

GREEN-SCHOOLS



# TRAVEL

ANNUAL REPORT

2010  
2011



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**An Taisce**  
*The National Trust for Ireland*

**An Taisce** – *The National Trust for Ireland* is the foremost environmental organisation in Ireland. Its range of interests extends from the natural heritage of land, air, water, flora and fauna, to the heritage of buildings and gardens. Through its local, national and international networks, it seeks to educate, inform and lead public opinion on the environment and influence policy and development. Strategies to achieve these aims include awareness and education projects, as follows:

- Green-Schools\* • Green-Schools Travel\* • Blue Flag\* • Clean Coasts • National Spring Clean • Green Communities • Green Home

[www.antisce.org](http://www.antisce.org) [www.greenschoolsireland.org](http://www.greenschoolsireland.org)

**FEE** (*The Foundation for Environmental Education*) – seeks to promote environmental education by carrying out campaigns and improving awareness of the importance of environmental education. It is composed of a network of organisations which undertake individual projects in their own countries and participate in international efforts. An Taisce as the Irish member of FEE co-ordinates these campaigns in Ireland.

Among the **Department of Transport, Tourism and Sport's** key objectives is the promotion and advancement of greater sustainability in transport and travel, thereby enhancing the environment and our quality of life. The Department has pursued these objectives through support for the Green-Schools Travel programme, investment in a range of projects that demonstrate active travel modes and change travel behaviour, inaugurating Bike Week as an annual event and pursuing the ambitions of the Smarter Travel and National Cycle policies.

The **National Transport Authority**, through its predecessor the Dublin Transportation Office, sponsored An Taisce Green-Schools to establish the Green-Schools Travel theme. The National Transport Authority now oversees An Taisce's Green-Schools travel module on behalf of the Department of Transport, Tourism and Sport. We are delighted with the success of the programme in reducing the numbers of pupils travelling to school by car, improving their health and fitness, reducing the economic and environmental impact of the school run, and delivering a safer pupil-centred front of school environment.

**For further information visit [www.greenschoolsireland.org](http://www.greenschoolsireland.org) or contact Green-Schools at Tel: 01 400 22 22**

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\*These Programmes are FEE Programmes

Tiarnan McCusker, An Taisce's Green-Schools travel officer and Leo Varadkar, Minister for Transport, Tourism and Sport, during the launch of the Galway Bike Festival and National Bike Week at Eyre Square.



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## Executive Summary

A review of the fourth 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. Results from schools that undertook the programme between 2009 & 2011 indicate that over the past two years participating schools experienced an 18% reduction in private car use to more sustainable modes of travel to school. This represents over 9,000<sup>1</sup> 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 and cycling to school increased by 10%.
- The comparative survey results revealed a increase in pupils travelling to school by mixed mode transport of 116% and indicates a high uptake in Park 'n' Stride initiatives.
- The number of staff who travel to school by car has decreased by 10% between Oct 2009 and May 2011.
- The number of schools who participate in weekly walking events increased by 45.5% between Oct 2009 & May 2011.
- The number of schools who participate in weekly cycling events increased by 12% between Oct 2009 & May 2011.
- Overall, 92% of respondents would prefer to travel to school using sustainable transport modes.
- The schools who started in the travel theme in September 2010 are already showing changes in modal shift; car journeys to school are down 20% and walking & cycling has increased by 50%. This is within a seven month period.
- Over the course of the 2010-2011 school year, nineteen Travel Officers have conducted over 2,116 school visits to 430 participating schools. On average each school has been visited 5 times by their Green-Schools Travel Officer during the school year.
- In addition 100 schools received cycle training under the Green-Schools Travel programme over the course of the school year which equates to 3,748 pupils receiving training.

| No of Schools | No of Visits | WOW Days | COW Days | Park 'n' Stride | Walking Bus | Walkability Audits | Cycle Training | Cycle Parking |
|---------------|--------------|----------|----------|-----------------|-------------|--------------------|----------------|---------------|
| 430           | 2116         | 1554     | 483      | 1068            | 335         | 251                | 177            | 10            |

<sup>1</sup> The total student population during this period was 50,000

- Over 32,876 pupils in 245 schools took part in National WOW day (Walk on Wednesday) on the 18th May 2011. Green-Schools set a target of 20,000 for participation in the event, this was exceeded by 12,876 students who walked on the day.
- Over 5000 children cycled to school on National COW Day (June 22<sup>nd</sup> 2011) as part of Bike Week activities.
- Over 194 schools joined the Travel programme in September 2011, this will bring the total number of schools who have worked on the theme to 844 representing approximately 170,000 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%                                  |
| 10-11 | 682            | 170,000       | -14%           | -17%                       | 9%                       | 15%                                  |



WOW launch, St Thomas' JNS, Lucan, Co. Dublin

# 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, Tourism & Sport and supported by the National Transport Authority. 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 2010 to June 2011. It also measures the performance of the programme over a two year period from September 2009 to June 2011 through a comparative analysis of survey results compiled at the beginning of the school year (October 2009), with those collected towards the end of the two year Green-Schools Travel programme (May 2011). 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 2010-2011 school year was another busy year for Green-Schools. The programme is now in its fifteenth year and is still seeing new schools registering for participation. During the 2010/2011 school year alone 185 new schools registered which brings the total number of schools registered to 3,560 or 87% of schools in Ireland. During Year 15 the number of schools awarded the Green-Flag increased by a further 268 bringing the total number of schools flying the Green-Flag in Ireland to 2,312. This represents around 55% of all schools in Ireland. In total Green-Schools awarded 956 Green-Flags in 2011 and held 30 award ceremonies throughout the country. The award ceremonies were held in the following locations: Dublin, Donegal, Athlone, Kilkenny, Galway, Mayo, Cork.

### 2.2 Green-Schools Travel<sup>2</sup>

180 schools were awarded their Green-Flag for Travel in 2011, this represents 95% of all schools which started the Travel theme in 2009. 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 423 since the programme was launched nationally in 2008. 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.



Gaelscoil Naomh Padraig in Lucan, carrying out their Glás day.

<sup>2</sup> Abbreviations include in the report are as follows: GS; Green-Schools, GST; Green-Schools Travel, NTA; National Transport Authority, DTTAS; Department of Transport, Tourism and Sport, LA; Local Authority.

## 3. Results and analysis of May 2011 surveys

### 3.1 Introduction and Methodology

In May 2011 a follow-on survey was carried out in schools which started the Travel theme in September 2009 and September 2010. 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 2009 schools and the baseline survey completed by 2010 schools. The surveys were primarily carried out by GS Travel Education Officers, however a number of teachers also carried out the survey. The 2009 follow-on survey data represents 103 schools with some 414 separate surveys which totals 9,641 student responses. The 2010 follow-on survey data represents 178 schools with some 784 separate surveys which represents 17,319 student responses. The responses for both surveys were evenly spread between urban and rural (2009 – 48% urban, 52% rural) (2010 - 61% rural, 39% urban) and there was a good geographical distribution around the country.

The data and analysis was carried out independently by Optimise who are affiliated with UCD Urban Institute. 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: 2009 – 2011 and 2010 -2011. The comparative results from the 2009-2011 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 2010-2011 surveys indicate the modal shift experienced by schools which have undergone their first year of the GS Travel theme.

In addition to the quantitative surveys Green-Schools carried out longitudinal surveys to track individual students' behaviour. To date two longitudinal surveys (Oct 2010 and May 2011) have been carried out with students who began the travel theme in September 2010. These students will be surveyed again in Oct 2011 and May 2012 and it is hoped the results will give an accurate indication of individual modal shift during the 2010-2012 period. The key results of all surveys are outlined below.

### 3.2 2009-2011 Final Student Survey Results<sup>3</sup>

#### 3.2.1 Question: How do you usually travel to school?

**Table 1: Travel TO school**

| Mode                      | Baseline 2009 Survey | 1st Follow-on Survey May 2010 | 2nd Follow-on Survey Oct 2010 | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey | Increases/decreases between Baseline 2009 & 3rd Follow-on Survey |
|---------------------------|----------------------|-------------------------------|-------------------------------|-------------------------------|---|--|
| Car                       | 51%                  | 41%                           | 43%                           | 42%                           | -9%   | -18%   |
| Walk or Cycle             | 29%                  | 32%                           | 32%                           | 32%                           | +3%   | +10%   |
| Mixture (Park 'n' Stride) | 6%                   | 12%                           | 12%                           | 13%                           | 7%  | +116%  |
| Private Bus               | 12%                  | 12%                           | 11%                           | 11%                           | -1%   | -8%  |
| Public Bus                | 3%                   | 2%                            | 2%                            | 2%                            | -1%   | -33%   |

<sup>3</sup> '2009 schools' denotes those schools who started working on the travel theme in September 2009 and completed the theme in June 2011.

**Figure 1: Travel TO school**

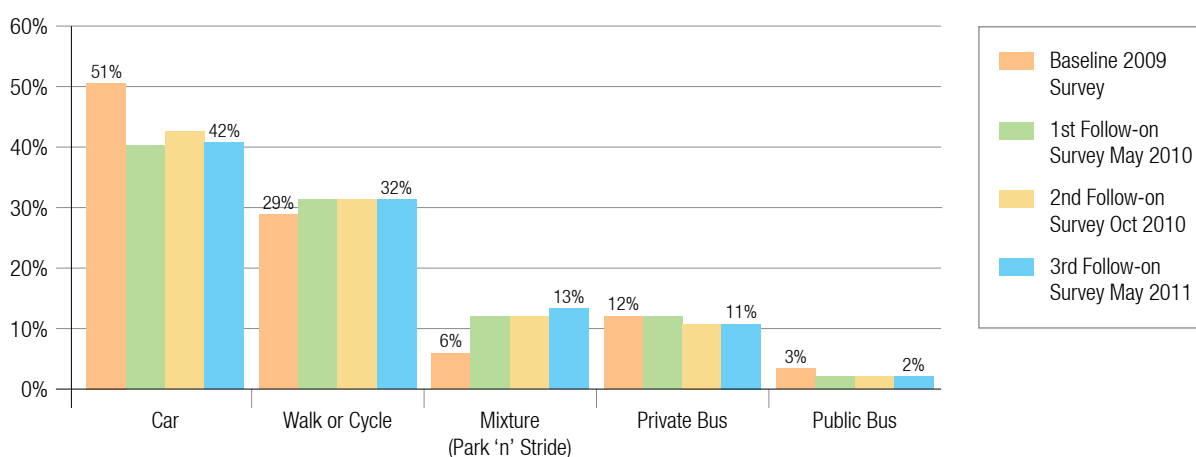


Table 1 and Figure 1 above outlines the comparative changes from all four surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- A reduction in car journeys to school of 18%.
- An increase in the number of students who walk or cycle to school of 10%.
- An increase in Park 'n' Stride of 116%.
- Where facilities are present the proportion of walking increases i.e. the presence of a lollipop person leads to an average of 30% of students walking to school.
- The number of girls cycling to school increased from 1.7% in Oct 2009 to 4.5% in May 2011, higher in proportion than boys.
- The proportion of rural schools travelling by car is higher at 50% than in urban areas at 38%.
- The age of students has an effect on how they get to school as 24% of 1<sup>st</sup> & 2<sup>nd</sup> class pupils walk to school in comparison to 43% of secondary students.

**3.2.2 Question: How would you prefer to travel TO school?**

**Table 2: Preferred mode of travel TO school**

| Mode                      | Baseline 2009 Survey | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey | Increases/decreases between Baseline 2009 & 3rd Follow-on Survey |
|---------------------------|----------------------|-------------------------------|---|--|
| Car                       | 14%                  | 8%                            | -6%   | -43%   |
| Walk                      | 13.5%                | 26%                           | +12.5%  | +92.5%   |
| Cycle                     | 22%                  | 50%                           | +28%  | +127%  |
| Mixture (Park 'n' Stride) | 3%                   | 3%                            | 0%  | 0%   |
| Private Bus               | 7%                   | 7%                            | 0%  | 0%   |
| Public Bus                | 2%                   | 2%                            | 0%  | 0%   |



**Figure 2: Preferred mode of travel TO school**

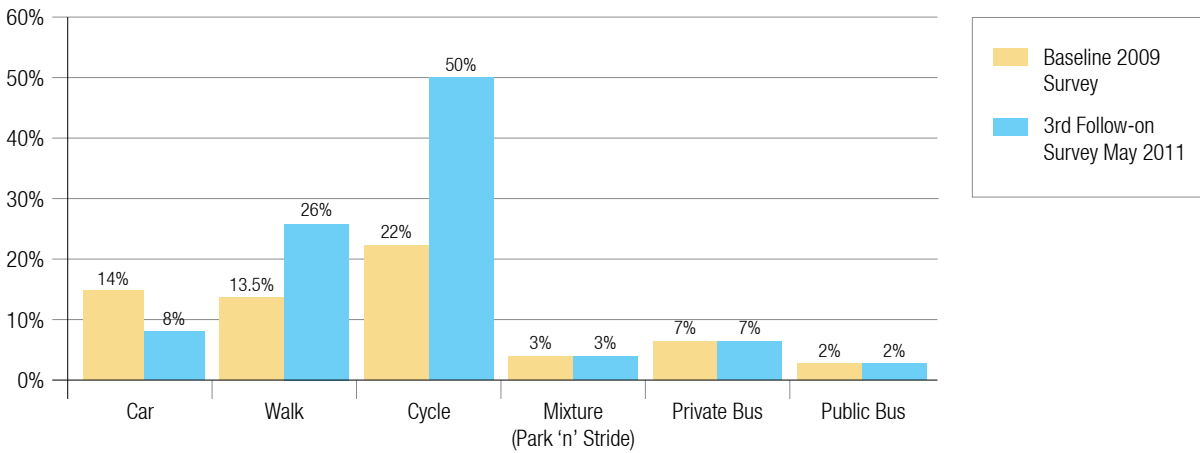


Table 2 and Figure 2 above outlines the comparative changes between the baseline and final follow on surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- A reduction in the desire to travel to school by car of 43%.
- A growing desire to travel to school by sustainable modes, most notably walking and cycling.
- Girls (28%) have a greater desire to walk compared to boys (22%), however a good proportion of girls would like to cycle (47%) in comparison to boys (51%).
- Rural students show a greater desire to cycle (62%) compared to their urban counterparts (40%).

