



**Green-Schools**

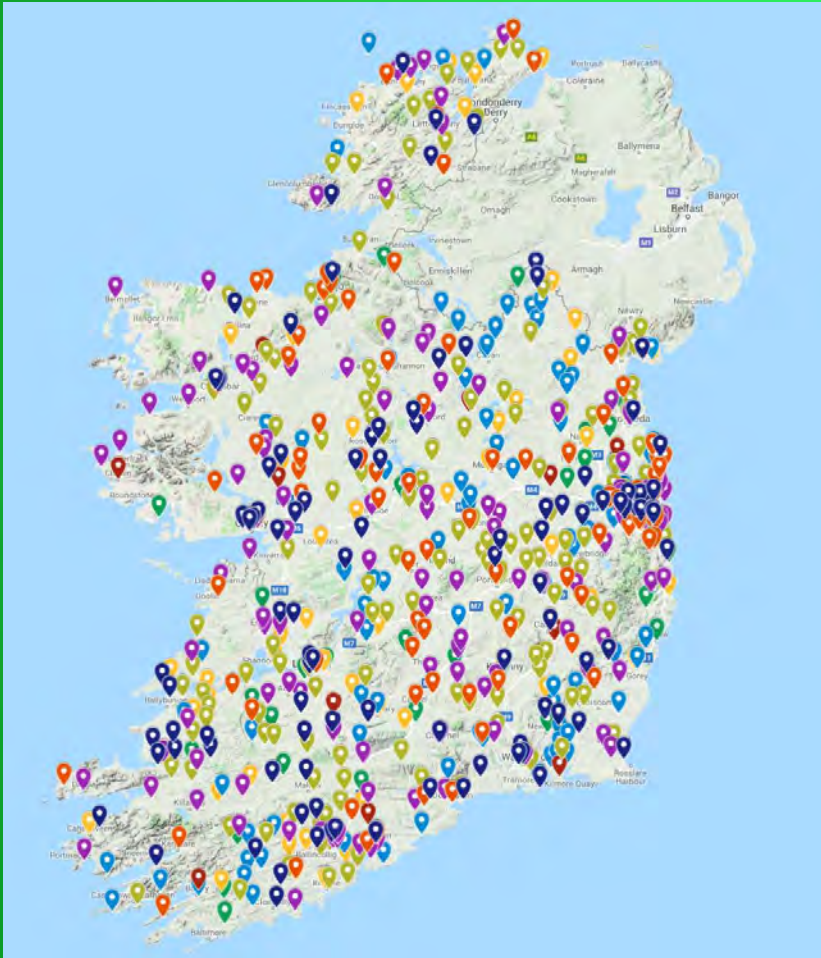
 An Taisce

*smartertravel>>>*  
*>>> schools*

# Welcome to the Global Citizenship Travel Programme



# Green-Schools: In Ireland



- o 93% of all schools in Ireland
- o 4000 schools registered
- o 3,410 schools awarded
- o 71,514 teachers
- o 782, 661 pupils

# Green-Schools Themes



1. Litter and Waste
2. Energy
3. Water
4. Travel
5. Biodiversity
6. Global Citizenship Litter and Waste
7. **Global Citizenship Energy**
8. Global Citizenship Marine Environment
9. Global Citizenship Travel
10. Global Citizenship Food and Biodiversity

# Global Citizenship

- Long Term schools
- Maintenance programme
- Reduced workload
- Draw on existing expertise
- Link to curriculum as much as possible

# Why Citizenship?



# Active Citizenship and Global Citizenship

- ✓ Active Citizenship – getting involved in your local communities and democracy at all levels , from towns to cities to nationwide activities
  - ✓ You are already active citizens through your Green-Schools work.
- ✓ Global Citizenship- a moral understanding of our responsibilities and our rights in a global context.
  - ✓ Understanding that all people have equal rights, while at the same time valuing diversity.
  - ✓ Valuing the earth as very precious and as a resource upon which we all depend and should care for.

# Why Citizenship?

*The theme will enable you to discover how your past work on the Green-Schools programme has positively, influenced people and their local environments worldwide.*

Covering subjects such as:

- Sustainable Development Goals (SDGs)
- Ethical consumption and production
- Global Citizenship and Active Citizenship
- Sustainable development
- Interdependence
- Trade and Fair Trade
- Climate Change
- Social justice and inequality



# The Global Goals A.K.A. Sustainable Development Goals (SDGs)

## THE GLOBAL GOALS For Sustainable Development



# Sustainable Development Goals (SDGs)

- In September 2015 , more than 150 world leaders adopted the new 2030 agenda for Sustainable Development, including the Sustainable Development Goals (SDGs)
- 17 Goals to achieve 3 extraordinary things;
  - End extreme poverty
  - Fight inequality
  - Fix climate change
- Ireland July 2018 – National Voluntary Review published to outline Ireland's performance against each SDG can be downloaded from the Department of Communications, Climate Action and Environment website.
- The SDGs are a great framework for introducing different global citizenship topics to the students.

