



Riverside School Transport for London STARS

TfL's STARS is a nationally, and internationally, recognised accreditation scheme promoting the teaching and use of sustainable travel by students and staff at schools in the London area and aims to address some of the key issues facing children and young people today.

STARS encourages all schools to join as part of a London-wide effort to increase the levels of active and sustainable travel, and in turn make a big difference to the wellbeing and health of children, their families and school staff.

Launched in 2007, the STARS accreditation scheme is designed to provide the whole school community with skills and resources to inspire young people to travel sustainably, actively, responsibly and safely. It engages and empowers pupils to participate in active travel behaviour; cycling, walking and scooting and using public transport.

In recognition of the school's exceptional achievements in the STARS scheme, Riverside has received the **Gold STARS accreditation level**. The accreditation takes particular note of the school's independent travel training and cycling initiatives.

Riverside School Travel Plan Cycling Quality Audit Report

(Wendy Thorogood / Haringey Smarter Travel)

Riverside school's independent travel training and inclusive cycling programme are what sets this school apart from other secondary schools, both mainstream and special. The programme is run by Simon Pollard, the school's accredited Travel Trainer and Cycling Instructor.

The school has a strong ethos of promoting active lifestyles for students. The school's dedicated cycling area has over thirty bicycles and specialised tricycles and that enable many of the students to succeed in independent cycling. The cycle track has marked arrows to guide students around the track in the same direction. Students have learnt that they need to put on a helmet before cycling and the how to cycle safely in a group.



For many of the students, the school provides the only opportunity for students to ride independently in a safe and supervised environment.

All students benefit from the independence skills gained from riding either a bicycle or tricycle. Cycling has proven to be a great motivation to encourage good behaviour and the physical act of cycling provides an opportunity for some students to calm down from crisis.

Through Simon's training and that offered by the Haringey Smarter Travel Team, students have gained amazing skills and confidence from these lessons. About thirty students have taken part in this initiative this year. Almost all the students have never ridden on a bicycle before starting lessons with the cycling instructors and several students have now progressed to being able to ride on the road when accompanied by the instructors. Certificates are regularly given out in assembly for cycling achievements. This is a fantastic way to encourage improvement and spur the others on to success.

The school receives high-quality training support from a very experienced officer from *cyclinginstructor.com* who also dedicates a lot of her time to maintaining the school's specialist bicycles and training its students to enjoy their own level of independence.

Students can also choose to cycle once a week as their 'Option' choice. Here they are offered the opportunity to try different styles of cycles - from recumbents, tricycles and tandems through to traditional bikes. Students thoroughly enjoy this opportunity to ride independently at their own pace and initiative.

This year, nine of the school's higher achieving cyclists have taken part in a Park-to-Park Cycle ride, adapted by Toni Blake and Paul Lowe from *cyclinginstructor.com* from the mainstream ride organised for the primary schools in Haringey. We are all proud of their success rising above their disabilities to a personal achievement that was, before cycle training, beyond their dreams.

Quite often students' new level of confidence is a complete surprise to their parents too. Three Police Officers and two members of the Haringey Smarter Travel Team accompanied the nine Riverside cyclists lead by Toni and Paul on their Park to Park cycle event from Riverside School via Lordship Park to Chestnuts Park and return. This was an amazing opportunity for students to experience riding in a busy urban area where they needed to maintain a high level of concentration and demonstrate all the key cycling skills they have previously been taught.

The evidence is clear that the students' physical and mental health and behaviour is greatly improved by having the opportunity to cycle during school hours.

Wendy Thorogood



The comments below are from classteachers about the benefits of cycling that have been observed:

Since J began his cycling lessons he has become more confident in class. One of the greatest benefits has been his improved spatial awareness. When riding a scooter or three-wheel bike, we have found he falls off and crashes into the walls less frequently.

W is very much a kinaesthetic learner and cycling is highly beneficial to him. Since beginning his cycling lessons, W has been happier and calmer in class as well as becoming frequently more able to follow instructions and sudden changes to his routine.

Class teacher

This year 4AL have cycled regularly in a class slot and had individual lessons. On Friday mornings Ab and Ar have received 1:1 lessons. They have both thoroughly enjoyed their tuition and gained invaluable training on the trikes and 2-wheeled cycles. They have shown a marked improvement in their balance and confidence on two wheels and can steer and use the brakes safely.

In class sessions and at break all the students readily put on their helmets and follow the track etiquette of a one- way flow of traffic and aim to stop at the zebra crossing, if walking students are entering the penned area in the centre of the playground.

Class teacher

The cycling has been a resolutely successful endeavour and one that has developed spatial awareness, co-ordination and regular healthy exercise.

3H have had regular cycling sessions every Thursday afternoon for the entire year. Everybody rides a bike for a minimum of 10 minutes (including E and M).

The former has never ridden a bike before and seemed to thoroughly enjoy the experience. I have endeavoured to encourage his mum to buy him a bike as a result. Many others are at various stages of cycling competence and during the year they have all become more competent and more confident. The more advanced cyclists have been posed challenges during the sessions including emergency stops and overtaking. The cycle trainers have worked with M on improving his cycling skills and following a request made by R during her Annual review she has now started lessons with the trainers to learn how to ride a two wheeler bicycle.



This has been a very productive and enjoyable time for all of the students.

Class teacher

I teach a group of very energetic autistic boys and as well as enjoying the free use of the bike and cycling track during their breaktime, they also have a weekly schedule cycling session on their timetable. It is an activity they really look forward to. It allows them to burn out some energy while having fun.

My least mobile student enjoys the freedom and the experience of speed that he would not be able to have otherwise.

One of my students joined our class recently with no knowledge and understanding of English and learning how to ride a bike was one of his first achievement in the school, he can join in and interact with his peers without having to use signs or words to communicate.

When I meet with parents, they are often impressed to find out that their child has learned how to cycle at Riverside.

Some of my students had the task of washing the bikes as part of their work experience, it taught them about responsibility and taking care of our equipment.

We also used the bikes and cycling track to discuss road safety.

Class teacher

Team Spirit is the afterschool club that provides daily provision during term time and 5 weeks over the holiday period.

We have a large group of students attending daily and the cycling is an activity that each and every student enjoys. It is a fantastic activity for all our students and one which they all look forward to no matter what the weather. I have seen how each student's confidence

has improved using them and how beneficial it is as an activity to promote healthy living and most importantly a positive way to release excess energy.

Team Spirit After-School Provision Leader



When students have passed their Bikeability Levels 1 or 2 they are awarded a certificate in assembly and presented with a Level 1 or 2 badge.

