



# RIDE2SCHOOL NSW NEWSLETTER - JUNE 2009

MAY'S HANDS UP! RESULTS

ART COMPETITION - JUDGING BEGINS!

CYCLE SKILL WORKSHOP

500KM GOLD MEDAL CHALLENGE - REGISTRATIONS OPEN

## May Hands Up! Results

Congratulations to all the schools entering Hands Up! data in May. Here are the highlights:

**38** schools entered data

**9,413** students were surveyed

**36.4%** of students walked or rode to school

**Mittagong Public School, Shortland Public School, Cronulla South Public School, Grahamstown Public School** significantly increased the number of active students - well done!

**Shortland Public School** surveyed the greatest number of students at **942** followed by **St Puis X College (729)** and **Brisbane Water Secondary College (691)**

The top three most active schools in May are **Cooperook Public School, Marks Point Public School** and **Corindi Public School** - congratulations!

**Jesmond Public School, Leppington Public School** and **Merimbula Public School** entered data for the first time in May - congratulations your Ride2School helmets are on their way!

[Click here](#) to see a list of all schools that entered data in May.

## And the winner is...

All participating schools were placed into a draw to win a bicycle and helmet, the winning school is:

**Cronulla South Public School – congratulations!** Please contact the Ride2School NSW team to arrange delivery of your prize.

There are more great prizes up for grabs for taking part in the Hands Up! survey in June. [Click here](#) to enter your data!



## Helmet artwork competition – judging begins!!

Thanks to all schools and students who sent in entries for the helmet artwork competition. A total of **4,007 entries** were received from students across the state. The quality of the designs is fantastic, the judges have a difficult task ahead in selecting the finalists and the overall winner! The winners will be announced during the week commencing 6th July 2009. The first stage of judging begins at the start of June, a shortlist of schools from which students have been selected will be online from Friday 5th June 2009. Good luck to all students!

## Secondary students (and teachers) – take up the challenge!

Registrations are now open for students and teachers to take part in the 500km Gold Medal Challenge. The challenge asks students to register and accumulate 500km of riding helping to develop active habits and better health. Kilometers can be accumulated in a range of settings including to school, mountain biking with friends, in cycling events – any journey by bike can count towards the 500km goal! There are some great prizes for students taking part in the challenge which include:

### Velodrome Clinics hosted by Cycling Australia

A training session with Iron man Champion and Ride2School ambassador Guy Leech

Cateye cycle computers

Free entry to cycling events

Teachers can also take part in the challenge and win a Cycle Skill workshop hosted by accredited coaches at their school and subscription to Australian Cyclist Magazine!

Once registered participants will be sent a log book in which to record their rides. Every registrant to log and complete the 500kms will receive a Gold Medal.

To register click [here](http://www.bicyclensw.org.au/content/ride2school) or visit [www.bicyclensw.org.au/content/ride2school](http://www.bicyclensw.org.au/content/ride2school).

All secondary schools registered in Ride2School will be sent posters and promotional materials, this is an ongoing and free event with registrations closing on Friday 18th December 2009.



Staff and students at Hawkesbury High School are geared up to take part in the 500km Gold Medal Challenge

## “A great one and a half hours spent in learning”

Marks Point Public School, a coach school in Term 2, received their cycle skill and road safety workshop for students in May. Students were put through their paces with drills and practices to improve riding skills and increase awareness about road safety. The students learnt a great deal during the session and have plans to become cycle skill mentors within their own school to educate and improve skills among their classmates. “The workshop was a great one a half hours spent learning” says Deb Lowe, Ride2School Co-ordinator at Marks Point Public School



The workshop was delivered as part of the coach schools program, an initiative of Ride2School NSW providing schools with skills workshops for students and parents, an active travel guide for the school community and the option to train a member of staff in ride education. To register your interest in becoming a coach school in term 3 2009 click [here](http://www.bicyclensw.org.au/content/coach-schools) to complete the short online form. For more information on the coach schools program visit [www.bicyclensw.org.au/content/coach-schools](http://www.bicyclensw.org.au/content/coach-schools).