# Selected Sustainable Development Goals that link with the GC Travel theme.



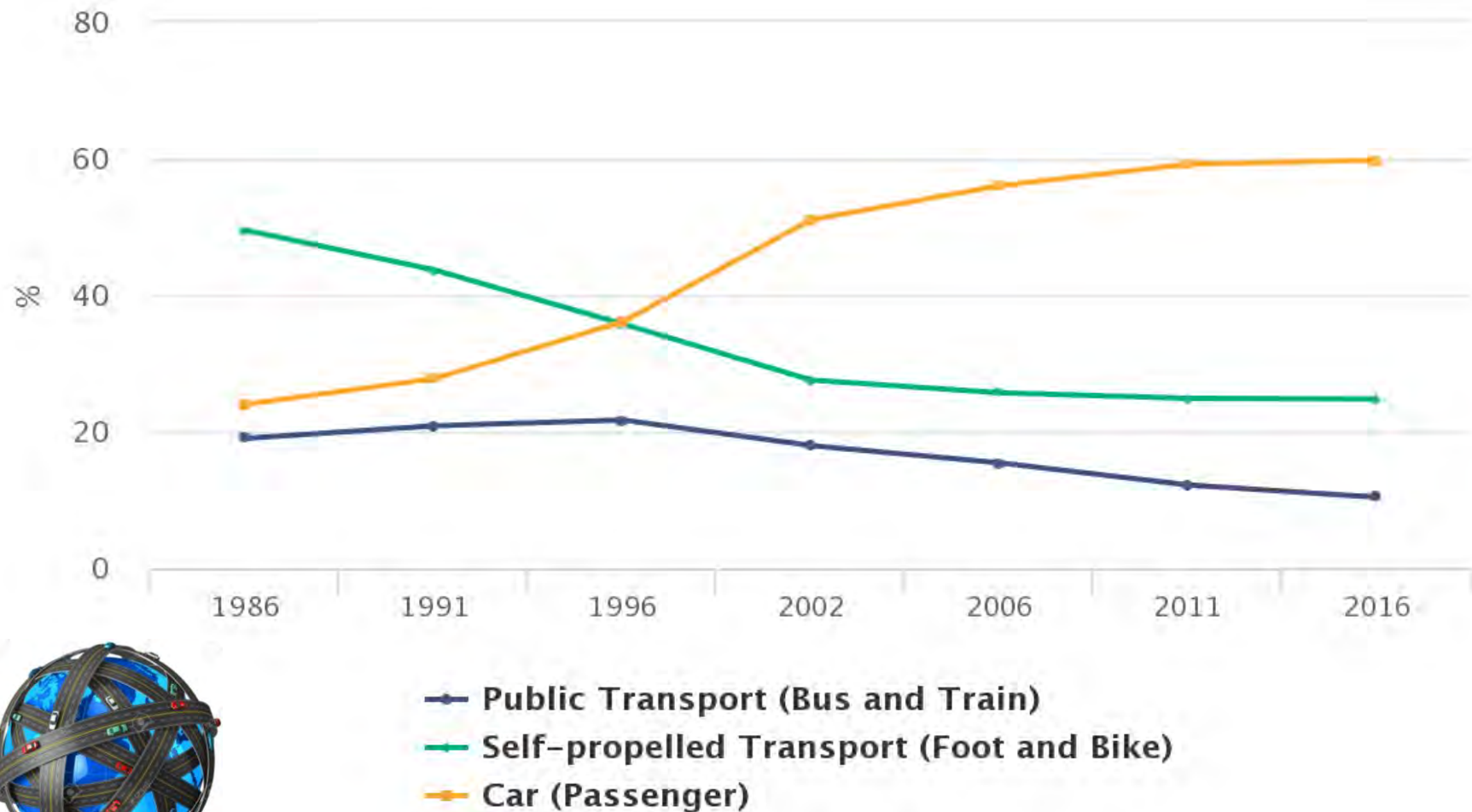
# Global Citizenship Travel Theme

The ultimate aim of the travel theme is to increase the number of students **walking, cycling, scooting**, using **public transport** or **carpooling** on the way to school.



# Why the Travel Programme is needed

Figure 5.1 Modes of travel for primary students, 1986 - 2016





# Green-Schools initiatives that support Active Travel





We also promote sustainable travel options...





