-Schools Travel programme.

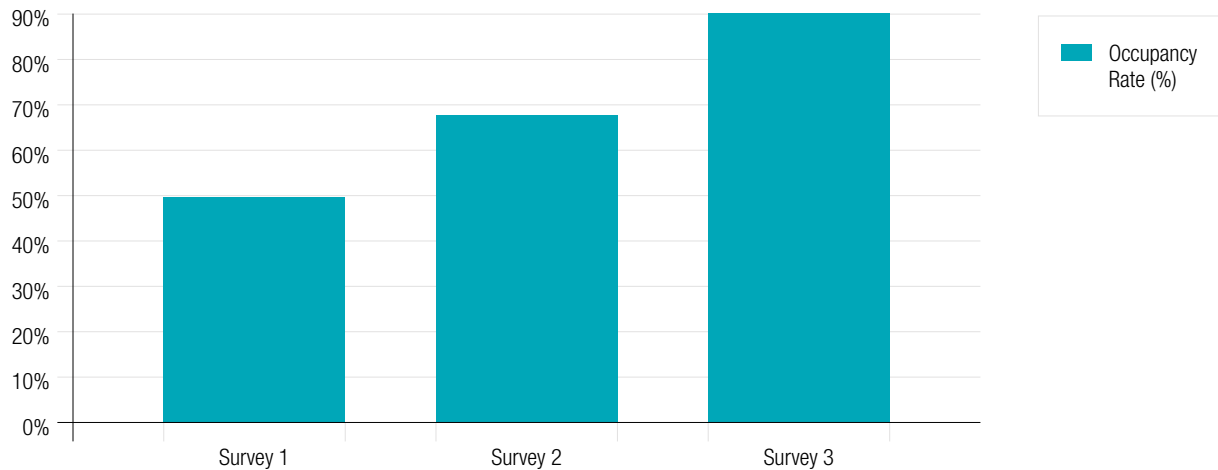


Figure 15: Occupancy Rate of Cycle Parking

The 1st survey had an occupancy rate of 50% with evaluation feedback citing exams, communions and weather as reasons for low cycling numbers. The 2nd survey sample provided an occupancy rate of 67% and the 3rd survey had an occupancy rate of 90%. The feedback in the evaluation box included weather, Bike Week, Walk to School Week and school trips for reasons of low or high cycling numbers. To have a more accurate result GS Travel needs to get a higher return on the monitoring and evaluation and perhaps this could be done in a coordinated way between officers and the school.

4.1.5 Cycling Subgroup

The cycling subgroup was set up during Year 5 (Sept 2009) of the programme and to date it has met four times. The cycling subgroup allows for idea sharing and updates from around the country and new ideas to be developed. To date the cycling subgroup developed the Bike 2 South Africa resource which was used on the lead up to the soccer world cup. The group is also looking at developing cycling postcards which will have top tips for cycling and an awareness raising postcard on theft of bicycles. The subgroup will be researching new ideas including the cost and benefits of cycling and cycling focus/training groups for parents. The group also discussed the highs and lows of bike week and recommendations for the future, these ideas will be shared at the next bike week meeting.

4.1.6 Bike Week

GS Travel is already looking forward to being part of the 2011 Bike Week committee. Some new ideas will be brought to the table including a change in date for the Secondary Cycle Challenge as part of Bike Week, an increase in coordination between LA's and GS Travel Education Officer on the ground and a national cycle to school, college and work day.

- Secondary Schools Cycle Challenge - As the secondary schools are off during Bike Week which is held in June it was decided that they should be included in a lead up style event. The week selected to run the Secondary Cycle Challenge was the 10th May 2010. Green-Schools were asked to promote the event through the Green-Schools network and it was advertised in the An Taisce e-zine. However the event may be moved to March 2011 to enable more students to participate, a decision will be made in October when the Bike Week committee meet to start planning for Bike Week 2011.