### 3.2.3 Questions Relating to Cycling

**Table 3: Trends relating to Safe Cycling**

| Cycling                   | Baseline 2009 Survey | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey | Increases/decreases between Baseline 2009 & 3rd Follow-on Survey |
|---------------------------|----------------------|-------------------------------|---|--|
| Own a bike                | 85%                  | 88.5%                         | <b>+3.5%</b>  | <b>+4%</b>   |
| Cycle their bike at home? | 72%                  | 84%                           | <b>+12%</b>   | <b>+17%</b>  |
| Own a helmet?             | 53%                  | 62.5%                         | <b>+9.5%</b>  | <b>+18%</b>  |
| Have bike lights?         | 32%                  | 33%                           | <b>+1%</b>  | <b>+3%</b>   |
| Wear a high vis vest?     | 19%                  | 22%                           | <b>+3%</b>  | <b>+16%</b>  |

**Figure 3: Trends Relating to Safe Cycling**

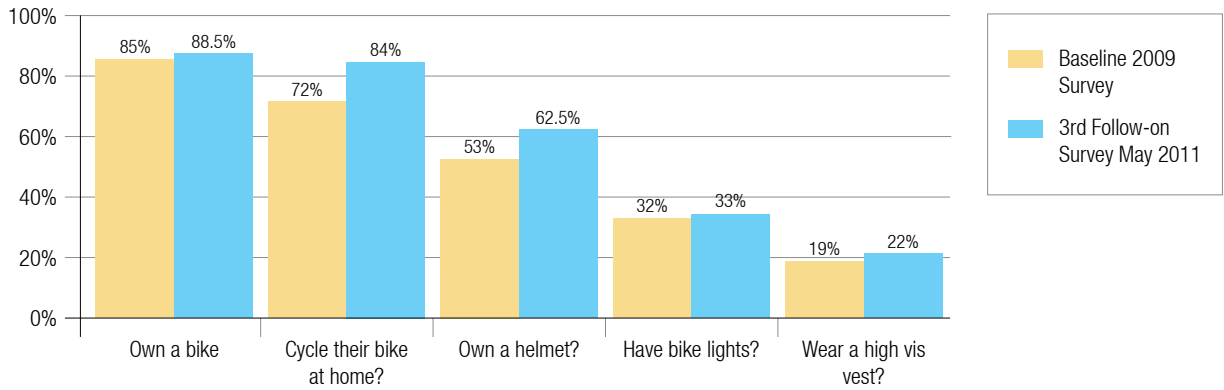


Table 3 and Figure 3 above outlines the comparative changes between the baseline and final follow on surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- There is an increase in the number of children who cycle their bike at home of 17%.
- The use of safety equipment when cycling has increased; helmet (18%), lights (3%) and hi vis vest (16%).

**3.2.4 Question: Do you participate in weekly walking events to school?**

**Table 4: Participation in Weekly Walking Events**

| Walking                                | Baseline 2009 Survey | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey |
|--|----------------------|-------------------------------|---|
| Participation in Weekly Walking Events | 8%                   | 53.5%                         | <b>+45.5%</b>   |

**Figure 4: Participation in Weekly Walking Events**

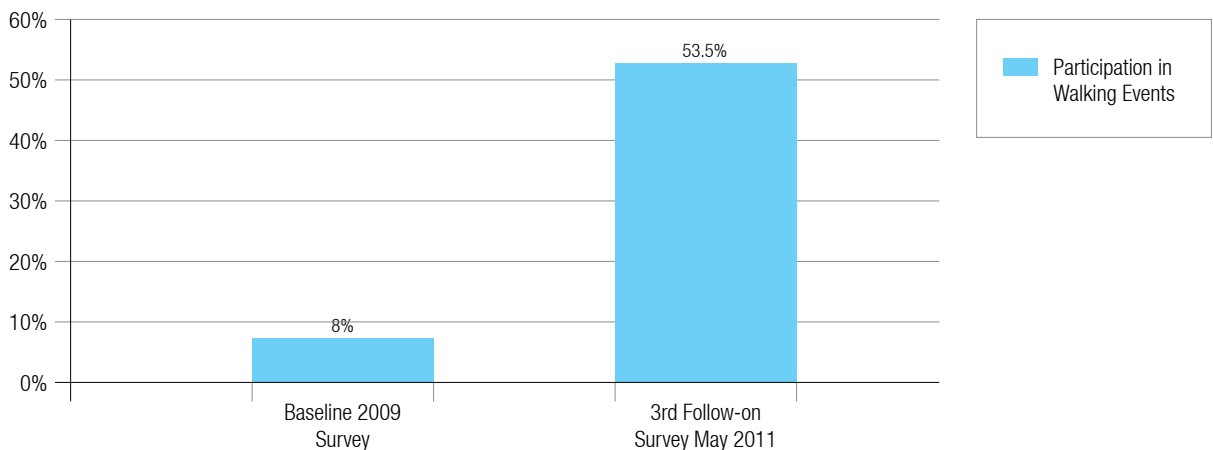


Table 4 and Figure 4 above outlines the comparative changes between the baseline and final follow on surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- Participation in weekly walking events such as WOW days increased from 8% to 53% between Oct 2009 and May 2011.

### 3.2.5 Question: Do you participate in weekly cycling events to school?

**Table 5: Participation in Weekly Cycling Events**

| Cycling                                | Baseline 2009 Survey | 2nd Follow-on Survey Oct 2010 | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey |
|--|----------------------|-------------------------------|-------------------------------|---|
| Participation in Weekly Cycling Events | 0%                   | 9.5%                          | 12%                           | +12%  |

**Figure 5: Participation in Weekly Walking Events**

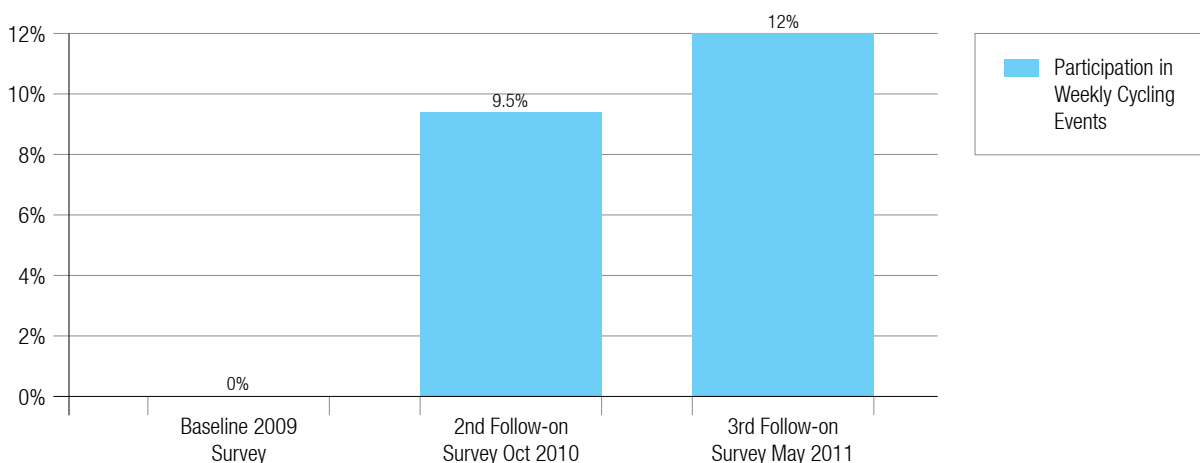


Table 5 and Figure 5 above outlines the comparative changes between the baseline and final follow on surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- Participation in weekly cycling events such as COW days increased from 0% to 12% between Oct 2009 and May 2011.



### 3.3 2009-2011 Final Staff Survey Results

#### 3.3.1 Question: How do you usually travel TO School?

**Table 6: Staff Travel TO school**

| Mode                      | Baseline 2009 Survey | 1st Follow-on Survey May 2010 | 2nd Follow-on Survey Oct 2010 | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey | Increases/decreases between Baseline 2009 & 3rd Follow-on Survey |
|---------------------------|----------------------|-------------------------------|-------------------------------|-------------------------------|---|--|
| Car                       | 92%                  | 91%                           | 85%                           | 82%                           | -10%  | -10%   |
| Walk / Cycle              | 6%                   | 8%                            | 10%                           | 11%                           | +5%   | +83%   |
| Mixture (Park 'n' Stride) | 1%                   | 0%                            | 3%                            | 6%                            | +5%   | +500%  |
| Bus                       | 0%                   | 0%                            | 1%                            | 1%                            | +1%   | +100%  |

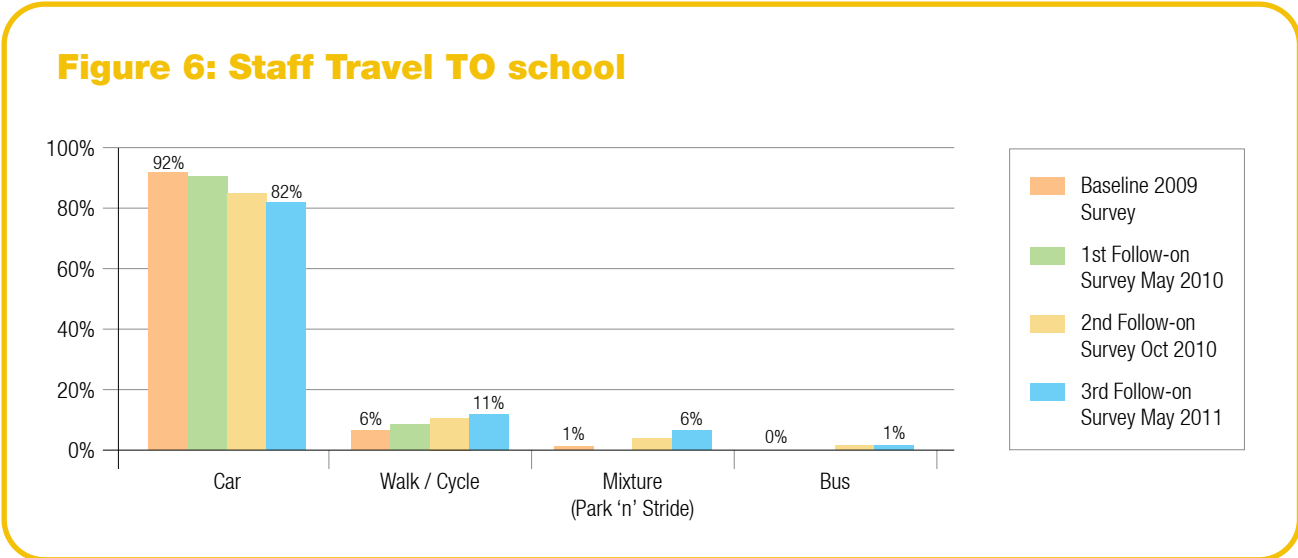


Table 6 and Figure 6 above outlines the comparative changes between the four surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- The number of staff who travelled to school by car fell by 10%.
- The number of staff who walked or cycled to school increased by 83%.
- The number of staff who cycle to school is above the national average (CSO 0% and GS Travel 3.4%).

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

**Table 7: Participation in Walking or Cycling Events**

| Walking or Cycling                     | Baseline 2009 Survey | 2nd Follow-on Survey Oct 2010 | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey |
|--|----------------------|-------------------------------|-------------------------------|---|
| Participation in Weekly Cycling Events | 9%                   | 31%                           | 39%                           | <b>+30%</b>   |

**Figure 7: Participation in Walking or Cycling Events**

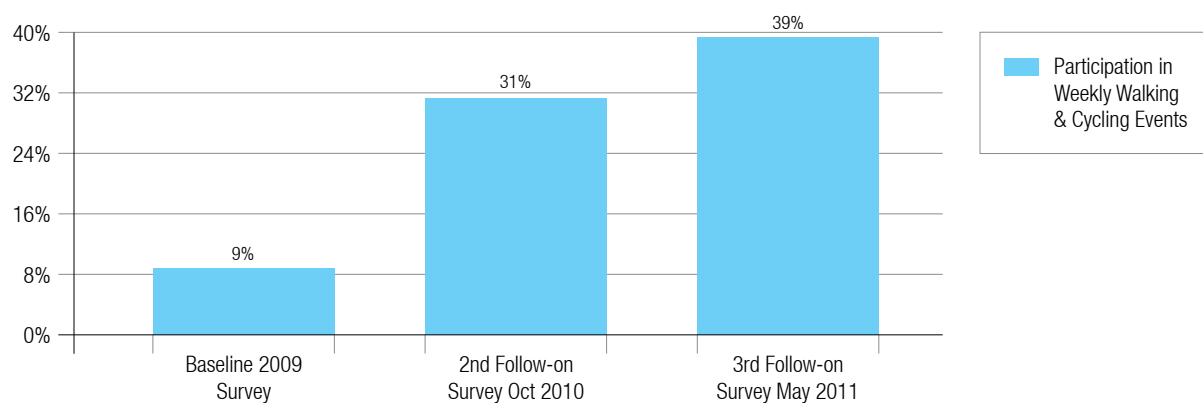


Table 7 and Figure 7 above outlines the comparative changes between three surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- The number of staff who participated in weekly walking or cycling events increased by 30% between Oct 2009 and May 2011.

