



Green-Schools

 An Taisce

smartertravel>>>
>>> schools

Welcome to the Travel Programme



Themes



Green-Schools

 An Taisce



Litter and Waste

Energy

Water

Travel

Biodiversity and
more

Overview of the Seminar

- **Introductions**
- **Overview** of the Travel theme
- The **benefits** of the travel theme
- The **Seven Steps**
- Events/Workshops/Activities
- **Case Study**
- **Resources** available
- Discussion
- Questions



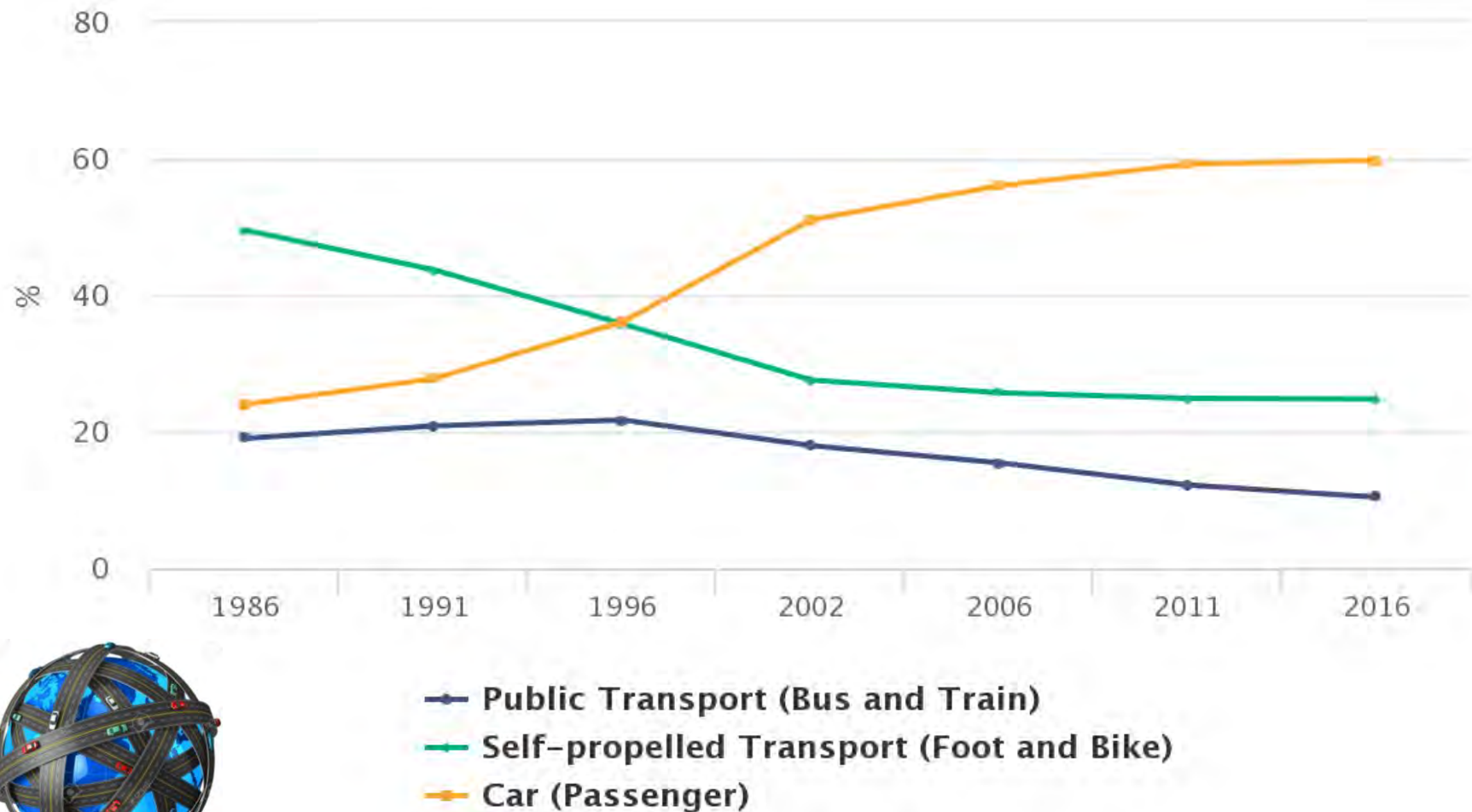
The Travel Theme

- Over **1800 schools** have been awarded their Green Flag
- Funded by The Department of Transport Tourism and Sport (DTTS)
- Supported by the National Transport Authority (NTA) and Local Authorities