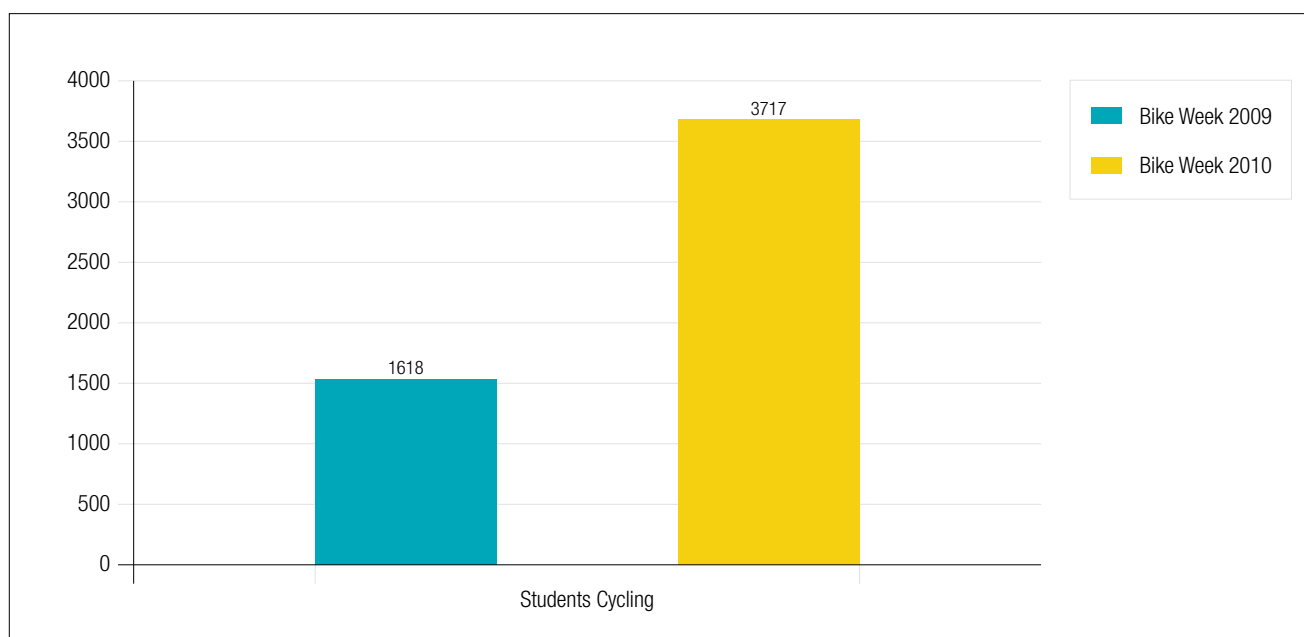


Figure 16: Number of Cyclists Recorded in Schools during Bike Week 2009 & 2010

- Primary Schools and Bike Week - GS Travel promoted Bike Week to all primary schools in their network, schools that took part were asked to submit their cycling numbers either as part of National COW day or as part of the week. Schools undertook events such as cycle training, cycling trips, bike maintenance workshops and cycle games. GS Travel also held 'Bling UR Bike' workshops in Shankill and at the 'Pedal in the Park' event in the Phoenix Park. Both were deemed a great success as a large number of children and adults participated in the workshops. A photographic review of all the events that took place around the country can be seen in Appendix 2.
- National COW Day - was held during Bike Week 2010 with 118 schools officially registering as part of their GS Travel theme, an increase of 50% since 2009. The number of cyclists is also up on last year with 3,717 students making their way to school by bike as part of the COW initiative compared to 1,618 in 2009. As National COW Day is held during Bike Week schools undertook a whole variety of initiatives to encourage more cycling to and from school. Initiatives and/or actions undertaken by schools included cycle training, relay games, bike maintenance, healthy breakfasts and workshops.

4.2 National Walk to School Week

National Walk to School Week ran from 17th -21st May with schools all across Ireland participating. The week proved a huge success overall with many schools organising walking initiatives and sustainable travel events to and from school.



Students of Colaiste Bride, Clondalkin

Wednesday 19th May was elected as National WoW (Walk on Wednesday) Day and a target was set to have 20,000 children walking to school on the day all over Ireland. This target was exceeded with a total of 32,850 participating in National WoW Day in over 250 schools throughout Ireland. In addition, many schools organised exciting events throughout the week to promote sustainable transport in their schools such as environmental talks, healthy breakfast mornings and sponsored walks.

4.3 Cross-Border Initiative

A cross-border initiative was also organised by An Taisce (ROI) and Travelwise (NI) during the week. As part of a whole school day of action, pupils, parents and teachers of two schools; St. Tiarnachs, Clones, Monaghan and St. Patrick's Primary School, Armagh took part in a WoW (Walk on Wednesday) challenge.

The aim was to promote walking as a sustainable mode of transport to school as well as to increase cross border partnerships between schools and associated organisations. Both schools achieved 89% participation on the day with students either walking all the way to school or park n striding. The awards ceremony was held in Clones Library and was attended by teachers and students from participating schools, the Lord Mayor of Monaghan and a representative from the Department of Transport. Each school received a €500 voucher for an adventure centre in their local community.

4.4 Green-Schools Travel Competition 2010

For the fourth year running, Green-Schools Travel invited participating travel schools to enter this year's competition. Students were asked to write a song, poem or short story on the theme of '*What does Green-School's Travel mean to me or my school*'. The travel competition received over 1,000 entries of a very high standard from schools around the country.

Competition entries were judged by a panel made up of GS staff and 19 prize winners were chosen across three different age categories. Each winner received a new bike and safety gear and a prize-fund was awarded to each winning school to be used for their Green-School's programme to further develop their environmental work in the school. The awards were held at a ceremony at An Taisce's Tailors Hall and winners were presented prizes by Mr. Ciarán Cuffe, T.D., Minister of State for Planning, Sustainable Transport and Horticulture.

4.5 Green-Schools Teacher Training Autumn 2009

Throughout the month of October 2009 An Taisce's GS Travel and Development officers ran 17 teacher training courses around the country. These courses took a practical approach to the implementation of the Green-Schools Travel programme in schools. The courses were attended by **216** teachers at 15 locations across the country.



Winners of the National Green-School's Travel Competition at the awards ceremony in Tailor's Hall, Dublin pictured with Ciarán Cuffe, Minister of State for Planning, Sustainable Transport and Horticulture.

Table 13: Teacher Training Courses Autumn 2009

Location	Local Authority Area Covered	Number of Schools	Number of Participants
Wicklow	Wicklow	8	12
Dublin (daytime)	Dublin City/ South Dublin/ Dun Laoghaire-Rathdown	9	15
Dublin (evening)	Dublin City/ South Dublin/ Dun Laoghaire-Rathdown	10	13
Swords	Fingal	10	12
Tullamore	Midlands	11	21
Ennis	Clare	9	15
Limerick City	Limerick/ North Tipperary	7	11
Tralee	Kerry	5	5
Kilkenny City	Kilkenny/Carlow	8	15
Kilmacthomas	Waterford	3	5
Dundalk	Louth/Meath/Monaghan/Cavan	8	9
Castlebar	Mayo	12	14
Galway City	Galway City/County	11	15
Galway City	Galway City/County	6	6
Sligo Town	Sligo/South Donegal	14	22
Carrick-on-Shannon	Leitrim/Roscommon/Longford	13	15
Letterkenny	Donegal	8	11
TOTAL		152	216

The courses aimed to:

- Educate participants about school travel, local and global sustainable transport issues.
- Provide practical, low cost solutions to implementing the programme within the school structure.
- Give interested and skilled individuals the opportunity to exchange ideas and experiences.
- Equip the participants with the confidence and skills to coordinate the Green-Schools Travel programme in their schools.
- Work in cooperation with Local Authorities (and other agencies) and to introduce the participants to their local Environmental Awareness Officer (EAO) and other stakeholders.
- Gain insights from experienced Educators on how best to support them in implementing the Green-Schools Travel programme in schools.

Evaluation and feedback of the courses suggest that overall teachers found the courses very useful and interesting, with one teacher stating; *“I really enjoyed the day and I’m looking forward to starting the Travel theme in my school!”*. Please see Appendix 5 for the agenda.

4.6 Green-Schools Teacher Training Summer 2010

Green-Schools also organized and facilitated week long in-service Teacher Training courses for primary and secondary school teachers training them on the programme and wider environmental and sustainability issues. These courses were attended by **159** teachers at 8 locations across the country in conjunction with Drumcondra Education Centre. Each course included at least one day devoted to sustainable transport and the GS Travel theme. Please see Appendix 6 for the agenda for the day.