### 3.3.3 Question: Are you aware of the Tax Saver public transport commuter ticket?

**Table 8: Knowledge of Tax Saver ticket**

| Tax Saver | Baseline 2009 Survey | 1st Follow-on Survey May 2010 | 2nd Follow-on Survey Oct 2010 | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey |
|-----------|----------------------|-------------------------------|-------------------------------|-------------------------------|---|
| Yes       | 21%                  | 32%                           | 38%                           | 62%                           | <b>+41%</b>   |

**Figure 8: Knowledge of Tax Saver ticket**

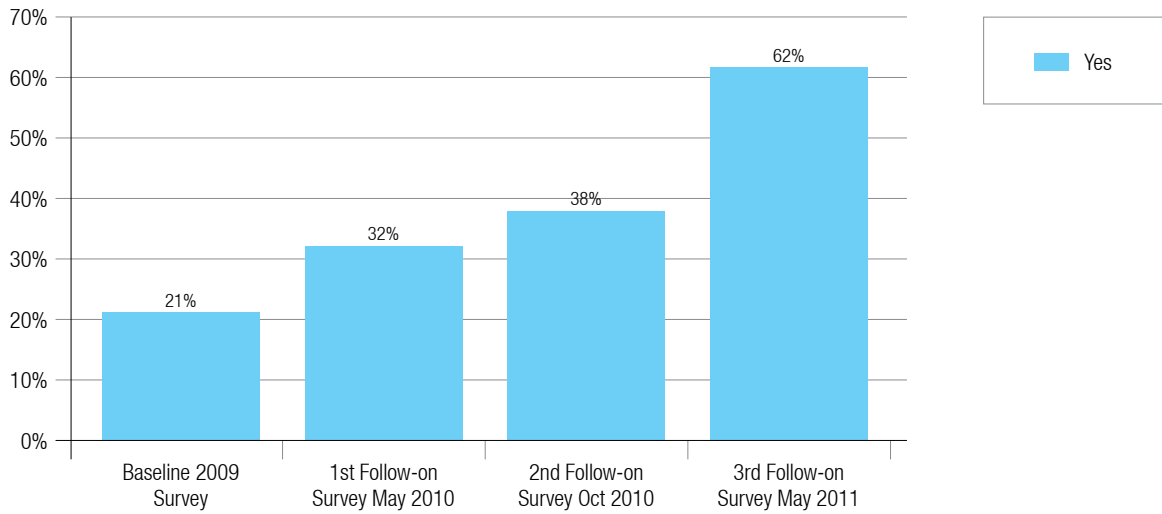


Table 8 and Figure 8 above outlines the comparative changes between four surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- The number of staff who know about the tax saver ticket for public transport increased by 41% between Oct 2009 and May 2011.

**3.3.4 Question: Are you aware of the Governments Bike to Work scheme?**

**Table 9: Knowledge of the Bike to Work Scheme**

| Cycle to Work | Baseline 2009 Survey | 1st Follow-on Survey May 2010 | 2nd Follow-on Survey Oct 2010 | 3rd Follow-on Survey May 2011 | Modal Change between Baseline 2009 & 3rd Follow-on Survey |
|---------------|----------------------|-------------------------------|-------------------------------|-------------------------------|---|
| Yes           | 70%                  | 80%                           | 82%                           | 92%                           | +22%  |

**Figure 9: Knowledge of the Bike to Work Scheme**

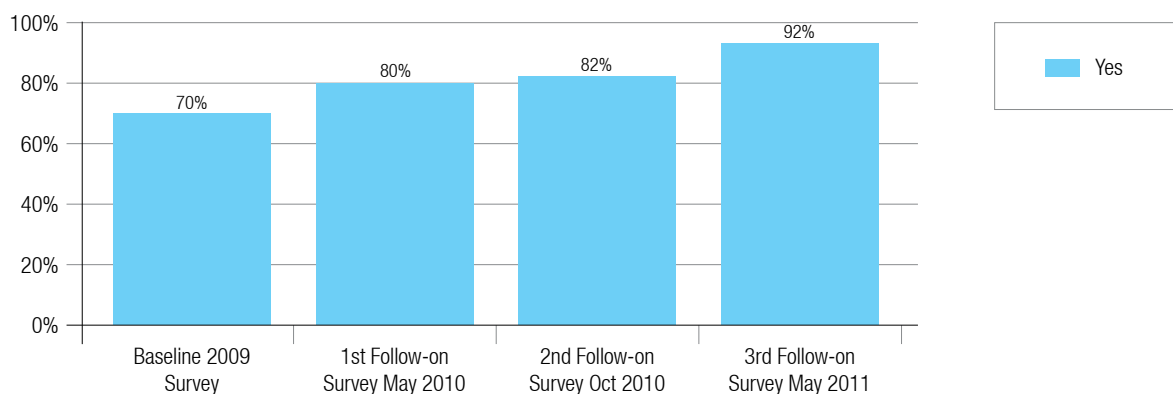


Table 9 and Figure 9 above outlines the comparative changes between four surveys carried out between Oct 2009 and May 2011. The results from the final follow-on survey for 2009 schools shows the following:

- The number of staff who know about the Governments' bike to work scheme increased by 22% between Oct 2009 and May 2011.

### 3.4 2010-2011 Follow-On Student Survey Results May 2011<sup>4</sup>

#### 3.4.1 Question: How do you usually travel TO School?

**Table 10: Mode of Travel TO School**

| Mode                      | Baseline Survey 2010 Schools | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey | Increases/decreases between Baseline 2010 & 1st Follow-on Survey |
|---------------------------|------------------------------|-------------------------------|---|--|
| Car                       | 55%                          | 45.5%                         | -9.5%   | -17%   |
| Walk & Cycle              | 27%                          | 31%                           | +4%   | +15%   |
| Mixture (Park 'n' Stride) | 4%                           | 10%                           | +6%   | +150%  |
| Private Bus               | 11%                          | 10%                           | -1%   | -9%  |
| Public Bus                | 2%                           | 2%                            | 0%  | 0%   |

**Figure 10: Mode of Travel TO School**

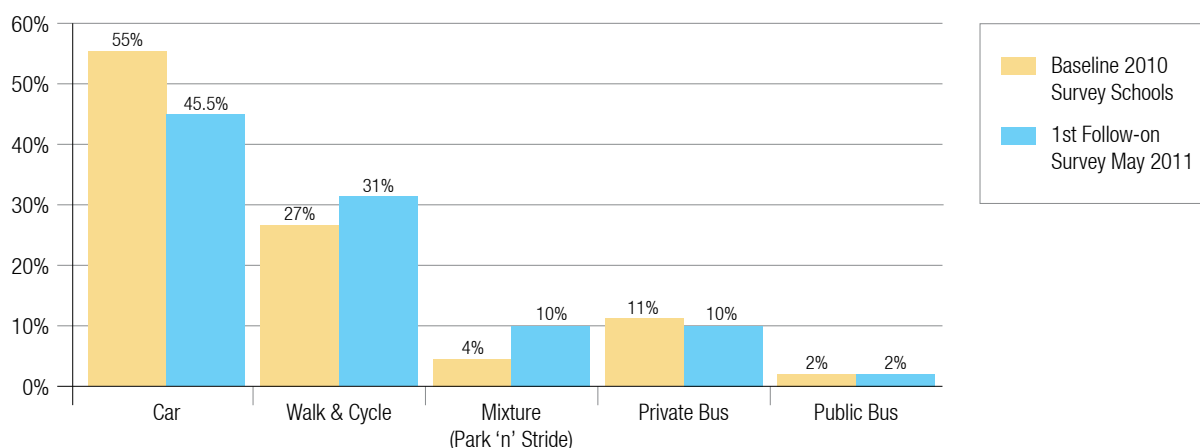


Table 10 and Figure 10 above outlines the comparative changes between the first two surveys carried out between Oct 2010 and May 2011. The results from the first follow-on survey for 2010 schools show the following:

- A reduction in car journeys to school of 17%.
- An increase in the number of students walking and cycling to school of 15%.
- Park and Stride increased by 150%.
- More students cycle to urban schools (6%) than to rural schools (3%). However rural schools have achieved the greatest change from 1.9% in Oct 2010 to 3% in May 2011.
- More students walk to urban schools (37%) than to rural schools (14%).

<sup>4</sup> '2010 Schools' denotes schools who started working on the travel theme in September 2010 and will complete the theme in June 2012.

### 3.4.2 Question: How would you prefer to travel to school?

There is no real change in desire between the baseline survey in Oct 2010 and the 1<sup>st</sup> follow on survey in May 2011. The baseline survey indicated that only 8% of children wished to travel to school by car with the remaining wishing to avail of more sustainable modes such as walking & cycling (77%).

### 3.4.3 Question: Do you participate in weekly walking events to school?

**Table 11: Participation in Weekly Walking Events**

| Walking                                | Baseline 2010 Survey | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey |
|--|----------------------|-------------------------------|---|
| Participation in Weekly Walking Events | 4%                   | 43%                           | <b>+39%</b>   |

**Figure 11: Participation in Weekly Walking Events**

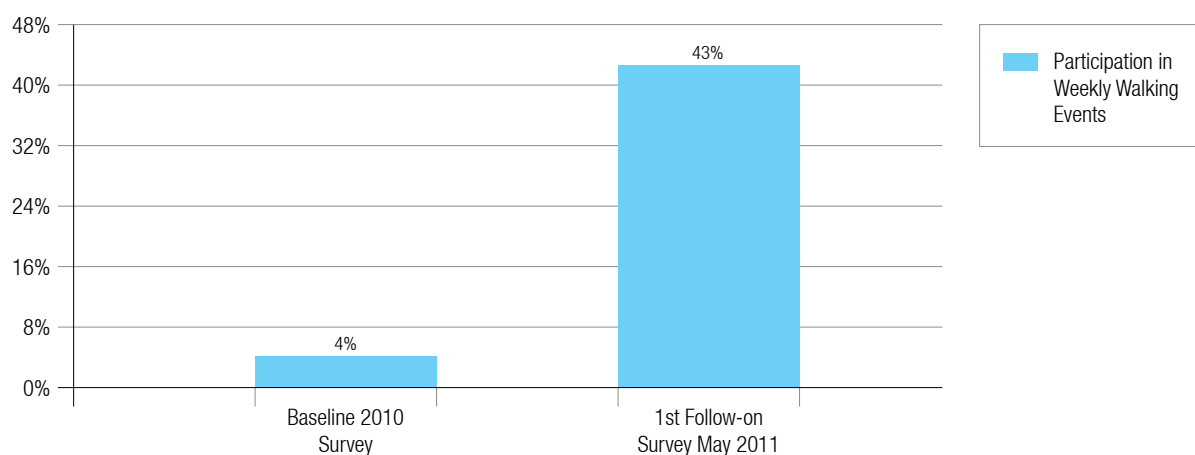


Table 11 and Figure 11 above outlines the comparative changes between the first two surveys carried out between Oct 2010 and May 2011. The results from the first follow-on survey for 2010 schools show the following:

- Participation in weekly walking events such as WOW days increased from 4% to 43% between Oct 2010 and May 2011 (7 months).

### 3.4.4 Question: Do you participate in weekly cycling events to school?

**Table 12: Participation in Weekly Cycling Events**

| Cycling                                | Baseline 2010 Survey | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey |
|--|----------------------|-------------------------------|---|
| Participation in Weekly Cycling Events | 2%                   | 50%                           | <b>+48%</b>   |



**Figure 12: Participation in Weekly Cycling Events**

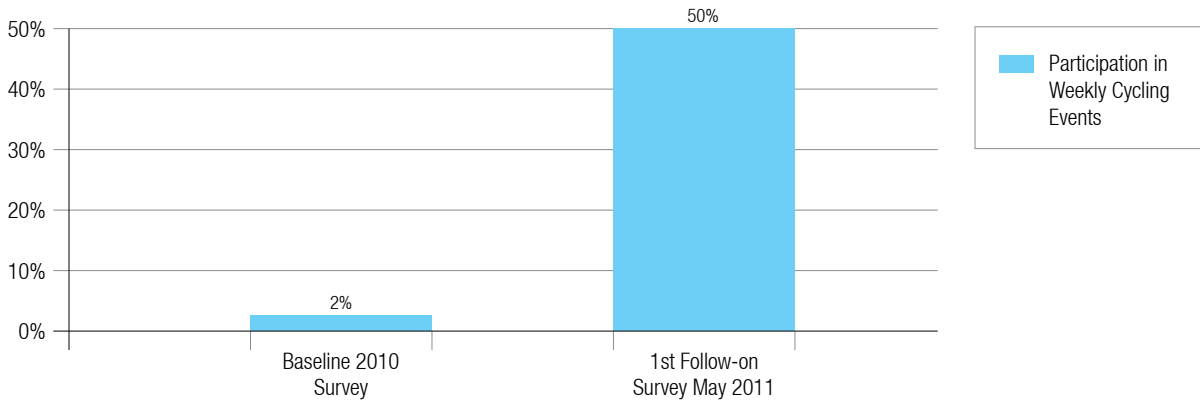


Table 12 and Figure 12 above outlines the comparative changes between the first two surveys carried out between Oct 2010 and May 2011. The results from the first follow-on survey for 2010 schools show the following:

- Participation in weekly cycling events such as COW days increased from 2% to 50% between Oct 2010 and May 2011 (7 months).