Why the Travel Programme is needed

Figure 5.1 Modes of travel for primary students, 1986 - 2016





Our Aim

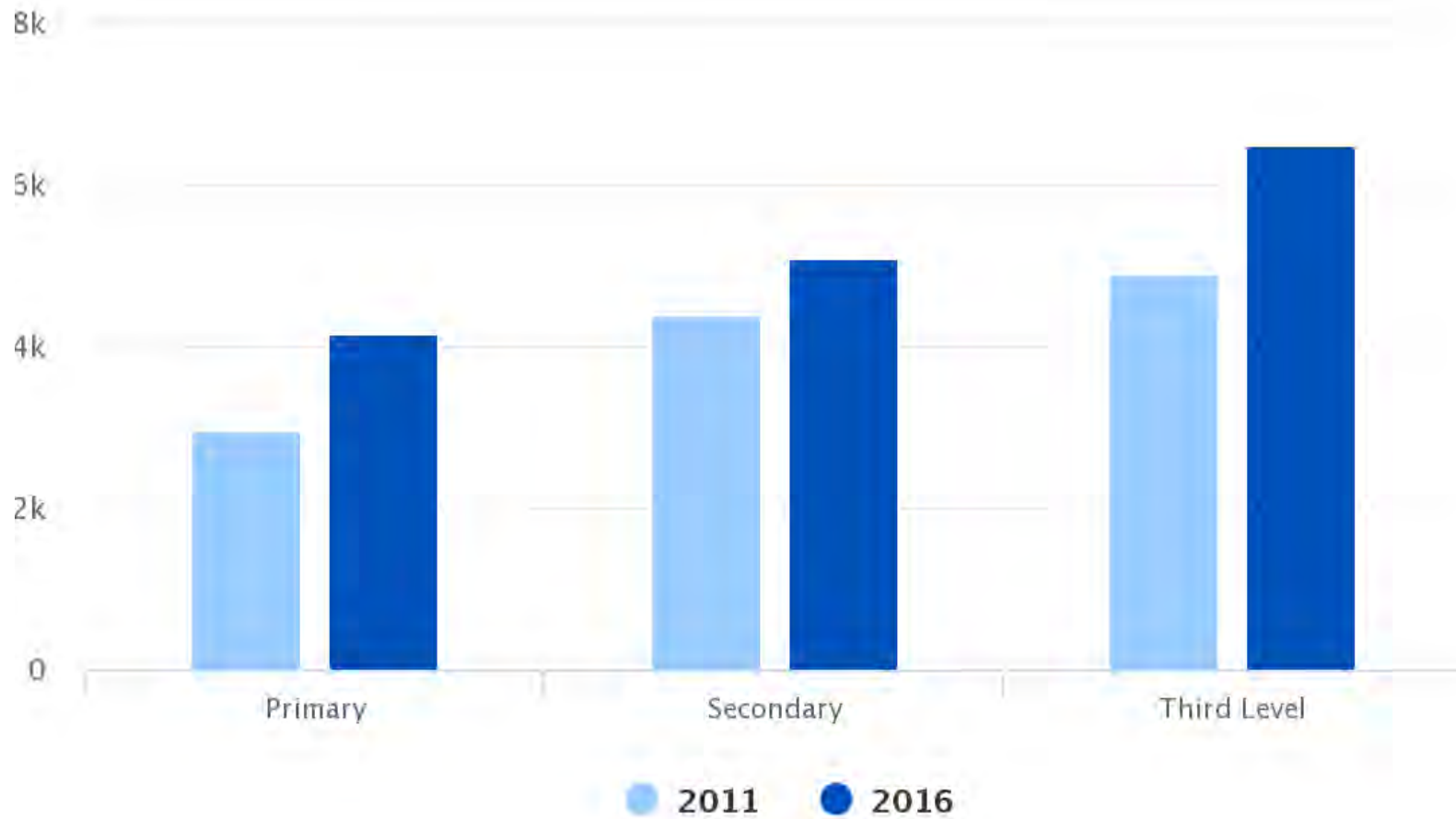
To encourage students, parents and teachers to walk, cycle, scoot, use public transport or carpool instead of using the private car on the school run.