Table 14: Teacher Training Courses Summer 2010

Location	Date	No of Participants
Kerry	5th- 9th July	23
Cork	1st-7th July	19
Galway	1st-7th July	17
Donegal	1st-7th July	24
Dublin	5th-9th July	21
Mayo	5th-9th July	17
Limerick	5th-9th July	13
Wexford	5th-9th July	25
TOTAL		159

Green-Schools has analysed and evaluated the feedback from the participants of each course and preliminary reports suggest that overall teachers rated the courses as 'Excellent' or 'Very Good'. Some comments from teachers include:

“ This was an excellent course. Feel really set up now to tackle the next flag. First time I had a chance to chat to other GS Co-ordinators. Great ideas, information & thoroughly enjoyable.

I found myself surprised by just how well prepared and at ease when presenting all of the tutors were. It was refreshing not to have any uncomfortable/boring sessions. This added to the warmth and enthusiasm of the tutors combined to make a great course. I feel inspired to jump right into green flag when I return to school!

One of the best courses I've been on.

Excellent course, thoroughly enjoyable and very useful & helpful.

I thought the course was excellent with plenty of variety.

”

4.7 Green-Schools – PILOT ‘Exploring Nature’ Summer Camp, Galway

In a new development for An Taisce, Green-Schools ran a nature camp for children between the ages of 8-12 years for a period of one week, in July. The aim of the course was to increase children's knowledge and awareness of nature, develop their social and personal skills and ensure they had fun doing this. The camp proved a great success and was attended by 30 children. It is envisaged that this camp will be extended in 2011 to include more locations. The camp included an introductory session of cycle training as well as activities to promote sustainable lifestyles at home.

4.8 Publicity

GS Travel received extensive media coverage throughout the 2009/2010 school year, at both national and local levels. The majority of this coverage was around national events such as Walk to School Week, Bike Week, National Competition Awards, WOW days, the Cross-Border Initiative and Green-Schools Awards. GS Travel compiles all articles relating to the programme from national, regional and local publications, to date 114 articles were collated for the 2009-2010 school year. National Walk to School Week gained national coverage when the GS Travel Manager was interviewed on RTE's Morning Ireland on Wednesday May 19th. GS Travel Education Officers regularly submit articles on behalf of schools and a number have been interviewed on local news stations about sustainable travel.

Tiarnan Mc Cusker the GS Travel Education Officer for Galway City was interviewed about his job for the Galway Tribune, this was a great way to publicise the Travel theme throughout the region. The Clare Leader has also agreed to run a monthly article on Green-Schools due to the success of the programme in the county. In the 2009 – 2010 school year the GS Travel programme received publicity in publications such as:

- Carlow People
- Clare People
- East Cork Journal
- Fingal Independant
- Galway City Tribune
- Inishowen Independant
- Kerry's Eye
- Northern Standard
- Roscommon Herald
- The Connacht Tribune
- The Kildare Nationalist
- The Meath Chronicle
- Waterford News and Star
- Clare Champion
- Donegal Democrat
- Evening Echo
- Galway Advertiser
- Galway Sentinel
- Irish Examiner
- Limerick Leader
- Northside People
- Skerries News
- The Irish Times
- The Mayo News
- Vale Star

Articles which appeared in publications around the country are included in Appendix 4.

4.9 Green-Schools Website

The website continues to experience a large rate of visits and hits, between November 2009 and September 2010 the website received over 134,000 visits and 3.6million hits. The website has been running for almost five years and during a review process this year three new micro sites have been developed which will link with the main website www.greenschoolsireland.org. The aim of the micro sites is to enable users to navigate through the website easier, it is hoped that these sites will become live by mid October. The 3 micro-sites will be:

- www.greenschoolsresources.org - which will provide resources and useful links for teachers to use.
- www.greenschoolsnews.org - a regularly updated blog keeping people informed of all GS events etc.
- www.greenschoolscompetitions.org - specific info about this year's competitions and details of winners from previous years.



5. Case Studies

5.1 Case Study 1: Slieverue NS, Slieverue, Co. Kilkenny

Number of pupils: 224

Start Date on Travel: September 2008

GS Travel Education Officer: Chiara Hanrahan

Slieverue NS is a mixed primary school located in the by-passed village of Slieverue. Some parking and a pedestrian crossing are located in front of the school and the majority of pupils at the school live in the local area. 65% take less than ten minutes to travel to school. At the beginning of the Travel programme, Slieverue NS conducted a travel review in their school with the following observations:

1. Parking outside the school is being carried out in a most dangerous and hazardous fashion.
2. The pedestrian crossing is rarely used and isn't being used properly.
3. Only village children walk to school. Very few others walk at all.
4. The school is not very aware of the benefits of walking, cycling, park and stride etc.
5. There are no footpaths or a safe crossing area in the vicinity of the two new roundabouts on the N25.
6. Large trucks are passing through the village in the morning.
7. Some children are crossing the road in a haphazard fashion away from the school especially near the shop.

Initiatives undertaken: To address the important issues of parking and the use of the pedestrian crossing as identified in the travel review, the first initiative undertaken was to manage the use of the pedestrian crossing with parents volunteering to act as wardens. Children were thought how to use the pedestrian crossing properly and also began picketing the crossing asking parents to park in the designated car parking spaces or further away from the school gates. Road safety education was carried out in classrooms to further demonstrate how to be safe on the roads. The school noticed a very positive change in behaviour and increase in safety around the school gates.

On 4th March 2009, Slieverue NS launched Walk On Wednesday. A number of parents continued their work as volunteer wardens on the zebra crossing. Approximately 80% of pupils participated in WOW. Children living further from school were encouraged to participate in park n stride or carpooling where possible. Local residents were kept informed of progress through the school's website and church announcements. In May 2009 a Walk on Wednesday banner was put up on the windows of classrooms facing the road to inform passers-by that children will be walking on Wednesdays. Participation continued for the remainder of the year with awareness raising activities being carried out in all classrooms to complement the actions undertaken by the school.