### 3.5 2010-2011 Follow-On Staff Survey Results

#### 3.5.1 Question: How do you usually travel TO School?

**Table 13: Staff Travel TO School**

| Mode                      | Baseline 2010 Survey | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey |
|---------------------------|----------------------|-------------------------------|---|
| Car                       | 91%                  | 91%                           | 0%  |
| Walk / Cycle              | 7%                   | 8%                            | +1%   |
| Mixture (Park 'n' Stride) | 0%                   | 0%                            | 0%  |
| Bus                       | 2%                   | 2%                            | 0%  |

Table 13 above outlines the comparative changes between the first two surveys carried out between Oct 2010 and May 2011. The results from the 1st follow-on survey for 2010 schools shows the following:

- There is no change in travel habits to date.

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

**Table 14: Participation in Walking or Cycling Events**

| Walking or Cycling                     | Baseline 2010 Survey | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey |
|--|----------------------|-------------------------------|---|
| Participation in Weekly Cycling Events | 4%                   | 41%                           | <b>+37%</b>   |

**Figure 14: Participation in Walking or Cycling Events**

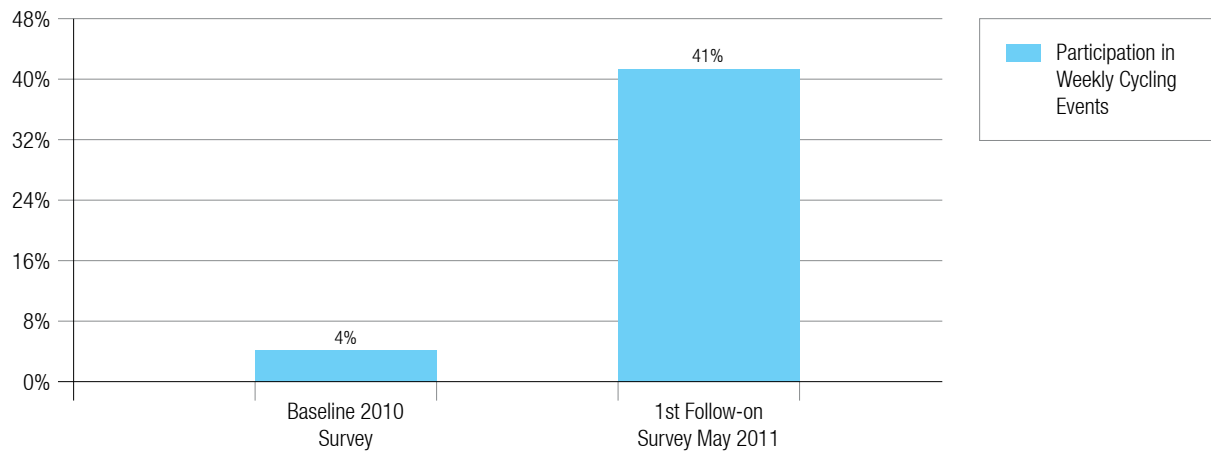


Table 14 and Figure 14 above outlines the comparative changes between the first two surveys carried out between Oct 2010 and May 2011. The results from the first follow-on survey for 2010 schools show the following:

- The number of staff who participated in weekly walking or cycling events increased by 37%.

**3.5.3 Question: Are you aware of the Tax Saver public transport commuter ticket?**

**Table 15: Knowledge of Tax Saver ticket**

| Tax Saver | Baseline 2010 Survey | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey |
|-----------|----------------------|-------------------------------|---|
| Yes       | 18%                  | 51%                           | <b>+33%</b>   |

**Figure 15: Knowledge of Tax Saver ticket**

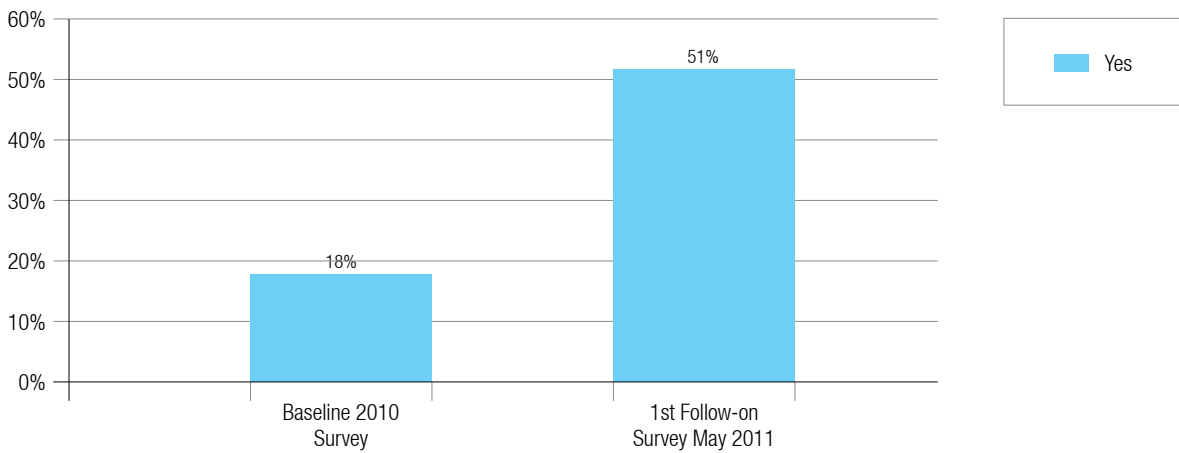


Table 15 and Figure 15 above outlines the comparative changes between two surveys carried out between Oct 2010 and May 2011. The results from the first follow-on survey for 2009 schools show the following:

- The number of staff who know about the tax saver ticket for public transport increased by 33% between Oct 2010 and May 2011.

**3.5.4 Question: Are you aware of the Governments Bike to Work scheme?**

**Table 16: Knowledge of the Bike to Work Scheme**

| Cycle to Work | Baseline 2010 Survey | 1st Follow-on Survey May 2011 | Modal Change between Baseline 2010 & 1st Follow-on Survey |
|---------------|----------------------|-------------------------------|---|
| Yes           | 66%                  | 90%                           | +24%  |

**Figure 16: Knowledge of the Bike to Work Scheme**

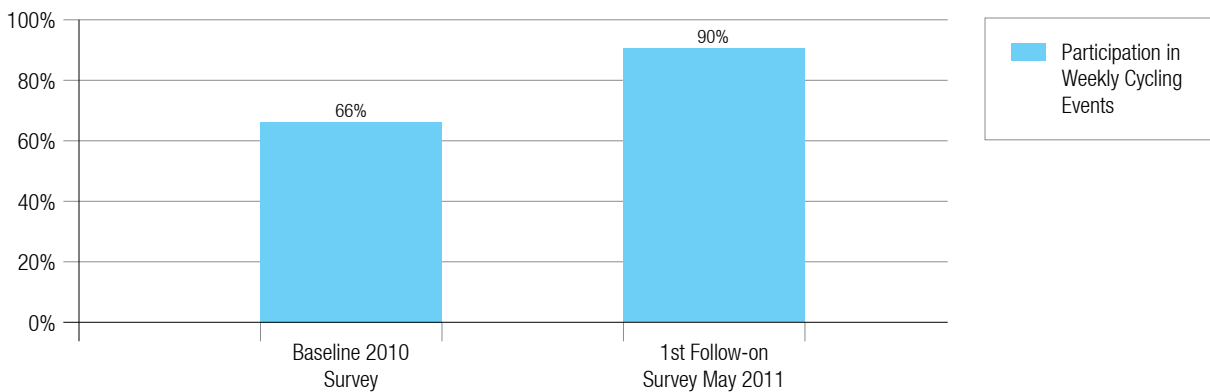


Table 16 and Figure 16 above outlines the comparative changes between the first two surveys carried out between Oct 2010 and May 2011. The results from the first follow-on survey for 2010 schools show the following:

- The number of staff who know about the Governments' bike to work scheme increased by 24% between Oct 2010 and May 2011.

### 3.6 2010-2011 Longitudinal (Individual) Survey Results

The longitudinal survey represents 2,453 primary and secondary students who are participating in the Green-Schools Travel theme since September 2010. The purpose of the survey is track individual students over a two year period to assess individual modal shift. The survey solely focuses on how students and staff travel to school and the results from the first two surveys are outlined below:

#### 3.6.1 Question: How do you usually travel to school (students)?

**Table 17: Student Travel to School**

| Mode                      | 1st Longitudinal Survey Oct 2010 | 2nd Longitudinal Survey May 2011 | Modal Change between the 1st and 2nd Survey | Increases/decreases between the 1st and 2nd Survey |
|---------------------------|----------------------------------|----------------------------------|---|--|
| Car                       | 61%                              | 49%                              | -12%  | +20%   |
| Walk / Cycle              | 16%                              | 22%                              | +8%   | +50%   |
| Mixture (Park 'n' Stride) | 3%                               | 7%                               | +4%   | +133%  |
| Bus                       | 14.5%                            | 15%                              | +0.5%                                       | +3%  |
| Carpool                   | 5%                               | 8%                               | +3%   | +60%   |

**Figure 17: Student Travel to School**

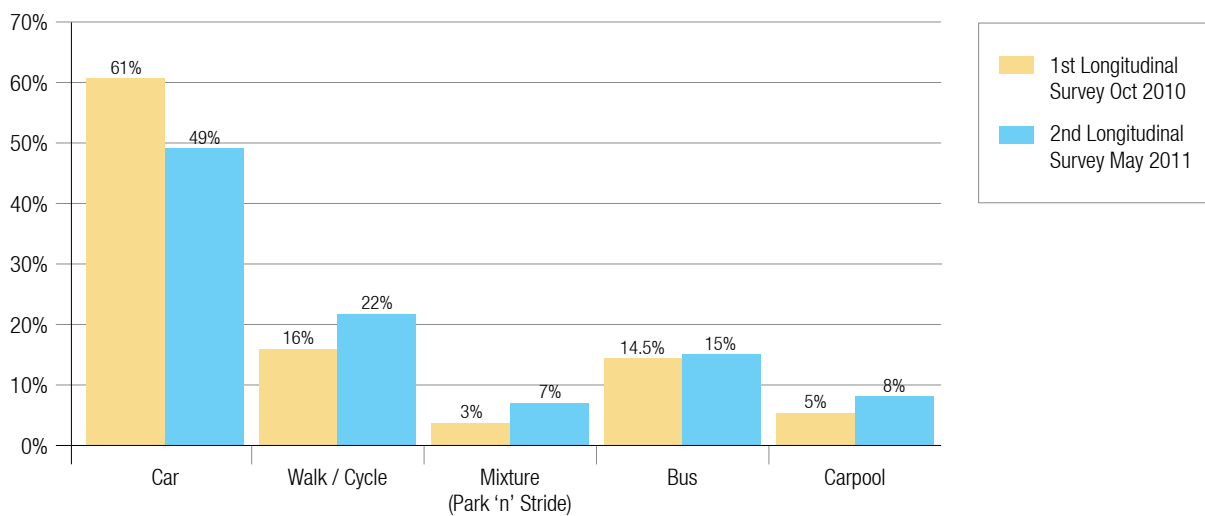


Table 17 and Figure 17 above outlines the comparative changes between the first two longitudinal surveys carried out between Oct 2010 and May 2011. The results from the first follow-on longitudinal survey for 2010 schools show the following:

- A reduction in car journeys to school of 20%, which equates to 252 cars per journey to school.
- An increase in walking and cycling of 50%.
- An increase in Park 'n' Stride (133%), bus transport (3%) and carpooling (60%).

### 3.6.1 Question: How do you usually travel to school (staff)?

**Table 18: Staff Travel to School**

| Mode                      | 1st Longitudinal Survey Oct 2010 | 2nd Longitudinal Survey May 2011 | Modal Change between the 1st and 2nd Survey | Increases/decreases between the 1st and 2nd Survey |
|---------------------------|----------------------------------|----------------------------------|---|--|
| Car                       | 89%                              | 84.5%                            | -4.5%                                       | -5%  |
| Walk / Cycle              | 5%                               | 7%                               | +2%   | +40%   |
| Mixture (Park 'n' Stride) | 0.5%                             | 2%                               | +1.5%                                       | +300%  |
| Bus                       | 0                                | 1%                               | +1%   | +100%  |
| Carpool                   | 5%                               | 5%                               | 0   | 0  |

**Figure 18: Staff Travel to School**

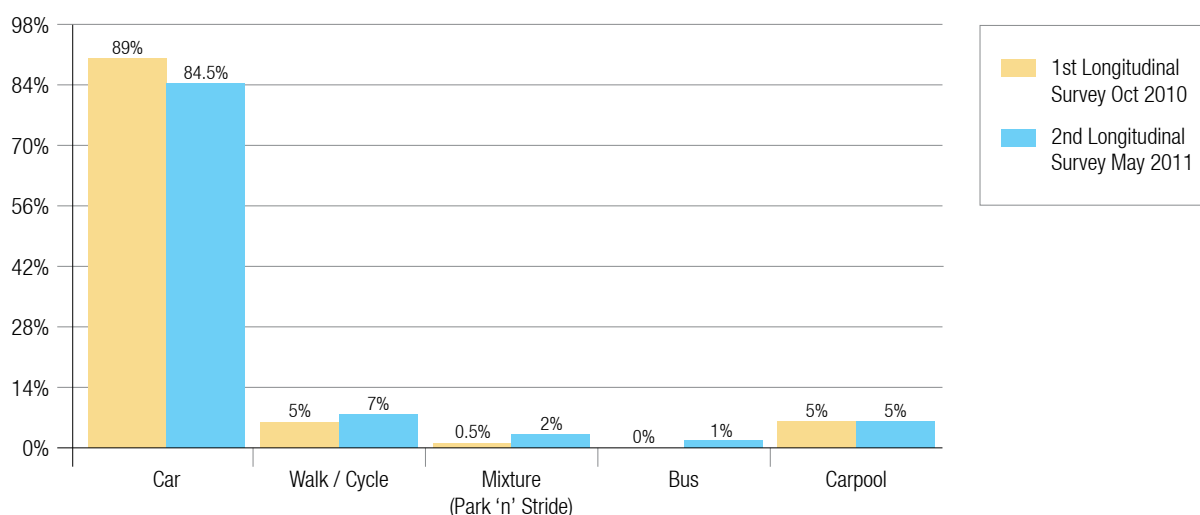


Table 18 and Figure 18 above outlines the comparative changes between the first two longitudinal surveys carried out between Oct 2010 and May 2011. The results from the first follow-on longitudinal survey for 2010 schools show the following:

- A reduction in car journeys to school of 5%.
- An increase in walking and cycling of 40%.