**In simple terms our aim is fill every
bike shed in every school in Ireland.**



Figure 5.4 Dublin Student cyclists, 2011 – 2016



Source: CSO Ireland



1,800 extra pupils walking and cycling to school and increasing their physical activity

16%

of all students participate in weekly cycling events.

29%

of all students participate in weekly walking events.



1,000 pupils are leaving the car at home altogether.

30%

of car journeys are shared journeys.

89%

of students would prefer to travel by a sustainable mode





Green-Schools initiatives that support Active Travel





We also promote sustainable travel options...






What are the benefits?

- Health
- Safety
- Environmental
- Community

Health Benefits – where we are...

- On the new international grading scale for children's physical activity levels, Ireland was graded with an over all D-

Indicator	Benchmark	Data	Grade
Overall Physical Activity	% of children in Ireland meeting the physical activity guidelines of 60 minutes of moderate to vigorous physical activity (MVPA) every day ^{2,3}	<ul style="list-style-type: none">25% of 11 to 15 year olds⁴12% of 11 to 16 years year olds⁵25% of 9 year olds⁶19% of primary and 12% post primary children⁷43.4% of 7 to 8 year olds based on accelerometry⁸A sex difference existed with females being less active than their male counterparts^{4,7} and the sex gap widens with age⁵	

How we measure up internationally?

	Overall physical activity
New Zealand, Mozambique	B
Mexico	C+
Kenya, Nigeria	C
England	D+
Colombia, Ghana, Finland, South Africa	D
Australia, Canada, Ireland , US	D-
Scotland	F

What can we do to change our grade?

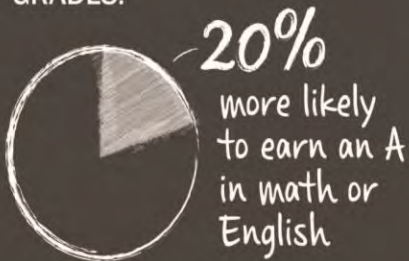
A+

active kids learn better



physical activity at school is a win-win for students and teachers

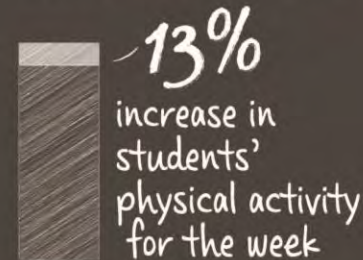
GRADES:



STANDARDIZED TEST SCORES:



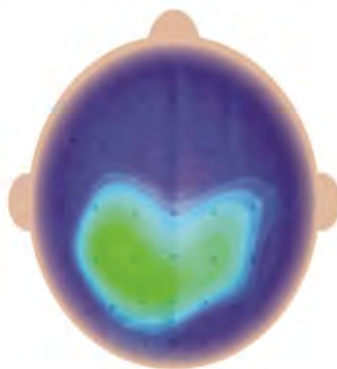
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



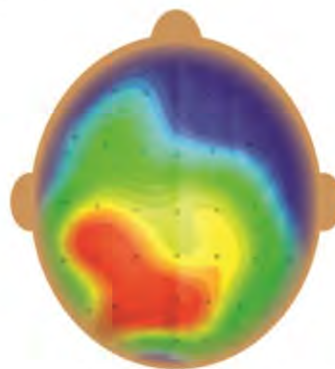
21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



after 20 minutes of walking

Red areas are very active; blue areas are least active.

