



Welcome to the NSW Ride2School newsletter for teachers, students, parents and all supporters of Ride2School

IN DECEMBER'S ISSUE

Hands Up! results

Winner of the Malvern Star Bicycle and Helmet

Win a bike shed for your school

Ryan O'Keefe at Mittagong Public School

Become a coach school in Term 1 2009

Spread the word and win a prize!



Ryan O'Keefe at Mittagong Public School!

To celebrate the announcement of Ryan O'Keefe as the ambassador of the Ride2School program Mittagong Public School played host to the Ride2School team with a special visit from Ryan himself!

Ryan spoke to the students about how riding to school is a fantastic way to keep fit, healthy and strong. He believes that riding to school when he was a child helped him get where he is today. After the speaking with the students Ryan accompanied the Ride2School team to conduct some ride challenges with the students. Ryan will be visiting a number of other schools during his time as Ride2School ambassador – watch this space to see where!

The following schools entered Hands Up! data in November






Albion Park Rail Public School
Arcadia Public School
Bonshaw Public School
Brisbane Water Secondary College - Umina Campus
Brunswick Heads Public School
Coopernook Public School
Corindi Public School

Cronulla South Public School
Fingal Head Public School
Flinders Public School
Grahamstown Public School
Gravesend Public School
King Street School
Kurnell Public School
Mittagong Public School

Repton Public School
Shearwater - The Mullumbimby Steiner School
Taree West Public School
Upper Coopers Creek Public School
Valley View Public School
Vincentia High School
Windeyer Public School

NSW Hands Up! results get better and better!

Congratulations to all schools who took part in November's Hands Up! survey. November saw more record results. Here are the facts, figures and highlights.

-  In total **5803 students** were surveyed across the state
-  **35.4%** of students used some form of **active travel** to get to and from school
-  Congratulations to **Cronulla South Public School, Arcadia Public School** and **Corindi Public School** who all had significant **increases** in the number of **students choosing active travel** to get to and from school
-  **Vincentia High School** surveyed the greatest number of students (**622**) followed by **Brisbane Water Secondary College Umina Campus (586)** and **King Street School (494)**
-  **Upper Coopers Creek Public School** had the **highest percentage** of **active students at 76.9%**

All schools who entered data were placed into a prize draw to win a Malvern Star Bicycle and Helmet, the draw has been made and the winners are:

BRUNSWICK HEADS PUBLIC SCHOOL

Congratulations, your bike is on its way!

Coach schools cycle skill workshops - a fantastic boost to riding!



There has been some great feedback coming from the students, teachers and parents about the Cycle Skill workshops taking place at coach schools throughout term 4. Leanne Russell from Grahamstown Public School described the workshops as a 'fantastic boost to riding'. Over 500 students across all the coach schools took part in the workshops. In a number of cases children who did not know how to ride left the workshop able to ride without training wheels – a fan-

tastic achievement. Here are some students' comments from the workshop:

"The bike activities we did were really fun, I completed all the challenges – I wish it could have gone for longer"

"I have learnt to be extra careful when riding on the road with my friends"

"The bike riding lesson was great, I cant wait untill we do it again"

"The bike skill workshop was awesome - I can teach my Dad a few things about riding now"



Ride2School is seeking applications of interest for coach schools in Term 1 2009, to register your interest simply send an e mail to ride2school@bicyclensw.org.au explaining in a few sentences why school would like to become, registrations close on Friday 12th December - so hurry!

Enter your Hands Up! data today. ALL schools who enter data will receive a prize and those that enter data for the first time will receive a Ride2School helmet!

Hands Up! survey - now even quicker to enter your data

The Hands Up system has undergone some changes that make it even quicker to input data. The "girls" and "boys" categories have been removed - you only have to enter a total for each transport type. You can also see a line graph of every entry along with a trend line so you can plot your results and see your progress. Finally, we've included federal and state electorate details in your registration. We have also included Council details where possible and will progressively upgrade that detail. If you know the local government area in which your school is located you can enter their name in the registration details on your Hands Up! home page – you can find who to ask for that bike shed!

Win a bike shed for your school!

Get your local school community ready for the chance to win a brand new bike shed in your school just in time for the start of the new school year.

Australia's only local helmet manufacturer, Rosebank Helmets has partnered with the national Ride2School program and have launched Rosebank / Ride2School Bike Sheds in Schools program.

Simply go to www.rosebankhelmets.com.au/win to enter.

The Bike Shed promotion is open to all government and non-government primary schools in Australia and all Australian residents can enter. Rosebank encourages the broader primary school communities to support their local primary school and increase their schools' ability to win.

To participate in the Bike Sheds for Schools promotion, entrants must:

1. Log onto www.rosebankhelmets.com.au/win
2. Register their details
3. Nominate their local primary school
4. Tell Rosebank in 10 words or less why their nominated Primary School needs a bike shed

Nominations close on January 31st 2009 and winners announced on February 9th 2009.

Spread the word and win a prize!

Ride2School is offering prizes to all schools who encourage others to register with the program. Every school that encourages others to enter will receive a prize. To receive the prize simply ask the new school to mention your school on the 'how did you hear about Ride2School question' on the registration form. We have helmets and cycle computers available - go on - spread the word and win a prize!