In September 2009, the Travel Action Plan was reviewed. In addition to continued curriculum work and awareness raising projects, the school decided to focus their attention on cycling to school, particularly for children living in Slieverue village. The committee were successful in their application to An Taisce for funding for cycle parking and a training course for 63 pupils in 5th and 6th class. Cycle training was held on 9th October 2009 and was thoroughly enjoyed by all pupils.

Traditionally, Slieverue NS organise an Action Week prior to their assessment for the next Green Flag. This year's Action Week took place from Monday 8th March to Friday 12th March 2010. The week began with a Green Table Quiz for families in the Community Hall. This is a great initiative to inform and involve parents and the local community about the theme and the work undertaken by the school. The new cycle parking facility was officially opened on Tuesday 9th March 2010 during an action packed day. Over 130 children cycled to school. Rory Wiley, President, Cycling Ireland presented to the children on cycling, and he and other local cycling enthusiasts joined children from senior classes on a cycle around the village. Photos and press release were printed in the local paper, the News and Star.

An organised walk in the local area was held for the whole school and parents on Wednesday 11th 2010. On Thursday 12th the local EAO conducted the school's assessment for their Green Flag.

End Result: By the end of the 2009/2010 school year, walking and cycling to school had become commonplace. According to the Principal, approximately 20 children cycle to school most days. The school has requested additional cycle parking as demand is exceeding availability of spaces most days. Maintenance on other themes is exceptional and it is highly likely that the positive changes achieved on the Travel theme will be maintained in the future. Slieverue NS raised their 5th Green Flag on 15th June 2010, a proud day for the pupils, staff and parents who turned out in great numbers to celebrate this achievement.



Figure 17: GS Committee counting bikes March 2010



Figure 18: Cycle Training Oct 2009

5.2 Case Study 2: Gaelscoil Mhic Amlaigh, gCnoc Na Cathrach, Gaillimh

Number of pupils: 400

Start date on Travel: September 2009

GS Travel Education Officer: Tiarnan McCusker

Gaelscoil Mhic Amlaigh is a primary school of 400 pupils and 20 teachers and they have been involved in the Green-Schools Travel programme since September 2009. The School is based in the Knochacarra suburb of Galway City which is a residential area. An initial meeting was held in September 2009 between the Green-Schools Coordinator and the GS Travel Education Officer.

Initiatives Undertaken: The GS Travel Officer initially carried out awareness raising activities including a travel survey, presentations and workshops to all senior classes. A parent's presentation was delivered to 25 parents during an evening in February which was very productive. The GS Travel Education Officer conducted Walkability Audits with 3rd class pupils, teachers and parents and two safe routes to school were identified. February 2010 was designated Park 'n' Stride month with the local Cappagh Park as the drop off point and this has been ongoing.

In February 2010 they also had the official opening of their new cycle parking which was funded under the GS Travel programme. They held a Bling 'ur' Helmet competition with prizes from Green-Schools, cycle training for three classes, cycle maintenance with 6th class and the official ribbon cutting by a Gaelgeoir cycle trainer. 60 pupils cycled to school that day and there been an average of 25 pupils cycling every day since.

In March, the school took part in the Galway City St. Patrick's Day Parade as part of the Smarter Travel Galway Bid. The GS Travel Education Officer liaised with Galway City Council's Transportation Unit to prepare for the event prior to and on the day. The event gained a lot of local publicity which was of benefit to all who took part. During National Bike week 2010 they took part in the Fun Cycle Ride, as Gaelige with two other Gaelic speaking schools. 120 pupils cycled on the road to Cappagh Park where they had a picnic, fun cycle games and even had their faces painted!

This was organised by the GS Travel Education Officer in conjunction with the schools, An Garda Síochána and the Galway Transportation Unit.

The school continues to work on the Travel theme and have restarted their work in September 2010. They will continue to promote sustainable travel to school and will hopefully receive their Green Flag for Travel in 2011.



Figure 19: Cycling Novices - cycling for the first time after cycle training

5.3 Case Study 3: St. Joseph's Girls N.S., Clonakilty, Co. Cork

Number of pupils: 240

Start date on Travel: September 2009

GS Travel Education Officer: Fiona Barry

St. Joseph's Girls N.S. is in Clonakilty, Co. Cork. It is an all-girls school with approximately 240 students and 14 teachers with classes from junior infants to 6th class. The school is located on the outskirts of Clonakilty town, next door to the all-girls secondary school. The school car park is shared with the local sports centre

Initiatives Undertaken: The school began their Travel theme in September 2009 with their committee comprising of 2 students from 4th, 5th and 6th classes. The school was very positive in taking on the Travel theme. The co-ordinator worked with the teachers in setting out an action plan for all classes with lots of different learning activities relating to the Travel theme for all classes in the school. These included lessons relating to road safety, food miles, history of travel, climate change and the environmental impact of travel (CO₂ emissions and the greenhouse effect). Throughout the year the GS Travel Education Officer visited various classes to deliver presentations and workshops.



Figure 20: Bike Week Fun Cycle 2010

The 6th class watched the “All About Carbon” videos and they had a discussion on the sources of carbon dioxide and the impacts on the environment, climate change and how travel impacts on the environment. The school undertook a bike workshop where some students brought in their bikes and were shown how to check them for road-worthiness including how to adjust the saddle to be the correct height and how to fit a bicycle helmet correctly. On the last week of school they held a table quiz on Travel with prizes for all teams, it was a very popular event!

The school decided to organize a walking bus and in preparation for their first Walking Bus day, St. Joseph’s held a meeting with parents and the local guard to discuss the best way to make it a success. All parents were notified of the event which took place on the 7th May 2010. This coincided with the week the Road Safety Authority shuttle bus visited the school, which was organised as part of the Travel theme. The first walking bus was very successful. It began at the garda station and pupils walked approximately 1km to the school. Students were given a Green-Schools and RSA hi-vis vests and a balloon and many parents joined in on the walk. There was a huge reception at the school where the Town Mayor welcomed them on arrival. All the students, teachers and parents who participated enjoyed it. It was so successful that they continued the Walking Bus for the rest of the term.