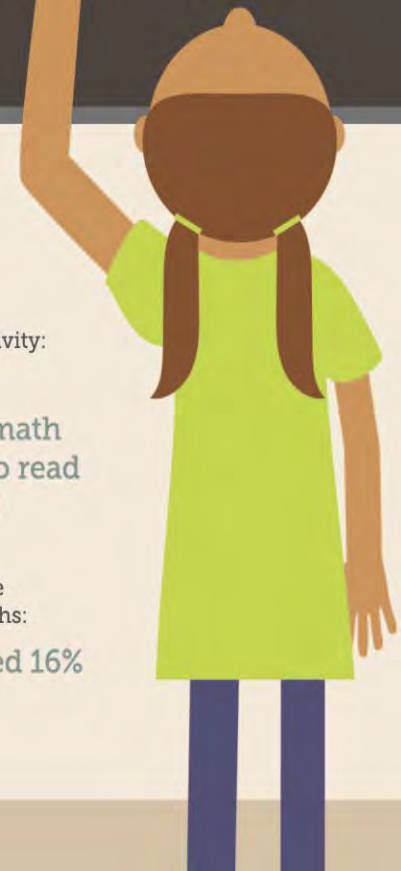
MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:

memory tasks improved 16%





**Active
travel also
helps...**

- **children's emotional development**
- **alleviate anxiety & worries**
- **build stronger bodies**
- **support fitter bodies**
- **children to feel free and independent**

NEWS

SPORT

BUSINESS

OPINION

LIFE & STYLE

CULTURE

Health | Ireland | World | Politics | Crime & Law | Social Affairs | Education | Subscribe

Children face higher risks from pollution inside a car than outside it

Recent research indicates pollution harms children's ability to learn and may damage their DNA

© Mon, Jun 12, 2017, 20:38

Updated: Mon, Jun 12, 2017, 20:58

Kevin O'Sullivan





Safety Benefits



Safety Benefits

Reducing the number of cars travelling to your school can;

- Reduce congestion at the school gate**
- Reduce cars parking on the footpath**
- Reduce poor driving practices,**
- Give the school gate back to the students and teachers.**