## 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 Education Officers on the ground. Each Officer is responsible for approximately 25-35 schools located in various locations around the country. Over the course of the past school year the GS Travel Education 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 19 Travel Officers have conducted over 2,116 school visits to 430 participating schools. On average each school has been visited 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,
- Training events including bike maintenance courses and the 'Get in Gear' course.
- Participation in one-off events and launches; and carrying out surveys and assessments on behalf of schools.

### 4.1 Cycling Update

#### 4.1.1 Cycle Training

Cycle training continues to be an integral part of the Green-Schools Travel Programme. 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 cycle training at level 1 or off road level 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. The 2010 – 2011 school year saw 100 schools apply for funding under the Green-Schools Travel Programme for cycle training. This funding enabled **3,748** pupils to undertake a cycling safety and skills course.

**Table 19: Figures for Cycle Training**

|                | <b>Autumn/Winter 2010</b> | <b>Spring/Summer 2011</b> | <b>Totals</b> |
|----------------|---------------------------|---------------------------|---------------|
| No of Schools  | 33                        | 67                        | 100           |
| No of Students | 1334                      | 2414                      | 3748          |

#### Monitoring Infant Schools



Salesian Infant School, Limerick City came up with a unique way of monitoring their travel progress. With students up as far as 1st Class, the school found it difficult to obtain accurate travel survey results. To overcome this barrier, the school adopted a physical approach to monitoring by providing each class with baskets to represent each mode. Each morning, as part of a specially adapted Irish Lesson, students then placed balls into the relevant baskets and took note of the result.

#### 4.1.2 Bike Week

Green-Schools Travel celebrated National Bike Week (NBW) 2011 during 18<sup>th</sup> – 26<sup>th</sup> June. All schools within the Green-Schools Travel network were sent an information pack, which included a poster, a letter of information on NBW 2011 and a list of suggested events for schools to undertake as part of the week.

Green-Schools Travel worked with the Galway Transportation Unit & Galway City Council to launch Bike Week in Galway as well as hosting a Bling Ur Bike event in Eyre Square for the community. Green-Schools Travel were also represented on the steering committee for Bike Week 2011 and hosted a Bling Ur Bike event at the 'Pedal in the Park' closing event in the Phoenix Park, Dublin.

Bike Week 2011 was a great success and was used as a catalyst by schools to promote cycling. Schools undertook a number of cycling related activities, with the help of their Green-Schools Travel Education Officers, including: cycle to school days, bike maintenance sessions, mass cycles, bling ur bike sessions, cycle training and bike breakfasts. A number of schools also got parents involved and decided to run An Taisce's 'Get in Gear' course. In total over 154 schools took part through the Green-Schools Travel network with over 5,000 pupils cycling to school on National COW Day. This is an increase of 5% on 2010 numbers or an increase of over 1,300 pupils cycling to school during the week. A photographic review of all the events that took place around the country can be seen in Appendix 2.

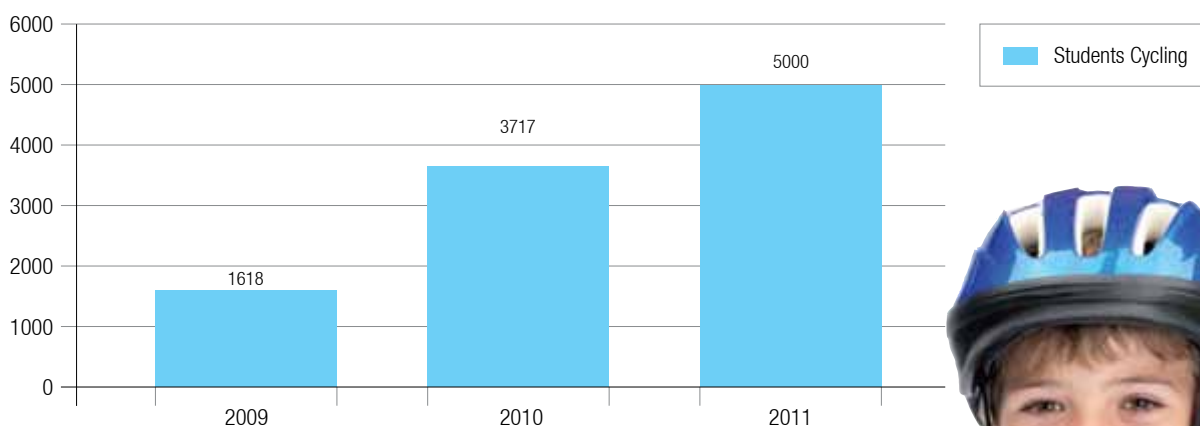
##### Secondary School Bike Week:

Secondary School Bike Week took place between March 7th and 11th and aimed at increasing cycling numbers in participating secondary schools. A number of secondary schools around the country actively participating in the week and ran events ranging from Beauty & the Bike to cycle training. It is hoped to continue to promote Secondary School Bike Week next year, however greater promotion and marketing is required if all secondary schools throughout Ireland are to participate.



The students in Castleconnell NS, Limerick taking a well deserved break during Bike Week.

**Table 20: Number of students cycling during Bike Week 2011**



On Thursday 10<sup>th</sup> of March, students from Rice College participated in a “Bike-Run-Bike” event along the Westport Greenway. Participants were awarded prizes of bike locks, lights and helmets by Eva Gannon Green-Schools Education Officer. Despite the high winds and heavy showers it was a great success. Green-Schools in partnership with Mayo County Council also distributed Bike Medical Cards to students during Bike Week. Students can use these Bike Medical Cards to get free Bike Checks in their local bike shops. The event was a great success and it is hoped more students will cycle to school as a result.



Above: Manor House, Raheny committed to getting back on their bikes after they took part in Beauty & the Bike event.

Below: St. Francis NS, Limerick showing you're never too young to learn how to fix a puncture



### Putting a value on WOW days

The Green-Schools Committee in Scoil Iosaf, Newcastle west decided to put a more physical value on their work. Every WOW day they counted how many people walked from the designated Park 'n' Stride Locations and using this information they calculated how much CO<sub>2</sub> they saved...

Working on our weekly WOW Day results, we calculated that from 29<sup>th</sup> Sept 2010 to 2<sup>nd</sup> Feb 2011 we saved **33.164 Kg of CO<sub>2</sub>** from the environment. This was equivalent to **33 bags of sugar!**



### 4.1.3 Velo-city 2011

In March two members of staff from Green-Schools Travel attended Velo-city 2011. Velo-city is an international conference which focuses on cycling and is attended by delegates from around the world. The conference provided the opportunity to network with similar organisations in Europe, as well as to showcase the Green-Schools Travel Programme as a leading sustainable travel programme for schools. The conference presented an excellent platform with which to promote Green-Schools Travel as an example of best practice for school travel, and a large number of organizations were interested to learn more about the programme. Some of the key learning outcomes from the conference were:

- Cycle training is crucial to encouraging more people to cycle.
- A national standard is required to regulate the standard of cycle training being carried out.
- Embedding the idea of lifelong cycling i.e. that cycling is not just for children or young people is crucial.
- Cycling does not just have a role to play in transport planning, but can also contribute positively to addressing environmental, social and health problems.

### 4.1.4 'Get in Gear' Course

Get in Gear is a new initiative from Green-Schools Travel; it was developed to encourage more adults back onto their bikes. The course was developed to support parents who wish to cycle with their children or who have little experience of cycling themselves. The course is a ninety minute introduction to cycling with children and introduces parents to a few basic skills in how to look after your bike, control skills, signaling and bicycle accessories. The session then progresses to cycling in traffic, cycling with your children and how to plan a journey to school. At the end of each session the parent receives an information booklet which covers various aspects of cycling. To date Get in Gear sessions have been held in Dublin, Dundalk, Drogheda, Sligo, Galway, Offaly, Waterford and Wicklow and the feedback has been very positive with parents seeking more training etc.



S.N. Leitirneallain, Galway held bike training and bike maintenance courses in June.



St. Patrick's Junior School, Skerries had an overwhelming participation rate in its COW (Cycle or Walk) Day



## 4.2 National Walk to School Week

National Walk to School Week 2011 ran from 16<sup>th</sup> -20<sup>st</sup> 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. Wednesday 18<sup>th</sup> 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 32,876 participating in National WOW Day in over 245 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.



Above: St. Colmcilles, Swords taking part in National WOW Day

Below: Naiscoil Ide Infant School, Raheny carrying out a WOW day



WOW launch, St. Thomas' JNS, Lucan, Co. Dublin

### 4.3 Cross-Border Initiative

Green-Schools worked in partnership with Travelwise NI (Department of Regional Development) to promote the Cross Border Challenge as part of National Walk to School Week. It is the third year that Green-Schools and Travelwise NI have worked together on the initiative and the number of participating schools has increased from two to ten (5 in the Republic and 5 in N.Ireland). The participating schools and their results are as follows:

| Schools in Southern Ireland                                    | Participation |
|--|---------------|
| Scoil Mhuire, Glaslough, Co. Monaghan                          | 100%          |
| Scoil Naomh Brid, Muff, Co. Donegal                            | 80%           |
| St. Safan's National School, Drumdoit, Castlefinn, Co. Donegal | 95%           |
| Rockfield N.S., Ballyshannon, Co. Donegal                      | 100%          |
| Four Masters NS, Kinlough, Co. Leitrim                         | 90%           |

| Schools in Northern Ireland                    | Participation |
|--|---------------|
| St Davog's PS Finner                           | 100%          |
| St Mary's PS, Newtownbutler                    | 89%           |
| Mount Saint Catherine's PS, Armagh, Co. Armagh | 100%          |
| Holy Family PS, Derry, Co. Derry               | 75%           |
| Artigarvan PS, Strabane, Co. Derry             | 58%           |

The event was a great success and all schools achieved over 50% participation with four schools achieving 100% participation. The awards for the Cross Border Challenge was held on Wednesday June 15<sup>th</sup> in Omagh Leisure Center, Omagh. The schools received prizes including vouchers for outdoor pursuits centers in their locality as well as goodie bags to promote walking to school.

#### Walking Bus initiative leads to further success in Roscrea, Co. Tipperary

Sacred Heart NS, Roscrea Co. Tipperary is a mixed primary school comprising 226 students. The school is situated just off the busy N7 roundabout on the old Dublin road and surrounded by estates in either direction. Initially the school was reluctant to hold WOWs for a number of different reasons and opted instead to concentrate on organising a walking bus system. Pending the success of this initiative they would then look into WOW days.

To ensure the success of this initiative, three routes were extensively surveyed from a safety point of view and a phased approach was adopted.

This scheme was initiated with a parents information morning conducted by the Green-Schools Travel Officer and followed up with an interactive workshop/enactment of a walking bus along that chosen route. This initiative has been a great success whereby 18 students regularly take the 'walking bus' to school. Official



documentation was also provided to the school to further facilitate this initiative. Phase 2 is to be opened up in February 2012.

A knock on effect of the walking bus scheme was an increased awareness across the school about green-travel. As stated, the school was initially reluctant to hold WOW days but now, a year later, WOW days are now a regular occurrence in the school. For instance, a WOW day was held for every day of National Walk to School Week where over 103 pupils walked on National WOW day with a further 40 opting to Park & Stride.

#### 4.4 Green-Schools Travel Competition 2011

For the fifth year running, Green-Schools Travel invited participating travel schools to enter this year's competition. The theme of this year's annual Green-Schools Travel Competition was to design a mascot or write a slogan to represent the aim of Green-Schools Travel. The competition was a fantastic success. More than 200 schools participated with over 2000 individual entries. 20 winning students were chosen from 10 schools around the country. The awards ceremony took place Tailors Hall on 14<sup>th</sup> April with Mr. Alan Kelly TD, Minister for State as the special guest. Mr. Kelly awarded the prizes which included bicycles with cycling accessories such as lights, locks, helmets, bells and hi-vis jackets to the winning students as well as a cash prize for Green-Schools activities and digital video camera being awarded to each school. A graphic designer turned the students' winning mascots and slogans into seven individual logos, which were on display in Tailors Hall. The logos will be used in the future to promote Green-Schools Travel.



Minister Alan Kelly T.D. with pupils from St. John of Gods NS, Kilkenny

## 2011 Green-Schools Travel Competition winning mascots/slogans



### Bilboa NS, Co. Limerick

Situated on an extremely dangerous road with blind spots, no footpaths and in the vicinity of a haulage/bus company, walking is not an option for Bilboa NS. To overcome this barrier they decided to hold monthly whole school action days where everyone meets at either side of the school and they walk together in mass. They recently extended this to cycling.



## 4.5 Green-Schools Teacher Training Autumn 2010

Throughout the month of October 2010 An Taisce's GS Travel and Development officers ran 19 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 **225** teachers at 16 locations across the country.