In addition St. Joseph’s undertook cycle training, part-funded by An Taisce with the training company Cycle Sense. The 5th and 6th class students all participated and the school decided to have their first cycle day on the National COW day, 16th June 2010. Over 40 students participated with teachers and the local cycling club and gardai helped to facilitate the event. The Town Mayor also cycled to school on the day! The walkers stopped traffic and cycled around the town to highlight the event and received great publicity in a half-page article in the Examiner the following day. Again, there was a huge reception at the school to celebrate the day. St. Joseph’s are hoping to further encourage cycling to school and will apply for cycle parking in the next school year.



Figure 21: St. Josephs 1st COW Day June 2010



Figure 22: St. Josephs 1st WOW Day May 2010

5.4 Case Study 4: Roscommon Community College, Roscommon Town, Co Roscommon

Number of pupils: 130

Start date on Travel: September 2009

GS Travel Education Officer: Imelda Ryan Jones

Roscommon Community College is located in Lisnamult, Roscommon Town and has 130 pupils and 20 teachers. The School has already had Green Flags for Litter & Waste, Energy and Water with the help of both Suzanne Dempsey, Environmental Awareness Officer with Roscommon County Council and Lorraine Flanagan, Green-Schools Development Officer with An Taisce. The school began work on the theme of Sustainable Travel in September 2009.

Initiatives Undertaken: During Autumn 2009 an extensive travel survey was carried out to gather base line data on how staff and students travelled to and from school. It was discovered that very few pupils walked to school and zero pupils cycled to school, along with zero teachers walking or cycling. It was also discovered that cycling to and from school or to their bus stop appealed to more students than walking so the Green-Schools committee decided it was very important that students underwent training prior to cycling. Initially in the early Spring term the delivery of lots of An Taisce resources such as Green-Schools high visibility jackets for all pupils, prizes for competitions such as bicycle helmets, locks, lights, mini tool kits etc helped to get more students thinking more about cycling.



The Green-School Committee invited local cycling enthusiasts, Donmannon Dynamo Cycling Club, to visit the school to talk to students. The Green-Schools Committee invited a student who had started to cycle to school on some days to be part of the Committee and be an ambassador for cycling. They also emphasised that students travelling to school on the bus were doing their bit for encouraging sustainable travel and were delighted when one pupil started to get the train to school. Car sharing amongst pupils who are dropped to school by parents was encouraged and also getting their parents to drop them further away from the school so that the student could walk the rest of the day. This was more of a challenge as secondary school students have very heavy school bags and parents tend to prefer to drop them closer to the school because of this. The Committee has resolved to focus on this issue in upcoming autumn term.

During the May 2010 National Walk to School week 20 students walked all the way to school and seventy five walked to their bus stop instead of being driven. Raising awareness of the secondary school bike week took place during the weeks in the run up to 10th May 2010. Posters were created and posted throughout the school to remind all pupils and staff of the special event week. An Taisce's Travel Education Officer visited to talk to pupils and promotional photos were taken alongside a huge banner promoting cycling.

On Monday 10th a group of 30 1st and 2nd year students cycled to Castlecoot which is a 10.5 mile round trip. Accompanying them were PE Teacher Laura Harrison, John Concar of Domannon Dynamo Cycling Club and Noel Feehily from Roscommon Sports Partnership. On Tuesday and Thursday of that week there was an art competition encouraging students to create inspiring pieces of art to help promote cycling to school. On Tuesday and Wednesday Pedal Right Cycle Training came to the school and trained pupils in 1st and 2nd year who had started to cycle to school as well as pupils who could take the initiative and start cycling to school. All 60 pupils completed the level 1 in full and also had the opportunity to go out on the road for some of level 2.

On Friday there was a cycling quiz and lots of prizes from the GS Travel Education Officer and rewards for the pupils who had successfully completed the cycle training. Photos were taken of the school's current cycle storage unit, which is very green indeed as it is a miniature weeping willow tree. However it only fits 2 bikes and as the school has now, due to the Green-Schools Travel programme, gone from zero cyclists in September 09, at the onset of the programme, to, since Spring 2010, 7 pupils who are cycling every day. Due to the promotion of secondary school bike week the school envisages more students purchasing bicycles and starting to travel to school by bike. As school bags can be carried on the back bicycle carrier this will also help to alleviate the problem many students face of carrying heavy school bags.

Following the School's dedication to encouraging cycling amongst its students and staff the GS Travel Education Officer put together and submitted an entry to Bike Weeks national competition in a bid to win a much needed Cycle Storage Unit for the students. Imelda was delighted to discover, during the schools summer break that they were one of two winners in Connacht. As the school was unable to attend the award ceremony held at the Pedal in the Park event in Phoenix Park in late June, the GS Travel Education Officer went along and collected the framed Certificate from TD Ciarán Cuffe, Minister for State.



In the new academic year, 2010-2011, the GS Travel Education Officer will be hosting a 'Staff Spin Session' when teachers and other members of staff can have a go on her bicycle and recapture that great feeling of being back on a bike. The school hopes to be able to avail of GS 'Beauty and the Bike' initiative and looks forward to further promoting cycling amongst the young ladies at the school. Pedal Right will be going back to the school to carry out Level 2 out on the road training with the pupils who completed Level 1 during secondary school bike week. They will also do the new combination Level 1 & level 2 cycle training course with the incoming first years so there should be lots more cyclists in Roscommon Community College getting on their bikes.

6. The Next Steps

6.1 Ongoing Development of the Programme

The success of the programme depends on a number of factors including the continued development of resources and materials for participating schools. The new resources & materials which are currently being developed include;

- Transition Year Units which can be used by TY students to undertake projects based on the themes of GS including Travel.
- Lesson plans for SPSE and CSPE subjects.
- Developing a Bike Lending Scheme for schools.
- Developing a parent/teacher introductory cycling course.
- Developing a media guidance toolkit for staff & schools.
- Finalising the Beauty & the Bike Initiative in association with The Body Shop.

6.2 New Schools

It is estimated that an additional 240 schools will join the Travel programme in Autumn 2010, this will bring the number of participating schools to over 650 with 152,313 pupils.

The schools are located throughout the Republic with the greatest areas of growth being the Greater Dublin Area and the Midlands.

6.3 Seminars and Surveys

Green-Schools will be delivering teacher training seminars in October to all new schools who are beginning the Travel theme. The courses will be run in conjunction with the Local Authority and will focus on the following:

- Introduction to Sustainable Travel
- The Barriers & Solutions to school travel
- Key Initiatives & Resources available to schools
- Case Studies of schools from around the country.

