

IN THE CYCLE



No. 3 - JUNE 2011

Newsletter of the Box Hill to Ringwood Rail Trail (BHRRT)
(Group members of Whitehorse Cyclists' Inc.)

ENCOURAGING STUDENTS TO RIDE TO SCHOOL DAILY...

Bike sales are on the increase; many adults now keep fit by riding to work, using Melbourne's string of connecting bike paths to develop routes. But what about our children? With childhood obesity on the rise we owe it to them to develop fitness strategies.

Talking to teachers and parents we know that very few students ride to school on a regular basis. We understand that safety concerns are the main reason and we are hoping that the construction of the Box Hill to Ringwood Rail Trail will encourage more students to ride.

Meanwhile...

WHAT WE CAN DO TO HELP...

Members of the BHRRT group would be pleased to visit your school and talk to parents and teachers, to help encourage their students to look at the benefits of safe riding.

WHAT YOU CAN DO TO HELP:

We suggest a positive exercise would be for students to design a safe route to school - to and from their own homes; this could involve the parents as well as being classroom based. We suggest that in planning they consider the best route for them NOW and when the Box

Hill to Ringwood Rail Trail is built. We can provide assistance, if required.

It may mean installing more bike racks within the school grounds and allocating places for students to leave their helmets and bike gear. It WILL mean discussions re safety and rules. It WILL mean encouraging them to become involved with Bicycle Victoria student orientated days, such as 'ride2school'. Many schools already have Bike Ed programmes. It WILL mean involving parents.

Cycle Works at 1115-1117 Whitehorse Road, Box Hill is offering a 10% discount to students living in the City of Whitehorse; this covers the purchase of bikes and cycle gear. Vlad and his staff have the expertise to help parents choose the right bike for their child. Details are on the enclosed card.

Finally, we would appreciate your answers to the following questions. Please direct them per email to marion.hick@bigpond.com.

- 1. how many students ride to your school daily? Do you think this no. will increase when the BHRRT is built?*
- 2. what is their age range?*

Our website: www.bhrtrt.org or contact: marion.hick@bigpond.com



Students from St. John's Primary School, Mitcham joining in 'ride2school' day, (accompanied by a parent)

BHRRT group members visited St. John's earlier this year and were impressed with the students' interest in bike riding. It's obvious from our contact with local schools that many more students would like to ride to school if their parents agreed. **Does this reflect your school's experience?**

We would like to encourage parents to join their primary school aged children in riding to school, instead of driving them. Benefits include :

- Increased fitness for parent and child. Time poor parents can use this as their main exercise time and spend more time with their children.
- With parental guidance children's road safety awareness will be increased.
- Interest and enjoyment in jointly planning an attractive and safe route to school.
- Cost savings in petrol and less cars on the road will certainly help the environment.

TO ENSURE YOUR SCHOOL WILL BE ONE WHICH JOINS WITH US IN PROMOTING STUDENTS RIDING TO SCHOOL, PLEASE CIRCULATE THIS MESSAGE