



## STARS and Bike Week 2023 – Activity Booster Sheet

### WHAT IS BIKE WEEK?

**Bike Week**, organised by Cycling UK, takes place every year in June. The next bike week is 5th-11th June 2023. Bike Week showcases cycling and how brilliant it is, and the many health and environmental benefits it brings.

Each year, thousands of people all over the country get on their bikes during Bike Week to experience the simple joy of riding a bike. The event can also be an effective way to prompt debate about transport-related concerns and an opportunity for schools to tackle local transport issues.






### DID YOU KNOW?

Did you know that taking part in the event is a great way to help boost your school's STARS accreditation level? Simply select the STARS Activity Card that corresponds to the activity you're running in school and share your story. **Bike Week** has its own activity card to get you started!

### HOW DO I GET INVOLVED?

To do this, sign into your [STARS Online account](#), select the activity from the list and click on 'Tell your story'. You can include photos, posters, newsletters, risk assessments and other relevant documents to show how your activity was completed. You can then publish your story in the 'Stories' section to share your achievements.

See the list below for our suggestions of activity cards that are aligned with Bike Week.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 CONSULTATION	<p>Work with a small group of pupils (e.g. <u>JTA's, eco council, school travel working group</u>) to decide how you'd like to use the week to support your active travel targets.</p> <p>Ask parents/carers who travel with their children to identify any issues they encounter and to share their thoughts on how they could be supported to travel more sustainably.</p>	<p><u>Pupil Involvement</u></p> <p><u>Parent/carer involvement</u></p>
 PARTNERSHIP	<p>Visit the <u>Bike Week</u> web page to find out more about the event. Look out for updates to their resources nearer to the date!</p> <p>If your school works with a Sustrans Bike It Officer, invite them to deliver an assembly to promote Bike week.</p>	<p><u>Other partnership activity</u></p> <p><u>Working with local charities</u></p>
 CYCLING	<p>Show pupils how to carry out a simple bike maintenance check, using this <u>handy video</u>.</p> <p>Organise a cycle mechanic to come to your school to provide a cycle health check session at your school. You may be able to organise this in partnership with your local authority or Healthy Streets Officer.</p> <p>Bikers' Breakfast</p>	<p><u>Bike maintenance skills</u></p> <p><u>Dr Bike</u></p> <p><u>Reward pupils that cycle with a healthy breakfast</u></p>

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 PROMOTION	<p>Promote the Bike Week's activities on your school's travel notice board and in staff rooms.</p> <p>Work with pupils to come up with social media content to help promote Bike Week via your school's social media accounts (if applicable), blogs and newsletters.</p>	<p><u><a href="#">School Travel Noticeboard and Webpage</a></u></p> <p><u><a href="#">Communicating with parents/carers</a></u></p>
 CURRICULUM	<p>Get creative with a short competition/class activity – ask pupils to create a short film, presentation or piece of art that highlights the environmental benefits of cycling. It could consist of a song, a poem, role play, or call to action.</p>	<p><u><a href="#">Environmental benefits of active travel</a></u></p>