

Active school travel CASE STUDY

Upper Coomera State College

Upper Coomera State College joined the Active School Travel (AST) program in the interest of reducing the school's traffic congestion. Since the start of the AST program, there has been an increase in the number of students actively travelling by 8 per cent. The program is supported by the school staff, students, parents and the community which is vital for the success of the various initiatives undertaken to promote AST throughout the year. These include:

1. The AST Walking Bus

On Fridays (weather permitting), school AST reps meet students and families at a park not too far from the school and lead students back to school in their 'Walking Bus'. Another team ride and scoot to the local library meeting spot to meet students and they all ride back to the school together.

2. AST bag tags

Participants of the program have AST bag tags that get marked off with the aim of receiving one of the many AST badges on offer. The children proudly display their badges with honour and strive to get the whole set.

3. School assemblies

A 'boot/helmet' trophy award is given out to classes that achieve highest numbers of AST at assemblies based on data generated through weekly surveys. Improvements are tracked by the AST monitor.

4. Bling your Bike and Toot your Scoot

'Bling your Bike' and 'Toot your Scoot' competitions are where students decorate their bikes and scooters and are awarded prizes for their efforts.

5. Safety demonstrations

Safety demonstrations are held to promote road safety and bike maintenance, where students have brought in their rides and have been given instruction on how to take care of themselves and their equipment. Through outside agencies such as RACQ and the Bike Safety Ashmore centre, the students have enjoyed incursions and excursions to raise road safety awareness.



"Our walking school bus is well known in our community. We get horns blown and waves from people in passing cars. The children love it and we are visibly and actively involved in our community."

Our AST team won the inter-school video competition in 2019. The team were very excited to attend a presentation evening with the other AST schools on the Gold Coast. The school was so proud that our video won. It was played at every opportunity for many weeks after."

SIMONE MCKENNA, TEACHER
AND AST COORDINATOR



6. Cutting of the ribbon

The school hosted a grand opening 'cutting of the ribbon' with its local member and distinguished community members to celebrate their brand new bike/scooter rack, which encouraged active school travel with a state of the art facility to house student's bikes and scooters.

7. Free BBQ breakfast

A free BBQ breakfast is held towards the end of each term. These have been supported in the past by families, the school's Croc mascot and the AST mascot, Zero the Hero. There is music, free sausages, fruit and yoghurt and giveaways (AST drink bottles and bike/scooter helmets).

8. ART-AST calendar

Students have entered the annual ART-AST calendar and have had many entrants successfully included in the calendars with their art work displayed online.

9. AST video

In 2019, the school won the AST video creation competition, VCAST, which promoted the school's involvement in AST.