**Table 21: Teacher Training Courses Autumn 2010**

| <b>Location</b>   | <b>Local Authority Area Covered</b> |
|-------------------|-------------------------------------|
| Clones, Monaghan  | Monaghan/Cavan/Louth/Meath          |
| Cork City Centre  | Cork City/County                    |
| Donegal           | Donegal                             |
| Ennis             | Clare                               |
| Galway City       | Galway City/County                  |
| Galway City       | Galway City/County                  |
| Swords, Dublin    | Fingal                              |
| Dublin City x 3   | DCC, SDCC, DLR, Wicklow             |
| Carlow            | Carlow/Kilkenny                     |
| Limerick City     | Limerick/ North Tipp/S Tipp         |
| Mayo              | Mayo                                |
| Sligo Town        | Sligo/ Leitrim                      |
| Tipperary         | North Tipp/South Tipp               |
| Tralee            | Kerry                               |
| Tullamore, Offaly | Midlands Counties                   |
| Waterford         | Waterford/Wexford                   |
| Roscommon Town    | Roscommon/Longford                  |

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.

## 4.6 Green-Schools Teacher Training Summer 2011

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 **80** teachers at 4 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.

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

It was the second year that 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 28 children. 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 2010/2011 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 154 articles were collated for the 2010-2011 school year. In the 2010 – 2011 school year the GS Travel programme received publicity in publications such as:

|   |                                  |
|---|----------------------------------|
| <i>Live 95fm</i>                              | <i>Ocean FM</i>                  |
| <i>Limerick Post</i>                          | <i>Local Cobh newsletter</i>     |
| <i>Sligo Champion</i>                         | <i>Limerick Chronicle</i>        |
| <i>Western People</i>                         | <i>Offaly Topic</i>              |
| <i>Sligo Weekender</i>                        | <i>Westmeath examiner</i>        |
| <i>Sligo Champion</i>                         | <i>Sligo Today News</i>          |
| <i>Connaught Telegraph and Western People</i> | <i>Kilkenny People</i>           |
| <i>The Kerry’s Eye</i>                        | <i>Limerick Chronicle</i>        |
| <i>Tralee Outlook</i>                         | <i>The Limerick Post</i>         |
| <i>The Mayo News</i>                          | <i>Roscommon Herald</i>          |
| <i>TV3 and Western People</i>                 | <i>Tullamore Tribune</i>         |
| <i>The Guardian</i>                           | <i>Clare People</i>              |
| <i>Killarney Outlook magazine</i>             | <i>Galway City Tribune</i>       |
| <i>Tuam Herald</i>                            | <i>Wexford People</i>            |
| <i>The Nationalist</i>                        | <i>The Tipperary Star</i>        |
| <i>Wexford People</i>                         | <i>Tipperary Tribune</i>         |
| <i>Enniscorthy Echo</i>                       | <i>Evening Echo, Cork</i>        |
| <i>Leinster Express</i>                       | <i>East Coast FM</i>             |
| <i>RTE’s News2day</i>                         | <i>Connaught News</i>            |
| <i>Northside People</i>                       | <i>6 One National RTE News</i>   |
| <i>Irish Times</i>                            | <i>Irish Catholic Newsletter</i> |
| <i>Inishowen Times</i>                        | <i>Liffey Champion</i>           |
| <i>Nenagh Guardian</i>                        |                                  |

Articles which appeared in publications around the country are included in Appendix 3.



#### 4.9 Green-Schools Website

The Green-Schools website is being redesigned to give our stakeholders an improved sense of what the Green-Schools programme is about as well as developing the website's role as a source of information about the programme. Highlights of the new site:

- Resources Section
- Useful Links Section
- Frequently Asked Questions
- Competitions Section
- Media Gallery (includes Video Gallery, Photo Gallery and Podcast Gallery)
- Case Studies Section
- Online Application Forms
- Upcoming Events
- Integrated Twitter and Flickr
- News Blog
- Local Authority Database

The new website has been designed to allow for easy navigation by users, increase hosting capabilities to make use of new technologies and to allow hosting of online application forms to encourage the move from paper applications to online applications.

The new site will exhibit the success of the programme to date and encourage information and idea-sharing between schools, teachers, parents etc. Strong visual links with partners and sponsors will be made throughout the site, further solidifying the partnership between Green-Schools and our partners.



#### The optimal WOW

St. Marys GNS in Nenagh Co.Tipperary constructed a 3D map of their locality where they identified how many students come from each area. They then graphed what the optimal WOW day results were and set targets to achieve them.



#### An Alternative WOW day

The majority of students from Catherine McAuley Special School travel by bus thus conventional WOW days were not an option for the school. To overcome these barriers, the committee identified suitable routes which they colour coded according to difficulty. This initiative really got everyone on board whereby all competencies were catered for. Every Wednesday at lunch time, groups set out to do their 'WOW' Walk. This achieved great response amongst the school community as it provided a means of getting much needed exercise and enables whole school involvement in the Green-Schools Travel Initiative.





Flag raising at St Patrick's De La Salle BNS, Castlebar, Co. Mayo by An Taoiseach Enda Kenny, Eva Gannon GS Travel Officer and Town Mayor Ger Deere.



A pupil of Naiscoil Ide Infant School Raheny walking to school in her fancy dress costume.

### Parental involvement is key

Caherline NS, Co. Limerick has achieved phenomenal parental support since beginning the Green-Schools Travel theme. A parental evening was held by the Green-Schools Travel officer to introduce the theme and examine what could be achieved. Over 30 parents attended the evening in September 2010 whereby all concerns and possibilities were discussed. Several items have come to fruition since that meeting such as new road markings outside the school, regular WOW days. One major outcome is that many parents have started cycling their children to school. To address this interest, the school has recently applied for cycle parking from An Taisce and linked up with the county partnership, local Gardai and the Green-Schools Travel Officer for a 6km cycle in the locality as part of European Mobility Week 2011.



According to the Mary O Dea (Green-Schools Coordinator) 'The cooperation from the school community in this particular Green-Schools theme has been phenomenal; we have so much parental support, so much enthusiasm for this travel theme. Parents have really gone to great efforts to be available to walk their children to school on Wednesdays. The most striking element of our WOW days is that they provide an opportunity for the school community to come together in a fun and interactive way for the greater good of the children'.

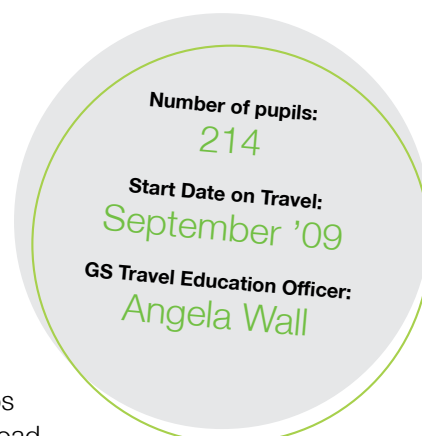
## 5. Case Studies

### 5.1 Artfert NS, Kerry

Ardfert Central is a mixed National School, built in 1974, with 214 students and 11 teachers, located in the village of Ardfert, roughly about four miles from Tralee Town Centre in North Kerry. The school is situated on the outskirts of the village, off the main road. Ardfert, is a busy village and is a great tourist attraction with its cathedral, quaint shops, public houses and surrounding countryside.

The staff park their cars outside the school in spaces provided and there is a space for the school bus. The school also has a lollipop person who helps the students cross the road. There is only one path on one side of the road, leading to the school. Students are dropped off on this side and walk up to the crossing area and then cross with the lollipop person. There school experienced a lot of congestion at the school gate prior to undertaking the travel theme.

The school undertook a lot of activities over the two year period from 2009-2011 to promote sustainable travel to school including the following:



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#### Work Undertaken:

- The GS co-ordinator attended the teacher training seminar in Oct 2009.
- The school completed their Environmental Review (travel survey) in October 2009.
- The Green-Schools committee, looked at the travel survey results and from this the school developed their Travel Action Plan which focused on the promotion of walking
- The school increased awareness of the theme by informing parents and the wider community.
- The school took part in a mapping exercise to locate where pupils lived, they conducted a traffic survey and decided upon a park and stride location.
- Pupils began the programme by designing posters and slogans promoting sustainable travel to school.
- A big assembly was held just before the Christmas and the Travel Education Officer picked winners from each class and they received prizes from An Taisce.
- The school launched WOW days in May 2010 and took part in National Walk to School Week.
- A Green-Schools notice board was used to inform the school of their aims and the actions which were undertaken during the two year period.
- Students from 4th – 6th entered the KCC Road Safety Poster Competition and a 6th class student was chosen as one of the twelve winners from the county to have his poster printed in the Road Safety Calendar 2011.

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#### Actions Undertaken:

- WOW Days
- Healthy lunch as a reward
- Golden Boot Award
- Green Tree
- Green Action Week
- Presentations on Travel in general
- Presentations on Climate Change
- Presentation on Cycle Safety
- Presentation on writing an action plan and the Seven Steps
- Presentation on writing a Green Travel Code
- Visits from the Gardaí re; road safety
- Cycle Training
- Poster and Slogan Competitions
- Presentation on road safety
- Entered An Taisce Green-Schools Travel Competition
- Presentation on how children travel to school in other countries around the world
- History of transport and other project work

## Results:

| Survey              | Walk | Cycle | Park 'n' Stride | Bus | Car | Taking part in a WOW |
|---------------------|------|-------|-----------------|-----|-----|----------------------|
| Baseline Oct 09     | 21%  | 0%    | 0%              | 15% | 64% | 0%                   |
| Final Survey May 11 | 27%  | 0%    | 37%             | 21% | 15% | 97.4%                |

### In conclusion:

Ardfert Central National School has made a great effort to encourage pupils and parents to walk, park and stride, use the bus or carpool instead of using the private car on the school run. They have made great progress in reducing congestion outside their school, reducing their CO<sub>2</sub> emissions, increasing road safety skills and enabling children to play their part as responsible citizens, caring for their environment.



### Green-Schools Travel Code

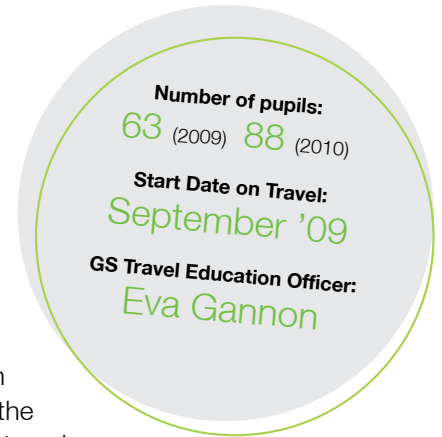
Walk to school and feel really cool  
 Cycling is the way to go, it's the new rule.  
 Seatbelts, seatbelts everywhere,  
 Must sit down and take real care.  
 Know the Safe Cross Code before you cross the road.  
 Wear your high vis vest and be the best.  
 Be healthy, be clean, be seen and be green.  
 More cars off the road  
 Is our Green-Schools Travel Code!



## 5.2 Carrowholly NS, Mayo

Carrowholly NS is a rural primary school located 5 miles from Westport town. It is situated along a busy minor road. Lots of children living in Westport attend Carrowholly NS, which results in lots of cars on the journey to school. The school embraced the Travel theme and the Green-Schools Committee took ownership of the initiative and raised awareness of sustainable travel to school.

The Travel theme was a challenge for the school because of its very dangerous location. Even though it is a minor road, cars travel very fast and often break the speed limit. There are no footpaths or pedestrian crossings at the school. Carrowholly NS built a new set down facility at the school gates in the summer of 2009, which helped to keep traffic flowing at peak times.



**Initiatives Undertaken:** Carrowholly NS was awarded their Green Flag for Travel in May 2011. The school completed numerous competitions, workshops, day of actions and projects based on sustainable travel, including the following:

| 2009  | 2010  | 2011   |
|---|---|--|
| <ul style="list-style-type: none"> <li>Green-Schools Coordinator attended the Teacher Travel seminar.</li> <li>4th, 5th and 6th classes complete the safe cycling initiative with Gerry Butler from Mayo County Council.</li> <li>Environmental Review (travel survey) was carried out.</li> <li>Educational Workshops were carried out.</li> <li>Design a postcard competition.</li> </ul> | <ul style="list-style-type: none"> <li>Walkability Audit was carried out – four Park ‘n’ Stride locations were identified as part of the audit.</li> <li>Monitoring &amp; Evaluation took place – travel surveys.</li> <li>School Travel Assembly</li> <li>Launch of Cycle on Wednesday (COW Day).</li> <li>Took part in National COW Day in June.</li> <li>Bike Doctor workshops</li> <li>Schools Bike Skills Competition in Westport – 3rd to 6th classes</li> <li>Took part in European Mobility Week in September.</li> <li>Undertook safe cycling course.</li> <li>Green-School Committee ran an on-going completion – “Smartest School Traveller”.</li> </ul> | <ul style="list-style-type: none"> <li>Giant Travel Game with all students in school.</li> <li>Continued to run WOW &amp; COW days every week.</li> <li>School was assessed for their Travel Flag.</li> <li>School raised their Travel Flag in June.</li> <li>In celebration they 4th, 5th and 6th classes cycled along the new Great Western Greenway for their school tour.</li> <li>September they continue to run WOW &amp; COW days.</li> </ul> |

## Results:

| Survey              | Walk | Cycle | Park 'n' Stride | Car   |
|---------------------|------|-------|-----------------|-------|
| Baseline Oct 09     | 1.6% | 6.4%  | 0%              | 92.1% |
| Final Survey May 11 | 17%  | 21%   | 19%             | 43%   |

### In conclusion:

Carrowholly NS has achieved remarkable modal shift on the journey to school for a rural school with no infrastructure. On the average school day there are less cars at the school gates and more children walking, cycling and Park n Striding to school. The results are even more impressive on WOW/COW days with 80-90% of children walking or cycling. The community, parents, pupils and teachers have successfully raised awareness and actively participated in sustainable travel to school and the school is committed to this as a long-term initiative. Carrowholly NS is a great example of how a rural school with no infrastructure can succeed on the travel theme and reduce the numbers of cars on the journey to school.