The seminars are crucial to ensure that schools actively participate in the programme from the onset as well as to introduce them to the GS Travel Education Officers who will work with them over a two year period. Green-Schools will also be carrying out quantitative surveys in the month of October with all new and existing schools to collect data in relation to their baseline and follow on surveys. This year GS have also decided to carry out longitudinal surveys which will track individuals for a two year period to assess their modal habits and any modal change they may undertake between now and June 2012.

7. Conclusion

With the support of the Department of Transport and the National Transportation Authority the Green-Schools Travel Programme continues to be successful in positively affecting change on the school run. A significant modal shift among participating schools, from the private car to more sustainable modes of transport has occurred between 2008 and 2010. The data displayed in the report has indicated the modal change experienced in two cohorts, 2008-2010 schools and 2009 schools. Both of these groups have seen a reduction in the number of car journeys to school and an increase in the number of students who have walked & cycled to school. Consequently this has resulted in reducing traffic congestion, improving the health and fitness of the school population, reducing carbon

emissions and increasing safety on the school run. Anecdotal evidence has also suggested an increase in community participation and partnership amongst schools who are taking part in the programme, this may lead to greater community cohesion & support for future sustainable travel initiatives.

In Autumn 2010 an additional 240 schools from across Ireland will join the programme and it is anticipated that these schools will work hard to achieve modal shift in their schools. Green-Schools will continue to support all schools participating in the programme over the next school year to ensure greater numbers of parents, children and staff walk, cycle, car pool or use public transport on the school run.

Appendices

Appendix 1: Monitoring and Evaluation form for Cycle Parking

School Name: _____

Number of bicycle parking spaces: _____

Is your parking sheltered: Yes No

Month	Date survey	Number of bikes	Weather e.g. sunny, warm, rain, cold	Evaluation (comments)	Photo taken
<i>Example</i>	<i>01/01/01</i>	<i>4</i>	<i>Sunny & v.cold</i>	<i>Only 4 bikes cold weather may have played a part. Also school trip today.</i>	<i>Yes</i>

Have you taken a photo to back up your monitoring?

Please send completed forms back to Ally Menary, Cycling Development Officer,

An Taisce EEU Unit 5A, Swifts Alley, Francis Street, Dublin 8. All completed forms are entered into a raffle at the end of each school year to win cycling resources for your school. Remember you can display this form on your Green-Schools Notice board (step 6 of your 7 steps – informing and involving

Appendix 2: Bike Week 2010

A Green-Schools Travel photographic review from around the country.



The week kicked off on the Sunday 13th June 2010 with a Green-Schools Bling UR Bike workstation at the Activ8 event in Shanganagh Park that was organised by Dun Laoghaire Rathdown County Council.

Events in Shannon saw over 100 cyclists who not only took to the streets but went for some off road riding as well.



St. Fergal's, Bray held a cycle picnic as part of their celebrations and Arklow BNS had cycle games on a mini bicycle in the school.



Students from Milford, Limerick get into the spirit of Green-Schools National COW Day as part of Bike Week 2010. There were 62 students and 25 parents mooving their way to school, thankfully a cowboy was on hand to help out.

Donabate Portrane Educate Together NS got creative for their bike week by holding a mini bike making competition.

All bikes were made from reusable materials resulting in a truly green day.



An escaped COW bike was spotted in Limerick, whilst mother and daughter headed off to school in Sligo to help celebrate Green-Schools National COW Day as part of Bike Week 2010.



The only traffic jam in Pettigo was the students from St. Marys on their bikes, top left students put their hands up for more cycling, more safely, more often and top right students wait patiently for their turn during on road cycling training as part of their Green-Schools Travel Programme.



Students from Holy Rosary, Tallaght held lots of celebrations as part of their Bike Week with over 100 cyclists making their way to school on National COW Day. The following day around 60 cyclists made their way from Tallaght to Marlay Park, what better way to enjoy the warm weather.



Students from Scoil Seamus Naofa, Galway above take to the bike to beat the traffic to school. Whilst students at Holy Trinity NS, Mayo lock their bikes to the new cycle parking facilities installed by the Green-Schools Travel Programme.





Students check out the activities at the Green-Schools Travel stand at a recent event held in Clonmel as part of their Bike Week 2010.



Students at St. Tiarnach's, Clones put the effort in to get up the hill on their way to school by bicycle. In Co. Louth students from Gaelscoil Dun Dhealgan go through their paces learning new control skills as part of the list of Green-Schools events for Bike Week 2010.





Can you spot the new cycle parking at Claregalway NS? Scoil Mhuire, Brosna in Kerry celebrate the opening of their new cycle parking and students from Gaelscoil Mic Amlaigh, Galway City take to the streets to spread the message that the bicycle is the mode of choice on their journey to school.

Students in Old Leighlin, Carlow spread the word to the school community that they are cycling to school. Tullow BNS whizz through the country roads on their way to school and Bike Week comes to a close in Limerick with a bicycle parade attended by those involved on the Green-Schools Travel programme in the area.



The girls at Scoil Raifteiri, Mayo hang out on their wheels before school. Meanwhile in Clara the students go on a cycle through the town and St. Ann's, Waterford help spread the word that they are cycling to school.

Appendix 3: National Competition Winners 2010

Category	Place	Type of Entry	Pupil	School
A	1st	Poem	• Leah Heatley	St Paul's JNS, Ayrfield, Dublin 13
A	2nd	Poem	• David Galvin	Feenagh NS, Kilmallock, Co Limerick
A	3rd	Short story	• Cora Tyrrell	Scoil Aodan Naofa, Carnew, Co Wicklow
B	Joint 1st	Song	• Tomas O'Dwyer • Cian McAndrew • Thomas Coyle • Jordan Connolly	Claregalway NS, Co Galway
B	Joint 1st	Song	• Shanelle Rafferty • Cian Moynes • Shauna Murphy • Sarah Molloy • Karl Power	Clonburris NS, Clondalkin, Dublin 22
B	2nd	Short story	• Shane Malone	St. Laurence's, Stillorgan
B	3rd	Poem	• Erin McCabe	CBS Primary, Dundalk
C	1st	Song	• Michael Davis • Colm Brennan • Sebastian Strohmayer • Gary Cooney	Colaiste Einde, Salthill, Co Galway
C	2nd	Poem	• Catherine Hearne	St Declan's Community College, Kilmacthomas, Co Waterford

Appendix 4: Publicity from Around the Country

January 21 2010 www.advertiser.ie

New Salerno school cycle park will encourage more students to choose fitter option

BY MARY O'CONNOR

The opening of a new cycle park at Salerno secondary school in Salthill tomorrow (Friday) will encourage more students to choose the fitter option of cycling to school.