Environmental Benefits

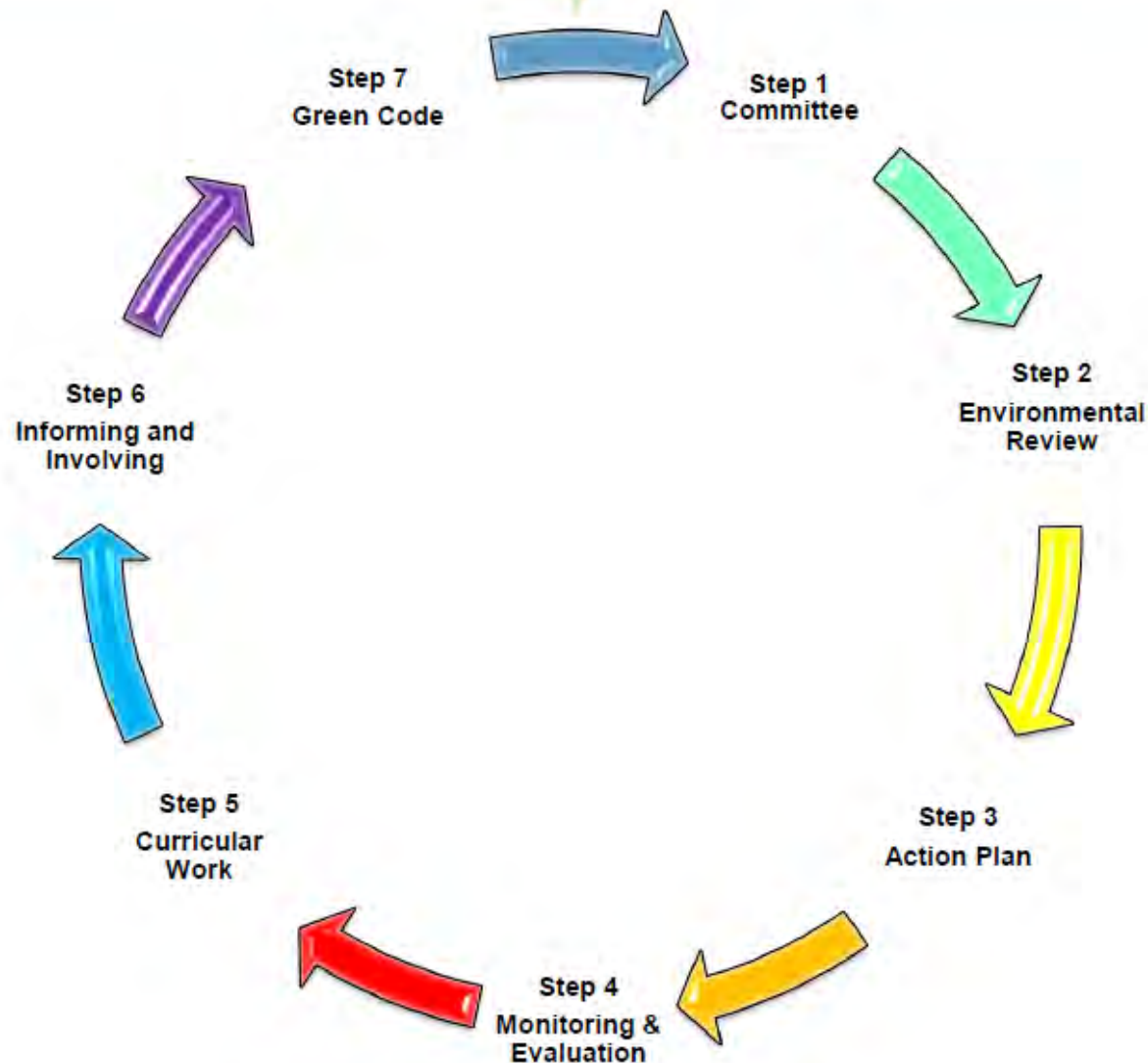
- Improves air quality around your school
- Reduces noise pollution
- Reduces your schools carbon footprint
- Supports biodiversity around your school
- Helps children to connect with nature



Community
Benefits

Less traffic
More social interaction
Better infrastructure
Stronger communities

Implementing the programme – the 7 steps



Seven Steps – Step 1

Green-Schools Committee

- Choose your committee in September
- Hold regular committee meetings
- Record the minutes of each meeting
- Give pupils roles within the committee



Seven Steps – Step 2

Environmental Review

Areas to review:

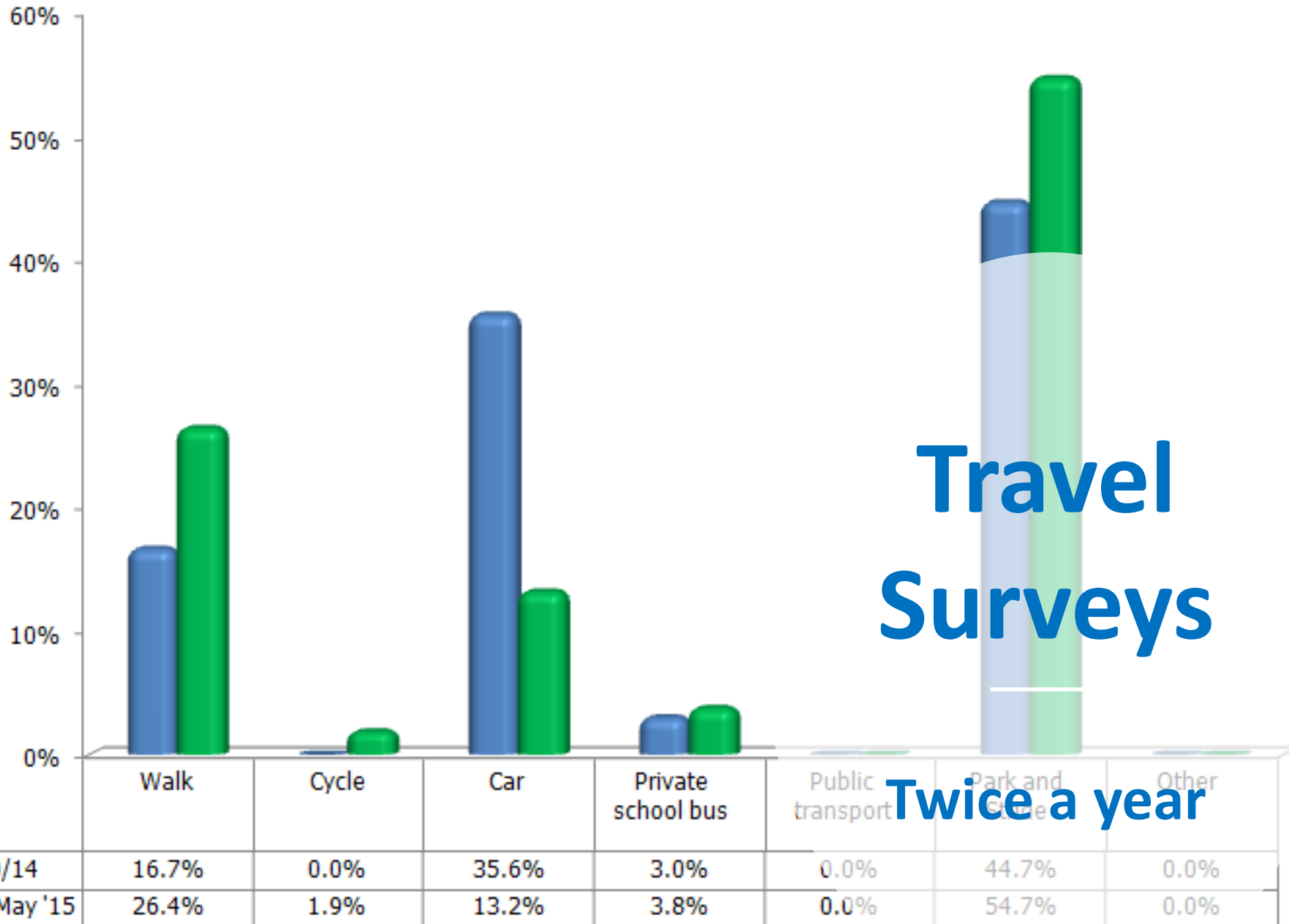
- Travel habits
- Traffic around the school
- Transport infrastructure
- Distance pupils live from the school

Examples of workshops offered to help assess these areas; mapping, traffic speed workshop, traffic surveys, walkability/cycleability audit



