

I Bike Newsletter

Autumn 2018



YOUR I BIKE OFFICER



I'm Roslynn Newman and I work with Dalkeith, Newbattle, Lasswade, Penicuik and Beeslack cluster schools.

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UPCOMING EVENTS

Saturday 4 – Sunday 12 August:
Midlothian Outdoor Festival

w/c Monday 10 September:
Hands Up Survey Scotland week

Monday 22 October:
Cycle Training Assistant course

ACTIVITIES GALORE

The Midlothian mile post paint work was completed by the two primary 6 pupils that designed the art work. The Dalkeith Arts Society also got involved to finish the work. The design is based on the theme 'sustainability for the future young people of the world.'

Images of wildlife and water polluted with plastic were strong in many of the designs, but the winning designs used the shape of the post to portray their ideas - including a well painted seagull and waterfall.

The four schools of Dalkeith campus participated in the art work competition and the two winning designs were selected by a judging panel. The short-listed work was then exhibited at Dalkeith Arts Society exhibition.

The paintwork for the post was completed in May before the school holidays. Passers-by commented that the post looked beautiful and 'provided a fantastic piece of colour' to their school walk/cycle.



We hope to organise an official celebration of the completed post next term.

QUICK UPDATES

Three Midlothian high schools participated in one day events for the Big Pedal which encouraged 176 pupils to ride bikes. One of the events included a visit from Commonwealth cycling athlete, Isla Short.

205 Midlothian pupils participated in Bikeability training, with four schools completing their Level 2 Bikeability.

Next year I will be working with Newbattle, Dalkeith, Lasswade, Penicuik and Beeslack campus will be the new intensive cluster.



Short hopes to inspire a generation

Newbattle High School pupils heard an inspirational talk from Commonwealth Games mountain biker Isla Short. Short, who finished fifth, spoke about her experience, she said: "I hope that I have inspired a few of them to discover a new found love for their bike, or even just an enthusiasm to get

outside more." The event was organised in collaboration with the school's PE department and Midlothian Council Bike Officers, Roslynn Newman. Many of the pupils who participated are keen cyclists and later took part in a cycling taster session as part of their PE lesson.



ISLA SHORT VISIT

S1 – S3 pupils at Newbattle High School had the opportunity to meet and learn from mountain bike athlete, Isla Short. Isla races in the cross country discipline and placed 5th in the Gold Coast. She spoke to 35 pupils about her journey to become a performance athlete: the physical training required, what influenced her in life and what she likes to do in her spare time when she isn't training or racing. The group then had the opportunity to compete with Isla in a ten second sprint competition. Pupils who participated also had the opportunity to take part in cycling skill sessions as part of their core PE and the Big Pedal activity.

Isla commented:

"Delivering a talk about my journey in bike racing to a group of first years at Newbattle High School was a great experience. The kids were all really engaged and keen to ask questions. I hope that I have inspired a few of them to discover a new found love for their bike, or even just an enthusiasm to get outside more."

SHAWFAIR LAUNCH

Primary 6 pupils from Danderhall Primary School joined Sustrans staff and Councillor Lesley Macinnes to celebrate the official launch of the Loanhead to Shawfair route. Pupils cycled down to the party for cakes and refreshments and to assist in cutting the red ribbon to make the route official.

The pupils then joined Sustrans' Ecologist Lenka Sukenikova to discuss the wildlife that live in and around the route. They discovered what badgers love to eat and why gates had been placed on the boundary line of the path to allow badgers to access local fields for hunting food.

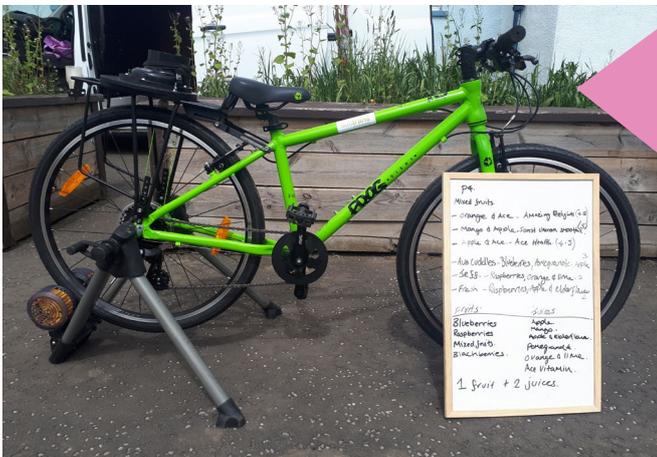
Councillor Macinnes spoke about the benefits of active travel in regard to the health and wellbeing of the local community and how accessing the outdoors provides a sense of freedom and the ability to explore areas.



BIKEABILITY & SMOOTHIES

Midlothian schools took advantage of the sunshine and dry weather by participating in Level 2 Bikeability, which provides primary 6 and 7 pupils with the skills and confidence to become a road user. Midlothian schools cover a diverse area of rural and busy streets, but the experience gained from on-road cycle training provides children with the early knowledge of the Highway Code and the ability to make responsible decisions.

Many Midlothian schools ran Health and Wellbeing weeks in term 3 and used the I Bike smoothie bike as a valuable resource to show how pedal power can create something edible. If your school would like to use the smoothie bike please get in touch.



PE:
 Mixed Snacks
 - Orange & Apple - Avocado & Banana
 - Mango & Apple - Sweet Potato & Banana
 - Apple & Pine - Ace of Hearts (1-2)
 - Ice Cubes - Water - Orange - Pine
 - Soft - Superhero Smoothie & Juice
 - Fruit - Superhero Juice & Elderberry

Smoothies:
 Raspberries
 Mixed Juices
 Strawberries

Juices:
 Apple
 Mango
 Pineapple
 Strawberry
 Orange & Pine
 Ace of Hearts

1 Fruit + 2 Juices