That is the opinion of Katie Sullivan, Green Schools co-ordinator at the Threadneedle Road girls' school.

"The new bike facility will provide a safe and secure place for the pupils to park their bikes and should encourage more of them to cycle to school. Before this, there was no place to leave bicycles and therefore very few students cycled.

"The girls also took part in cycle training last December which helped in improving cycling proficiency levels as well as promoting safe and responsible cycling."

The opening of the facility aims to accommodate students cycling to and a new bicycle. Thirsty cyclists can avail of the cycle powered smoothie machine.

The cycle park was provided by An Taisce under the Department of Transport's Smarter Travel initiative and provides 20 secure cycle parking spaces for students. Encouraging cycling to school is one of the elements of Salerno's Green-Schools Travel programme which aims to promote sustainable modes of transport to school, including walking, cycling, car-sharing and public transport, as an alternative to private cars on the school run.

In promoting sustainable travel to school Salerno is aiming to increase the health and fitness of the school community, improve safety on the journey to school, reduce traffic congestion at the school gates and reduce the school's carbon footprint.

To celebrate the opening of the new facility the school has arranged a morning of cycling events and

"The provision of the cycle parking was a recognition of the school's long term dedication to the Green-Schools programme and an acknowledgement that the school is serious in promoting behaviour change in the way students travel to school.

"This is the eighth year that Salerno school has participated in the Green-Schools programme and the school has already achieved green flags for litter and waste, energy and water. It is now hoped that the new cycle parking will spur the school on to their travel flag in the near future."

Salerno is one of 450 primary and secondary schools participating in the Green-Schools Travel Programme nationwide. Recent research carried out by Dublin Institute of Technology, Bolton Street indicates that the programme is having a major impact with schools reducing car based travel to school

Power of One Competition Winners – Irish Times – 7th May 2010

May 11th, 2010 0 comments

Our 2nd Year Green Travel Campaigning Team – The Sandwich Stops – Megan Davernport, Eva Dalton, Katie Devenny and Orlath Donnelly – are the National Overall Winners of the Power of One Competition.

Irish Times Coverage – Friday 7th May 2010

'Cycle to school' idea wins award

Students from a Dublin school have won an award for their idea to tackle climate change and promote energy efficiency.

This year's overall One Good Idea prize went to students from Loreto High School in Beaufort, Co Dublin, for their project "The Sandwich Stops".

The students aimed to increase the number of students cycling to school by surveying parents who drove their children to school.

They handed out penalty points to those who regularly congested the school entrance.

As a result they increased the number of first-year students who cycled to school from 18 to 35 per cent.




PEOPLE & VIEWS

Friday, July 2, 2010

Tiarnan rejects life in the fast lane for world of cycle lanes

CITY LIVES

Denise McNamara meets **Tiarnan McCusker** of An Taisce whose aim is to promote environmentally friendly school travel

If there ever was a person born to do a job it is Tiarnan McCusker, An Taisce's Green-Schools Travel Education Officer for Galway City. As the person dedicated to getting students, parents and teachers out of their cars and instead go walking, cycling, use public transport or car-pooling, Tiarnan lives by example.

At 32 he has never owned a car. He did buy a Vespa moped when he moved to Galway for the job in 2008 to reach schools outside of the city. But it's been sitting in a garage after he realised he could travel by public transport if it was



Tiarnan McCusker: 'I hitchhiked to Galway at 18 with a friend during the Galway Races. Ever since then I thought it was a mad place.' PHOTO: JOE O'SHAUGHNESSY.

abroad he came home. "I just wanted to see my mummy!" he laughs. On his second day back in Ireland he was told of a job that was coming up

habits. Schools that successfully complete all elements of the programme are awarded the 'Green-Flag'. This has to be renewed

with the school to bring back a walking and cycling culture. Safety is a major obstacle, but when parents and pupils start walking or cycling they realise it's

from 5.5% to 25%. According to principal Damian O'effe congestion outside the school has been dramatically reduced.

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CARLOW PEOPLE

TUESDAY, MAY 25, 2010

'WOW' STEPPING IT OUT FOR NATIONAL 'WALK ON WEDNESDAY DAY'



■ Pupils from Scoil Mhuire Gaol Small walking to school on Wednesday

Scoil Mhuire pupils put on their walking boots

Esther HAYDEN

STUDENTS FROM Scoil Mhuire gaol Small, Carlow took to the roads last Wednesday as

green Shopping Centre before walking to the school. The event was also part of the school's work on its fourth green flag which is for travel.

morning and those availing of the facility can get a Park and Stride sticker for their car at the school.

The Green School committee and coordi-

staff and parents made a fantastic effort at the launch. If they continue with their efforts they will certainly make a big difference to their local and global environ-

Kilrossanty Kids on the Move!



PUPILS from Kilrossanty NS chose greener means of travelling to school on Wednesday 25th April, to launch the school's Walk on Wednesday initiative. Over 80% of children walked, cycled, took the bus or car-pooled instead of using the private car as part of their ongoing work towards their Green Flag for Travel. Fionna Kelly, Green School Travel Education Officer stated that "it was great to see so many people taking part in today's event. Using greener means of travel is good news for the whole community as it will mean less congestion, better health and safer roads". From this week, pupils and their parents are encouraged to walk to school on Wednesday's, either from home or from the appointed 'Park and Stride' locations on the approach roads to the school. Walking to school is a great way for pupils and parents to get more active and enjoy the sights and sounds of summer on the way to school. Ms. Catherine Dwyer, Principal stated that, "we will be a major stepping stone on our journey towards our 4th Green Flag". Previous themes were waste and clean water and always. Pupils worked hard on these themes - recycling, turning off unnecessary lights and electrical items when not in use and conserving water to qualify for the Travel theme. Not only is the Green School programme good for the environment, it has also saved Kilrossanty NS money on waste and energy bills.