Travel Surveys

Twice a year



Traffic Surveys



Green-Schools Traffic Count Survey

School Name : _____ Time: _____ to: _____

Date: _____

1 person 2 people 3 people or more

0

Car, Truck, Van, Bus, Motorcycle, Bicycle, Pedestrian

Green-Schools Traffic Count Survey

Volume: 45 cars per hour

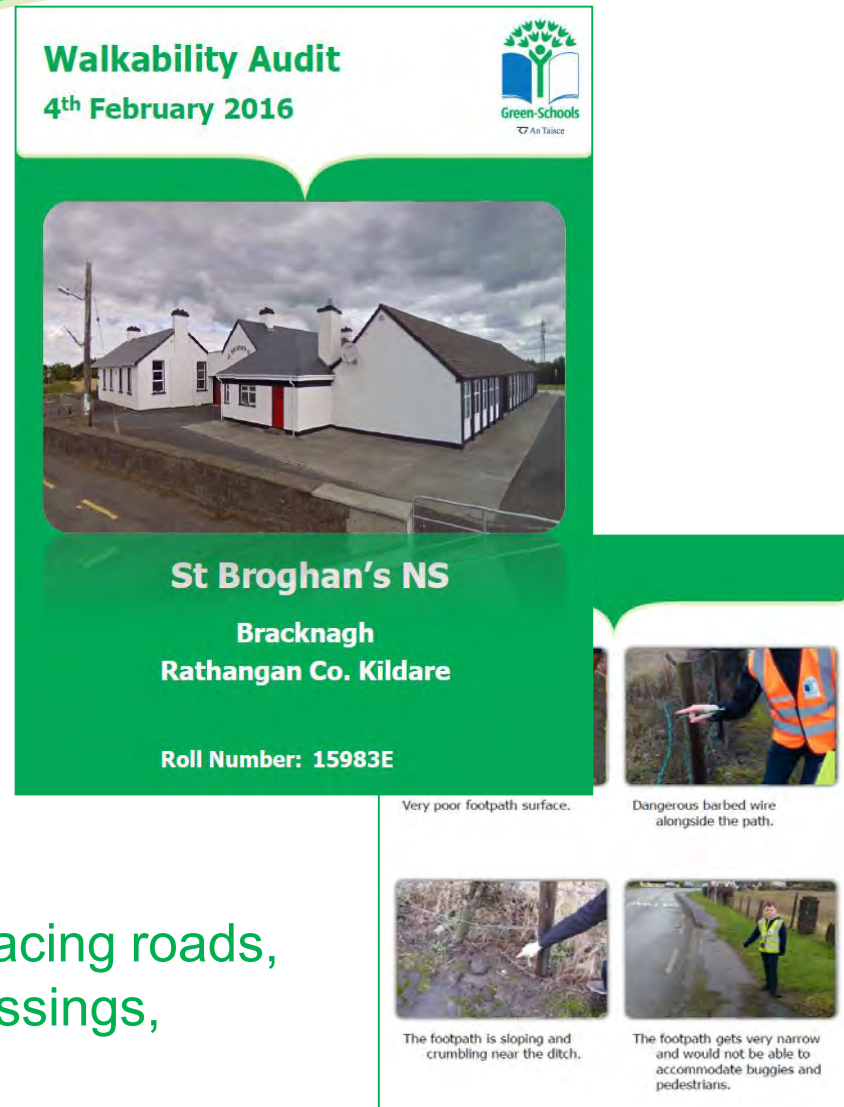
Traffic type: 100% cars

Traffic type	Number of people walking past	Number of people walking past
Car	10	10
Truck	0	0
Van	0	0
Bus	0	0
Motorcycle	0	0
Bicycle	0	0
Pedestrian	0	0

Walkability/Cycleability Audit

- Risk assessment
 - Identify infrastructural changes needed
 - Identify Park 'n' Stride locations
 - Highlight transport links in the area
-
- Inform local authorities
 - Made available for parents

Changes to date; road markings, resurfacing roads, signage, custom signage, pedestrian crossings, footpaths, traffic lights, bollards.



Action/Target: Year One	Person/Group Responsible	Timeframe	Progress Made
<i>% targets</i>			
<i>Achievable</i>			
<i>Actions needed to meet targets</i>			

THE PLAN

Seven Steps – Step 3

Action Plan

Use results from the environmental review to inform your action plan and set realistic targets.

Great Idea Pass it on - Travel Forums



An Taisce – The National Trust for Ireland invites you to its

Green-Schools Travel Junior Forum 2012

You are invited to select four *Junior Delegates* from your Green-Schools Committee together with a adult representative to attend the forum in xxx venue at 9.15 am – 12pm

RSVP by xxxx at (phone) or email: xxxx@ecu.antaisce.org

A healthy snack will be provided at break-time



An Taisce

Golden Boot
winners!

*Seven Steps –
Step 4*

Monitoring and Evaluating

Second Class



Third Class



Fourth Class



Fifth /Sixth



Subject	Environmental and travel link
SESE	Materials; waterproof, insulators Caring for your locality Climate change
Geography	Aerial photographs; draw your journey to school
Maths	Average number of sustainable travellers per class
History	Changes in travel through time
P.E.	Health benefits of walking and cycling

SEVEN STEPS - STEP 5

Curriculum Links

Integrate environmental issues and sustainable travel into the curriculum

Seven Steps – Step 6

Informing and Involving



In schools and in the wider community





Action Day & WOW/COW Launch







SEVEN STEPS – STEP 7

Green Code

Slogan Poem Song Rap

Main Events of the Year

March



May



June





16,500 students

**Walked to school on National WOW (Walk on Wednesday),
Which was held on May 15th, as part of National Walk to School Week.**

Numbers to be confirmed!