Carrowholly NS – showing their dedication to cycling.



### 5.3 St. John of Gods NS, Kilkenny

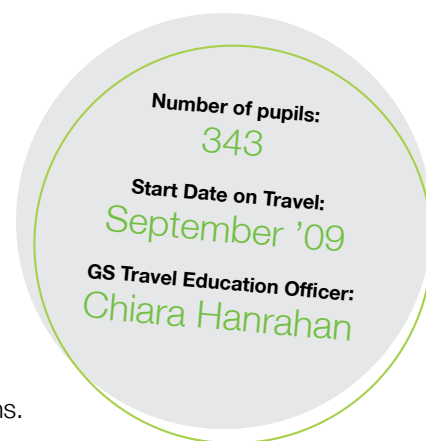
St. John of God's NS is situated in a busy urban location. There is very limited parking available for parents and prior to commencing work on the travel theme in 2010, almost 50% of the student population were brought to school by car. The volume of traffic each morning caused major congestion and also serious safety concerns. There was some independent walking to school before the programme started.

The school has a lollipop lady and a pedestrian crossing adjacent to the school. Also, the routes leading to the school are well serviced with good quality footpaths.

Problems identified at the start of the programme included:

- A large volume of the students being driven to the school were within walking distance.
- Congestion in the area surrounding the school was at a very high level each morning and afternoon.
- The high volume of traffic created safety issues for those students who were walking to school.

The school was eager to start work on travel and since September 2010 they have undertaken a large amount of work to support behavioural change on the school run, including:



| Awareness Raising  | 2009  | 2011   |
|--|---|--|
| <ul style="list-style-type: none"> <li>• The coordinators attended GS Travel seminar held in Carlow.</li> <li>• A whole school assembly was held to introduce the theme.</li> <li>• A letter was sent home to parents at the start of the programme to raise awareness.</li> <li>• Workshops held with classes on topics such as Climate Change &amp; Travel and Food Miles.</li> <li>• Creation and display of a map showing where each student travelled from.</li> <li>• A number of action-planning workshops held with the Green-Schools committee.</li> <li>• Poster competition before the launch of first WOW Day.</li> <li>• Participation and success in the National Green-Schools Travel competition.</li> <li>• A Green Travel themed entry into the Kilkenny St. Patrick's day parade, which won best schools entry.</li> <li>• The school has received a large amount of press coverage on the Travel theme to date.</li> </ul> | <ul style="list-style-type: none"> <li>• Based on the review the committee decided to launch a WOW campaign.</li> <li>• The launch of the WOW campaign was a huge event. There was a healthy breakfast for all. Guests, including the Mayor and local press were in attendance and it was a great success.</li> <li>• WOW continues to be held weekly.</li> <li>• A local artist and parent designed a beautiful golden boot trophy.</li> <li>• The committee monitor the number of walkers weekly and the golden boot is awarded to the best junior and senior class.</li> <li>• The committee conducted 3 walkability audits, to each proposed Park 'n' Stride location.</li> <li>• Issues identified were highlighted on a map for the entire school, and parents.</li> <li>• Permission was sought to use the Park 'n' Stride venues. Once granted, the venues were highlighted to parents and their use encouraged.</li> <li>• The school entered the national Green-Schools competition. They won and their mascot has been used on some Green-Schools Travel stickers.</li> <li>• The school participated and were successful in the RSA awards.</li> <li>• A funky hair day WOW was held to relaunch the campaign in September 2011 which re-enthused students and gained further interest from the press.</li> </ul> | <ul style="list-style-type: none"> <li>• The committee have already met a number of times this school year to action plan for their continued work on the theme.</li> <li>• As a walking culture has been successfully established, the focus will shift to the promotion of cycling.</li> <li>• WOW/ COW days will run simultaneously after Christmas.</li> <li>• The school intends to have more students cycle trained and run workshops on bicycle maintenance etc to compliment this.</li> <li>• As there is limited bicycle parking on site at present, the school intend on applying to An Taisce for bicycle shelter.</li> <li>• The school hope to apply for their flag early in 2012.</li> </ul> |

## Results:

| Survey                   | Walk | Cycle | Park 'n' Stride | Bus  | Car | Taking part in a WOW |
|--------------------------|------|-------|-----------------|------|-----|----------------------|
| Baseline Oct '10         | 27%  | 0.5%  | 25%             | 4%   | 44% | 0%                   |
| Follow on Survey Oct '11 | 36%  | 1%    | 40%             | 1.5% | 22% | 98.5%                |

### In conclusion:

St. John of Gods NS has achieved great success as well as promoting sustainable travel to school they have had a lot of fun! The school is a great example of an urban school who can take advantage of good infrastructure to promote higher levels of walking to school. It is hoped that the school can go one step further and get even more students walking and cycling to school in 2012.



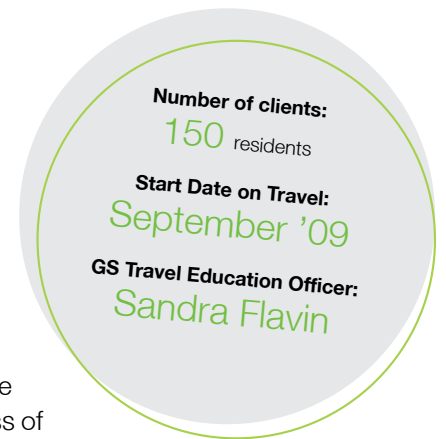
St John of Gods NS, Kilkenny having fun while promoting sustainable travel to school.

## 5.4 St. Joseph's Intellectual Disability Service at St. Ita's Hospital

St. Joseph's Intellectual Disability Service is now based at the Knocknamann facility on the grounds of St. Ita's hospital in Portrane, North Co. Dublin. The service includes a day resource centre which provides educational and leisure facilities for the clients of the service. One of the programmes run as part of the day service is the Green-Schools programme. As many of the clients of the service are residents on the campus of the hospital the Green-Schools Travel theme had to be approached in a unique way. While working on the programme the day service group raised awareness of general road safety for the clients as public transport passengers, cyclists and pedestrians through workshops with An Taisce and the Garda Road Safety unit. The group also improved awareness of sustainable travel options for staff travelling to and from the hospital and surveyed staff's travel habits.

Through the Green-Schools Travel programme working in co-operation with the physical education department at the centre, a cycling programme was developed for the clients of the service which will be a long-term programme to give adult clients cycle skills and to facilitate cycling as social and therapeutic activity.

**Development of the Cycling programme:** Through the Green-Schools Travel programme a bicycle trailer was funded for the resource centre so that cycling trips off the hospital campus could be facilitated. The PE staff at the centre fund-raised to restore and recycle old bicycles and tandems for use on the cycling programme. Through the programme, the cycling group were also provided with some helmets and high-vis jackets for use on cycle outings.



Members of the cycling group at St. Joseph's Disability Service with PE co-ordinator Marian Rainey.



The Green group were also able to avail of a cycle training grant from An Taisce which was used to train both staff and clients to develop skills and confidence, first on the hospital campus and then on the cycle paths in their local park. The cycling programme was officially launched this year to coincide with the raising of the centre's fourth Green Flag for the theme of sustainable travel. The group took an inaugural cycle in the grounds of Newbridge park, Donabate accompanied by their Green-Schools Travel Education Officer and members of Two Wheels cycle training company. This was followed up with a picnic in the park.

The programme has now evolved into a weekly activity, and the group liaises with the Estuary centre, a disability service in Swords, to make joint cycling trips. The group now consists of cyclists in three categories according to level of ability: Independent cyclists, beginner cyclists and cyclists who will always need one-to-one assistance and who use the tandems, aided by a staff member

The group has identified many local routes that meet their specific needs and are also exploring new routes further afield such as cycling paths along the canal in Newry, which are used for special full-day cycle trips. The group has also now begun to participate in some off-track adventure cycles! This could only have been achieved through the provision of the bicycle trailer which allows for the transport of the group's bicycles and tandems.

According to the staff at the centre, the cycling programme has made a profound impact on the quality of life of the clients of the service. As well as improving the fitness of both the clients and staff who participate in the programme, it has also been invaluable in developing members of the group's confidence, social skills and sense of independence. The PE department in the resource centre at St. Joseph's are now researching funding opportunities to provide additional bicycles due to the growing demand for the new cycling programme among the staff and clients of the service.



Cycle training & launching their cycle trailer.



## 6. Conclusion

With the support of the Department of Transport, Tourism & Sport and the National Transport 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 schools who have completed the programme from 2009 to 2011. The data displayed in the report has indicated the modal change experienced in two cohorts, 2009-2011 schools and 2010 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.



Scoil Einde, Galway City taking part in a Mass Cycle event.

# Appendices

## Appendix 1: Bike Week 2011

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



Bike Week events being advertised in Co. Clare



Some bicycle fun at Scoil Mhuire Leixlip and a bicycle quiz at Patrician Primary School, Newbridge, Co. Kildare



Bike Week launch, Green-Schools Travel stand, Eyre Square, Galway



Cycling training for pupils from Coolbock N.S., Riverstown and a Get in Gear session at St Edwards, both Co. Sligo



Pupils from St Brendan's Primary School, Mayo show how many bikes can fit into a parking space outside their school



Bike Week Pedal in the Park, Green-Schools Travel



Holy Family School get active on the smoothie bike and Scoil Fheirtearaigh get on their bikes, Co. Kerry



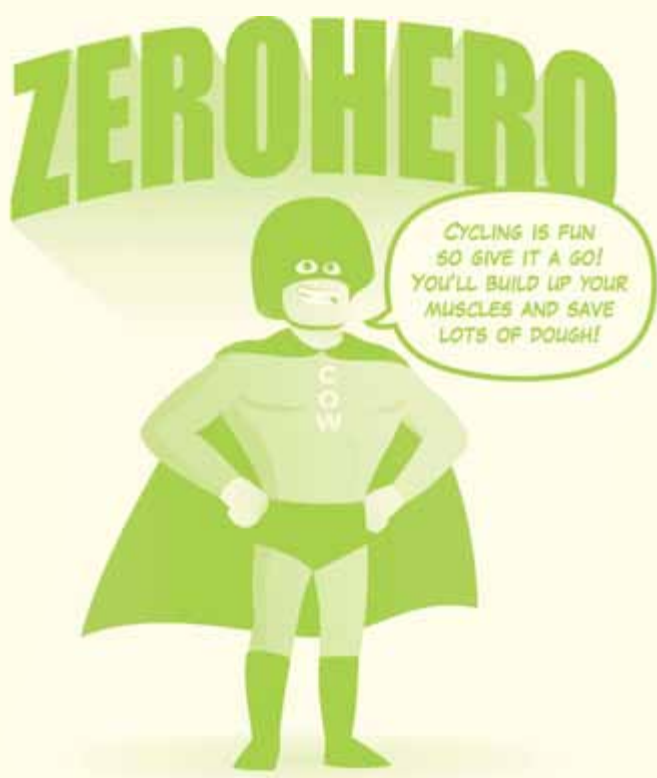
Bicycles and stunts at St Patrick's N.S. Greystones, bicycle trip Roundwood and Enniskerry.



Ballon N.S. Carlow put their hands up for Bike Week and Ballysteen N.S., Limerick take part in COW during Bike Week.

## Appendix 2: National Competition Winners 2011

| Winner              | Age  | Type               | School   |
|---------------------|------|--------------------|--|
| Liam Vickery        | 7    | Mascot             | St. Paul's JNS, Malahide Road, Ayrfield, Dublin 13   |
| GS Committee        | 8-11 | Mascot             | St John of God NS, New Street, Kilkenny              |
| Junaid Abdulkarim   | 9    | Slogan             | Sacred Heart of Jesus NS, Huntstown, Dublin 15       |
| Paul Lanier         | 11   | Mascot             | St. Francis' Boys' School, Clara, Co. Offaly         |
| Jess Groarke-Donagh | 11   | Slogan             | Tubberclare NS, Tubberclare, Glasson, Co. Westmeath  |
| Laoise McDaid       | 11   | Slogan             | Tubberclare NS, Tubberclare, Glasson, Co. Westmeath  |
| Sean og Ferry       | 13   | Slogan             | Myshall NS, Myshall, Co. Carlow                      |
| Magda Szproch       | 11   | Mascot             | Ballon NS, Ballon, Co. Carlow                        |
| Keela Magee         | 9    | Mascot             | Rathmore NS, Eadestown, Naas, Co. Kildare            |
| Brigita Taruskaite  | 14   | Mascot             | Sacred Heart Secondary School, Tullamore, Co. Offaly |
| Niall Kavanagh      | 12   | Slogan<br>& Mascot | Colaiste Dun lascaigh, Cahir, Co. Tipperary          |



Appendix 3: Publicity from Around the Country

# Wood School 'Bike Week' a success

The Wood School in Ardara have just completed a very enjoyable Bike Week, from 4th - 8th April. All pupils brought bikes and helmets in to school, and cycling lessons were provided by members of the Tir Chonaill G.A.P. Cycling Club. Extra bicycles were also provided by Don Byrne's Bike Shop in Ardara. Over the week the children found out

about cycle safety and maintenance, about controlling their bikes and about road awareness. They also had a great deal of fun: There were many wonderful prizes given out at the end of the week, all generously provided by An Taisce, from bike helmets, to bike pumps, and from bike lights to puncture repair kits. An Taisce also sent a representative to

take part in the week and the children played a giant transport game on cycling one afternoon. The school is working towards its fourth Green Flag and is currently studying green methods of transport. The children are also looking forward to getting involved in the Spring Clean this April. Many thanks to all who helped out with the week.