Surface dressing: students go green for fashion show



Laurel Hill students Sophie Lynch and Nicole Casey came dressed for the occasion for the Sustainable Futures Exhibition by Diarmuid Neilan at Limerick City Gallery as part of An Taoiseach's Green Schools Initiative. *Picture: Newsroom*

Kevin Cronin SUSTAINABLE travel is the theme of this year's attempt by Laurel Hill PCJ students to win their fourth An Taoiseach Green Flag for environmental awareness. Transition year students visited an exhibition entitled Sustainable Futures in Limerick City Art Gallery this Tuesday afternoon. Green schools co-ordinator Stéilín Fahy recently modelled for their environmentally-friendly fashion show. One student was dressed in a traffic lights costume with her face painted red, while other students held up a model bicycle constructed from recycled cardboard. Principal Michael Cregan said: "The fashion show was amazing to see. Our students walked down the catwalk in their costumes to highlight environmental awareness. The level of recycling in the school and concern for the environment is just incredible. "At a recent board of management tour of the school, we couldn't find a single paper on the ground. That's all down to Ms Fahy, who's been a fantastic environmental ambassador." Green schools co-ordinator Stéilín Fahy added: "We're going for our fourth Green Flag and this year's theme is sustainable travel. "Every year a new group of transition year students pick up where the others left off. We do classroom clean-ups and prizes are awarded at the end of the year. We also clean the huge school gardens with brushes and rakes. But they're looking very good now." Both Mr Cregan and Ms Fahy said that students' carbon footprints would be further reduced by cycling to school, but admitted this was sometimes easier said than done. "We had bicycle sheds that used to be full, but now we have very few. We would like to encourage more students to cycle to school but the biggest worry for ourselves and parents is that the roads are so dangerous. "We would welcome the introduction of more cycle lanes," Mr Cregan said. "We've been working hard in hand with Limerick city council to introduce more cycle lanes but so far it's only in the very early stages. There's a long way to go yet, but at least we have set things in motion," Ms Fahy added. Laurel Hill's environmental ambitions are showing no sign of slowing down, with plans afoot to set up a windmill for the school, so it can one day generate its own energy. "That will be more of a long term project and could go on for a number of years. But we're very proud of what we've achieved so far and we have great aspirations for the future," Ms Fahy said. Diarmuid Neilan, curator of the Sustainable Futures exhibition, showed the transition year students and the Limerick Leader artwork displayed on the walls, fashioned from renewable or recycled materials. One collage was composed entirely of lost and found objects from a beach, while another was fully biodegradable and made from plants.

BROSNA SCHOOL GETS ON THE ROAD FOR FOURTH GREEN FLAG



'On yer bikes' ON THE BIKE! Pupils of Brosna national school who are taking part in a cycling initiative to a bid to win the school's fourth Green Flag. As part of a bid for their school's fourth Green Flag, school pupils in South Glenties in Brosna are getting on their bikes as part of an environmental initiative. BY DIARMUID NEILAN This year, the Green Flag programme focuses on environmental awareness and pupils are being encouraged to get on their bikes for the good of the environment. Paddy Sauer, head teacher, said the school has been participating in the Green Schools programme for the last six years. He highlighted the programme's environmental message as focusing on recycling, energy saving and the importance of water conservation. "We have gained three Green Flags since we first started the programme," he said. "We will also be starting 'park and stride' as part of our bid to win the fourth Green Flag. This will involve pupils walking to school from the 'park and stride' locations on the approach roads to the school. We are also encouraging parents to get more active and enjoy the sights and sounds of summer on the way to school. We are also encouraging parents to get more active and enjoy the sights and sounds of summer on the way to school. We are also encouraging parents to get more active and enjoy the sights and sounds of summer on the way to school."

WICKLOW PEOPLE

WEDNESDAY, JUNE 16, 2010

Boys pedal into action for National Bike Week

'GREEN' PUPILS SHOW ENVIRONMENTAL CONSCIENCE

Deborah COLEMAN

PUPILS AT Arklow Boys National School are set to pedal into action this week to show they know how to travel green and celebrate National Bike Week, June 14 to 18, 2010. Pupils at the Green school will be showing their support



boys at the school will be entertained with a smoothie bike and will have a chance to try out their skills on a mini-bike as part of the action-packed day. Pupils will also be given the opportunity to win a new bicycle sponsored by Joe's Bike Shop of Main Street,

Appendix 5 – Agenda for Teacher Training Workshop Oct 2009

10.30	Arrivals & Registration Including refreshments
11.00	Welcome & introduction Plus ice breaker activity
11.15	Why Travel... Getting started on your Travel theme
11.45	Workshop 1 - Obstacles & Solutions to School Travel Group work
12.05	Case Studies Experiences so far
12.15	Resources and support Talks from Jim Callery, Environmental Awareness Officer, Wicklow County Council and Kathryn & Sandra, Green-Schools Travel Education Officers
12.30	Workshop 2 – Promoting sustainable school travel Group work
12.50	Q & A
13.00	Lunch
14.00	Close

Appendix 6 – Agenda for the In service Travel Day July 2010

9.30am - 10.00am	Introduction to Travel Theme
10.00am - 11.00am	Benefits of Walking and Cycling Explore the health and environmental benefits of walking and cycling. Includes games and activities.
11.00am - 11.15am	Coffee Break
11.15am - 12.30pm	Walkability Audit Practical activity, giving participants an understanding of how to carry out an assessment of the quality of a route for walking. Evaluating how pedestrian-friendly a route is by assessing the quality of footpaths, lighting, traffic speeds, infrastructure, safety, etc. This workshop will include a demonstration on Google mapping.
12.30pm - 1.00pm	Lunch
1.00pm - 1.45pm	Sustainable modes of transport Introduction on sustainable modes of transport: walking, cycling, park 'n stride and car pooling. Break into groups for a peer-to-peer activity to promote sustainable transport.
1.45pm - 2.30pm	Cycling in Dublin Lecture will provide practical information on available supports in the County.
2.30pm	End

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