



## Aldercourt Primary School in Action

Key Priority Area: **Active Travel**

Type of Funding: **Active Schools**

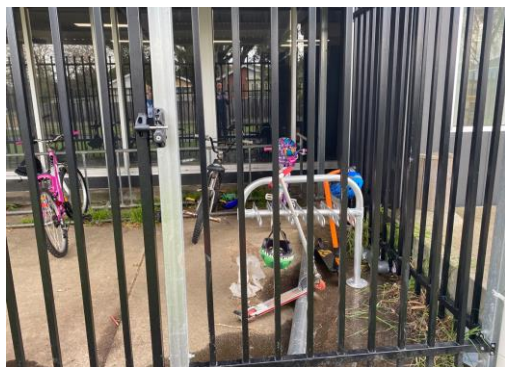


<b>School Overview:</b>	Aldercourt Primary School is a local government school in Frankston North that passionately supports the education and wellbeing of approximately 200 students. Based within a low socioeconomic area, students come from diverse backgrounds and family situations, with many experiencing life challenges. Low levels of physical activity outside of school is a concern, and whilst parents are supportive of their children leading active lifestyles, many need further assistance in this area.
<b>Project Goal:</b>	To increase the physical activity level of students before and after school by encouraging active travel to and from school through building a secure and more accessible and visible bike shed that encourages more families to ride or scooter to school. To continue to build healthy and resilient young minds who feel safe and happy within the school environment as well.

Aldercourt Primary School identified that very few students and their families engaged in active lifestyles outside of school or participated in community sport. They also reviewed how students were traveling to and from school and identified Active Travel as an area of opportunity to increase the physical activity levels of the students before and after school. The goal was to build on the current Bike Education program being delivered within the Physical Education program by implementing a multifaceted approach.



Part of the Active Schools grant was used to build a better and more accessible bike and scooter storage shed for the students to use. The shed was strategically placed to be visible to the school community, near the drop off and pick up gates. This in turn fostered positive conversations between parents and resulted in an increase in families riding to and from school.



The next phase of the project was to build a new bike storage shed for the set of school bikes. To compliment the delivery of the Bike Education lessons for the Years 3-6 students, the PE teacher completed the Bike Education Instructor Training course through [Cycling Safe](#). Students participated in the [RACV Primary School Education program](#) and completed a mapping activity to create safe routes to school, delivered by Bicycle Network. The road safety information was distributed to the parents to create knowledge and awareness of active travel and encourage involvement in the annual [Ride2School](#) days.

Active School Strategy	Impact
<b>Infrastructure:</b> To install a bike/scooter shed for students use and install a storage shed for the school set of bikes.	<i>The location of the new bike/scooter shed created positive conversations amongst parents and family members about active travel and resulted in more students and their parents riding, scooting or walking to school. Shed is in a location visible to all during drop offs and picks up. (Note the secure lock on the gate and the scooter rack inside.)</i>
<b>Program Delivery:</b> To deliver the Bike Education program to students from Grade 1-6.	<i>The resources attained through the Bike and Road Safety Education program for the students has enabled this information to be distributed to the parents. Awareness and education of parents and family members.</i>
<b>Staff Professional Development:</b> To complete Bike Education Instructor Training course to enable the delivery of the school program outside school.	<i>Teacher empowerment and increased confidence in the delivery of the Bike Education program, enabling the program to be extended to younger year levels. Program delivered to Grade 1-6 students.</i>