Cycled to school on National COW (Cycle on Wednesday),
Which was held on June 26th, as part of Bike Week 2019.

100s of schools across the country participated in bike workshops
and cycles throughout the week.



1,600 students

Scooted to school on National SOW (Scoot on Wednesday),
Which was held on March 22nd , as part of Scoot to School Week.

Micro Scooters supported the week with free scooters and accessories.





Cycling Support

4256 students received Cycle Right training grants
330 Cycle Parking spaces were installed at schools



**Annual Competition for schools:
The BIG Travel Challenge in February**



Funding available

Resources available



Stickers



Banners



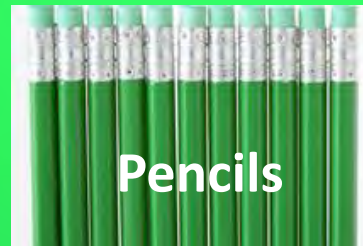
Bells and helmets



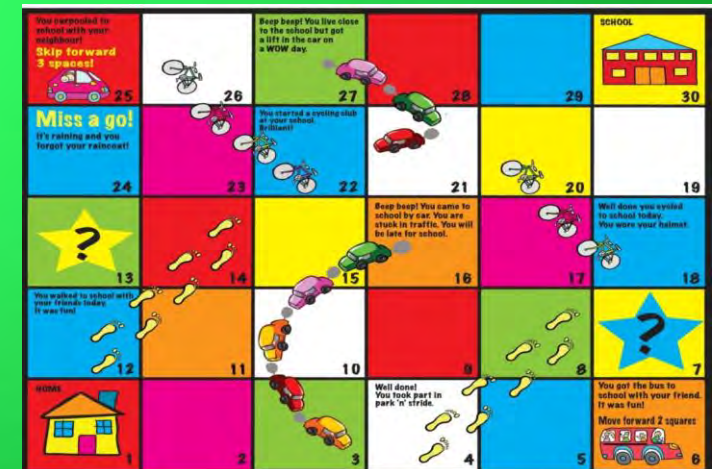
Posters



Bike lights



Pencils



Giant Floor Game

Bag Tags



Hi-vis vests



Training for Parents & Teachers

Get in Gear Course

2 hour course

Includes:

- Basic safety training
- Helmet & bike check
- Manoeuvres
- On road cycling



Pilot project called '*Get in Gear – Cycling in Cities*' carried out with businesses in Galway City in 2014


Cycling Campaign

- Secondary School Cycling Campaign - #andshecycles
- Follow us on Instagram to win some prizes @greenschoolsire



Climate Action Programme

CLIMATE ACTION WEEK



Green-Schools
An Taisce

14th – 20th
OCTOBER 2019


PLANNED EVENTS:

Join us for Ireland's 3rd annual Climate Action Week and kickstart your Green Flag application by hosting a Climate Action Day in your school. Whether you explore some climate data, create a novel way of communicating climate change in your local community or host a tree planting event, we want to hear from you!

Contact Climate Action Officer Gráinne at gryan@eeu.antaisce.org or 01 400 2222.
Visit www.greenschoolsireland.org for Climate Action Week resources.

#ClimateActionWeek @GreenSchoolsIre

Róisín Cumarsáide, Gráinne Halhe
ar son na hAiseide & Comhshaoil
Department of Communications,
Climate Action & Environment




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CLIMATE ACTION

TEACHER RESOURCE





Your greatest resource...



Discussion

- Where do you think your school can make changes?
- Do you foresee any obstacles in the way of the success of the programme?
- Name one initiative that would work in your school?
- What aspect of the travel programme do you think the pupils will enjoy the most?



**Green
Coast
Award**



Blue Flag Ireland

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**Green
Flag
Award**



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**Young Reporters
for the environment**



Green-Campus

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**LEARNING
ABOUT
FORESTS**

Green Communities
Helping you enhance your local environment

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Further Information

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www.greenschoolsireland.org



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