Laura, Reka and Levente get ready. 1204cf23



Mrs McGinley encourages Ethan on his bike. 1204cf24



They're raring to go. 1204cf15



Fiona Barry, Green Schools Travel Education Officer; School principal Margaret Canty, Jessica Kingston, Marion Murphy and Carmel Mourat, step out in Kinsale.

# St John's students walk this way

LEADING by example is the rule in one Kinsale School which saw teachers and parents lead the first 'Walk On Wednesday' last week when students from St John's NS participated in An Taisce's GreenSchools Travel programme. This is part of the school's plan to gain a fourth Green Flag and the heavy rain did not deter students, parents and

teachers who parked their cars at Elin's Wood and walked the rest of the journey to school, instead of driving. Everyone was kitted out in GreenSchools hi-vis vests and armbands from the Gardai. Fiona Barry, the GreenSchools travel education officer for the area, said that she was delighted to see so many students, teachers and

parents walking to school on the morning. The hard work undertaken by Margaret Canty and her GreenSchools committee to promote sustainable travel in St John's National School is evident by the turnout. It was fantastic to see so many parents and students out of their cars and onto their feet.

Other students walked to the school from different directions, which meant a total of 70% of students walked on St John's NS first WOW day. "We are very proud of our boys and the effort they made to improve the school's carbon footprint," Mrs Canty said. The school plans to continue the event every Wednesday from now on.



# Talk on climate change in St. Mary's



An Taisce's Ellen O'Sullivan came to St Mary's Convent Primary School Nenagh and talks to Second Class children about Climate Change in Green School's Action Day. Photograph: Bridget Delaney



Meeting their Green Schools committee in Catherine McInerney School, Clara Anderson, Inna Malinin, Mark Pendergast, Bernadette McInerney, Mary O'Flaherty, Nuala O'Connell, Inna Kennedy, Sarah Conroy, Amy Walsh, Shona Nally

# School gives a lesson on road safety

It's "visibility week" in the school and the children are learning about road safety. The school is participating in An Taisce's Green Schools Travel programme. The children are wearing high-visibility vests and are learning about road safety. The school is participating in An Taisce's Green Schools Travel programme. The children are wearing high-visibility vests and are learning about road safety. The school is participating in An Taisce's Green Schools Travel programme. The children are wearing high-visibility vests and are learning about road safety.

## On your bike: novel scheme allows Galway teachers to try out cycling to work for free

**GALWAY'S** teachers have been told: 'Get on your bike! And a novel new scheme launched this week will help them do just that for free.

Galway Healthy Cities, An Taoise Green Schools and West Inland Cycling have developed the innovative project to encourage and promote cycling to work.

Five bikes, which were handed by the National Transport Authority (NTA), are on offer for free to teachers on a 'use them and see' basis.

Thomas McCusker from An Taoise Green Schools explained: "Five Raleigh bikes are now available for teachers to hire for free on a monthly basis in the Galway Smart Travel Area.

"An Taoise Green Schools have been working with Schools on Sustainable Travel in Galway since 2008. We have seen some major changes in how children get to school, with more and more cycling and walking each day. Indeed, research has shown that nationally, children cycling to Green Travel Schools has increased by 29% since 2008 to 2010."



Pictured at the launch of the 'Love your Heart, Love your Bike' scheme to encourage teachers to cycle to work were (from left) Orla Madden, Presentation Secondary School; Thomas McCusker, An Taoise Green Schools; and Liam Codd, West Inland Cycling.

Galway Smart Travel Area including Galway City, Clontarf, Binn and Dromore. The bikes will be stored and maintained by West Inland Cycling and for a small deposit, which will be refunded, teachers can use the bikes, helmet and lock for a one month period. It is hoped that the monthly

independence, it leads to a healthy heart and body and free you from the dreaded bus to join in the car, so why not 'Love your Heart and Love your Bike' and give it a go?"

"More information is available from Thomas McCusker on 0879626765 or email: tmcusker@an.taoise.org

## Clean-up in Ballinacree

GLAN Ince Gallinich, the community-city council initiative to clean up the park and green spaces of Galway city, continues with an event this weekend in the Ballinacree area.

Local residents and all interested individuals meet at 2pm on Sunday at the community garden, Seán Lán, Leana estate on the floodbank flood to undertake a two-hour clean-up of the green area stretching from Clavin Falls to Sandyvale Lane. This is part of the 'Verdant Frontal Park'.

Residents of the Perle of Galway, Freeport, are also invited to join in the clean-up effort at the building on the riverbank east of the Ballinacree M1 road, nearby organic park.

Community involvement is crucial if parks, woodlands and woodlands are to be reclaimed for the enjoyment of ordinary people and help in the emergence of non-carred behaviour such as refuse dumping that reflects green areas across the land.

"Galway's remaining forests, woodlands and meadows are a wonderful treasure chest of biodiversity that must be protected for future generations," he added.

Meanwhile, the group advised Galway City Council to be opening to residents about by a payment scheme for returned beverage cans.

## Schools to take part in National Walk to School Week

BUSCOMMON TOWN and county school pupils will join thousands of students across Ireland this week by taking part in National Walk to School Week 2011, which takes place from May 16th - 20th.

Building on the success of last year's National Walk to School Week, it is hoped that schools will achieve the target of 20,000 pupils walking to school all over Ireland on National WOW (Walk on Wednesday) Day on May 18th, in a year designated 'Scott Mitchell '88, Gaeboill de Haid, Buidéin Ní and Buscommon Community College will join forces and hold the first ever Buscommon Town Walk on Wednesday (WOW). These schools are welcoming all Buscommon students to join them and leave the car at home and walk to work.

An Taoise Green Schools Travel Programme's Walk to School Week is a country-wide initiative, which will result in thousands of pupils, parents and teachers walking to and from school.

The aim is to promote the environmental, health, social and financial benefits of active

travel on the school journey. Taoiseach Michael Cosgrave, Green Schools Travel Education Officer said: "Green Schools are committed to promoting sustainable travel options on the journey to school as a real alternative to the car. Walking to school is a great way to be active during the day as well as reducing traffic congestion at the school gates. The work Buscommon Green Schools have done in promoting walking during the year and to the lead up to the National Walk to School Week is a real step towards making positive long-term changes in the way children in Buscommon travel to school, making it a better environment for everyone."



Pupils from Clontarf NS picture on their Walk on Wednesday day.

## Pupils WOW with their environmental initiative

CBS Blarney Street held their first Schools WOW — Walk on Wednesday — Day. The event aimed to raise awareness of the benefits of walking to school as well as the benefits of sustainable travel in general. Despite the weather, the event was a great success with 71% of the school's population walking to school, a huge improvement on the 47% recorded in the first survey before Christmas.

Pupils were rewarded with reflective snap bands and stickers, as were the three teachers who cycled to work. CBS Blarney Street is a Green School, and is the first school in Cork city to start working on their Green Flag for Travel, which is the fourth theme in the programme. The programme is now in its 13th year and is still seeing new schools registering, with

3,430 schools or 87% of schools in Ireland committed to working in a Green and sustainable way. Eileen Murphy, Green Schools' Travel Education Officer with An Taoise said: "Green Schools is committed to promoting sustainable travel options, including walking, on the journey to school as a real alternative to the car. "Walking to school is a great way to be active during the day as well as reducing traffic congestion at the school gates. It's also a great way to connect with friends and can benefit the community in so many ways."

"CBS Blarney Street has already made an excellent start by undertaking 'Walkability Audit' on the routes to school, which are essential safety risk assessments undertaken by the students," she said.



Young members of the Green Schools Committee practising their WOW (Walk on Wednesday or Walk Once a Week) walk to school at Scott Cholmley CBS, Blarney Street. Bringing up the rear are Eileen Murphy, An Taoise, and Gurransbraher gardai Adrian Cole and Margaret Murphy. Picture: Richard Mills

# Mayo schools encouraged to take part in 'Walk to School' week

MAYO schools will join thousands of students across Ireland this week by taking part in National Walk to School Week 2011, which takes place up until this Friday, May 20. Lots of schools have decided to celebrate the week in their own unique way by creating special walking buses, participating in walking tours, walking fitness workshops, Park 'N' Stride events and nature walks - with the ultimate aim of increasing the number of students who make the school journey on foot during the week. An Taoise's Green-Schools Travel Programme's Walk to School Week is a country-wide initiative which will result in thousands of pupils, their parents and teachers walking to and from school, to promote the environmental, health, social and financial benefits of active travel on the school journey. The initiative is the only one of its kind in Ireland which specifically promotes active and sustainable travel on the journey to school and has become one of the most impor-

tant action awareness weeks in the Irish school calendar. Green Schools across the country are encouraged to celebrate the benefits of walking and to encourage the whole school community to walk - with many declaring their school a car-free zone during the week. Building on the success of last year's National Walk to School Week, An Taoise hopes that schools will help it achieve its target of 20,000 pupils walking to school all over Ireland on National WOW (Walk on Wednesday) Day on May 18. The week will also be an opportunity for schools to learn about all the benefits of other green travel options on the school journey such as cycling, park 'n' stride using public transport or carpooling as alternatives to the private car. Eoin Gannon, Green-Schools Travel Education Officer, said: "Green-Schools is committed to promoting sustainable travel options, including walking, on the journey to school as a real alternative to the car. Walking to school is a great way to be



Students from Killawalla National School will be taking part in Walking to School week this week.

active during the day as well as reducing traffic congestion at the school gates. Schools in Mayo have really shown that they know how to make their

school journeys greener and healthier this year by participating in this special week of awareness and action. "The work these schools have

done in promoting walking during National Walk to School Week is a real step towards making positive long-term changes to the way children in

Mayo travel to school, making it a better environment for everyone". An Taoise has been working on the national Green-Schools Travel Programme, which focuses on promoting sustainable travel on the school run, since September 2008. The travel theme is funded by the Department of Transport and supported by the National Transportation Authority. The programme is delivered through the successful Green Schools programme, known internationally as Eco-Schools, in partnership with Local Authorities. To date, over 600 primary and secondary schools countrywide have not are taking part in the Green Schools Travel Programme, implementing sustainable travel action plans in their schools. The ultimate aim of the Green Schools Travel Programme is to encourage students, parents and teachers to walk, cycle, Park 'n' Stride, use public transport or car pool instead of using the private car on the school run.



## Appendix 4 – Agenda for Teacher Training Workshop Oct 2010

- 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**
- 12.30 Q & A**

## Appendix 5 – Agenda for Teacher Training Workshop Summer 2011

|                            |   |                            |  |
|----------------------------|---|----------------------------|--|
| <b>9.30 am – 10.00 am</b>  | <b>Introduction to Travel Theme</b>   | <b>10.00 am – 11.00 am</b> | <b>Benefits of Walking and Cycling</b><br>Explore the health and environmental benefits of walking and cycling. Includes games and activities. |
| <b>11.00 am – 11.15 am</b> | <b>Coffee Break</b>   |                            |  |
| <b>11.15 am – 12.30 pm</b> | <b>Walkability Audit</b><br>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. |                            |  |
| <b>12.30 pm – 1.00 pm</b>  | <b>Lunch</b>  |                            |  |
| <b>1.00 pm – 1.45 pm</b>   | <b>Sustainable modes of transport</b><br>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.   |                            |  |
| <b>1.45 pm – 2.30 pm</b>   | <b>Cycling in Dublin</b><br>Lecture will provide practical information on available supports in the County.   |                            |  |
| <b>2.30 pm</b>             | <b>End</b>  |                            |  |

**Repak** are proud lead sponsors of the Green-Schools programme in Ireland and recognise the important role our younger generation plays in maintaining and sustaining our earth's natural resources. Repak is a not-for profit voluntary member's based packaging recycling scheme established under a voluntary agreement between industry and the Department of the Environment, Heritage and Local Government. It was established as industry's response to the obligations places on Ireland by the EU directive on Packaging Waste (94/62/EC) and is the only government approved packaging compliance scheme under the Waste Management (Packaging) Regulations 2007. Repak, Ireland's Green Dot company, was established to acquire membership from such obligated companies to drive Ireland's packaging recycling rates. Repak succeeded in reaching and exceeding Ireland's EU National Packaging Recovery and Recycling Target of 25% of packaging waste in 2001 and is well on the way to achieving our 2005 EU packaging recovery target of 50%.

The **Wrigley** Company Ltd. is delighted to support the Green-Schools Programme as part of their on-going commitment to promote anti-littering strategies. Other examples of their commitment to schools and young people include sponsorship of ECO UNESCO's CD Rom and web management system and Foróige's Citizenship Programme Awards. All these programmes are designed to promote proper disposal of chewing gum within the overall context of anti-littering strategies and environmental education initiatives.

An Taisce operates Green-Schools in Ireland in partnership with **Local Authorities**. Local Authorities not only provide funding for the programme but also provide an excellent on the ground support network for schools through their Environmental Education and Awareness Officers. This partnership is seen as the key to the success of the Green-Schools programme in Ireland.



Querrin National School West Clare



An Taisce  
The National Trust for Ireland



Ah Roinn Iompair  
Turasóireachta agus Spóirt  
Department of Transport,  
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GREEN-SCHOOLS

# TRAVEL

ANNUAL REPORT



2010  
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**Green-Schools Office**

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