## What are the benefits?

- Health
- Safety
- Environmental
- Community

# Health Benefits – where we are...

- On the new international grading scale for children's physical activity levels, Ireland was graded with an over all D-

| Indicator                 | Benchmark                                                                                                                                                 | Data                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Grade                                                                                |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Overall Physical Activity | % of children in Ireland meeting the physical activity guidelines of 60 minutes of moderate to vigorous physical activity (MVPA) every day <sup>2,3</sup> | <ul style="list-style-type: none"><li>• 25% of 11 to 15 year olds<sup>4</sup></li><li>• 12% of 11 to 16 years year olds<sup>5</sup></li><li>• 25% of 9 year olds<sup>6</sup></li><li>• 19% of primary and 12% post primary children<sup>7</sup></li><li>• 43.4% of 7 to 8 year olds based on accelerometry<sup>8</sup></li><li>• A sex difference existed with females being less active than their male counterparts<sup>4,7</sup> and the sex gap widens with age<sup>5</sup></li></ul> |  |

# How we measure up internationally?

|                                        | Overall physical activity |
|----------------------------------------|---------------------------|
| New Zealand, Mozambique                | B                         |
| Mexico                                 | C+                        |
| Kenya, Nigeria                         | C                         |
| England                                | D+                        |
| Colombia, Ghana, Finland, South Africa | D                         |
| Australia, Canada, <b>Ireland</b> , US | D-                        |
| Scotland                               | F                         |

What can we do to change our grade?

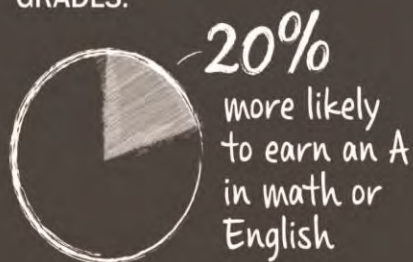
**A+**

# active kids learn better



physical activity at school is a win-win for students and teachers

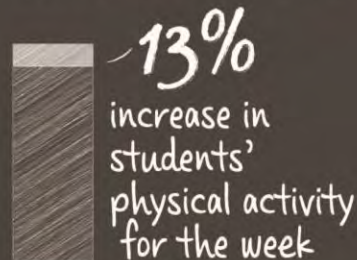
GRADES:



STANDARDIZED TEST SCORES:



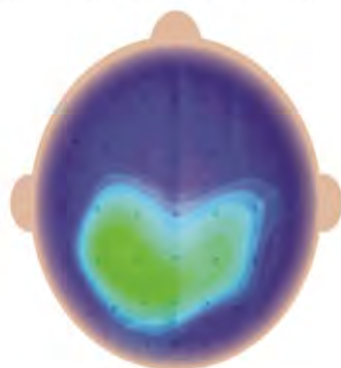
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



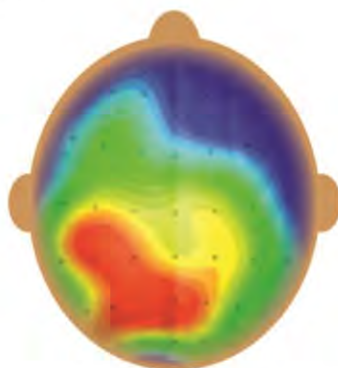
21% decrease in teachers' time managing behavior

## physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



after 20 minutes of walking



Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:  
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:  
memory tasks improved 16%





**Active  
travel also  
helps...**

- **children's emotional development**
- **alleviate anxiety & worries**
- **build stronger bodies**
- **support fitter bodies**
- **children to feel free and independent**

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## Children face higher risks from pollution inside a car than outside it

Recent research indicates pollution harms children's ability to learn and may damage their DNA

© Mon, Jun 12, 2017, 20:38

Updated: Mon, Jun 12, 2017, 20:58

Kevin O'Sullivan





Walking & Cycling  
good for health



Air pollution



Food Miles



# Safety Benefits



# **Safety Benefits**

**Reducing the number of cars travelling to your school can;**

- Reduce congestion at the school gate**
- Reduce cars parking on the footpath**
- Reduce poor driving practices,**
- Give the school gate back to the students and teachers.**



2%   
2% of cyclists are women

€ some can't afford  
bus or bicycles

rural areas have  
less infrastructure 



Community  
Benefits

**Less traffic**  
**More social interaction**  
**Better infrastructure**  
**Stronger communities**



Love 30 Campaign



Walking/Cycleability Audits

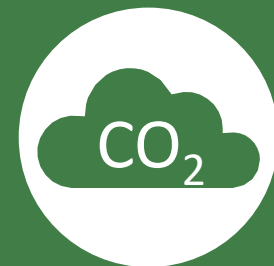


## Environmental Benefits

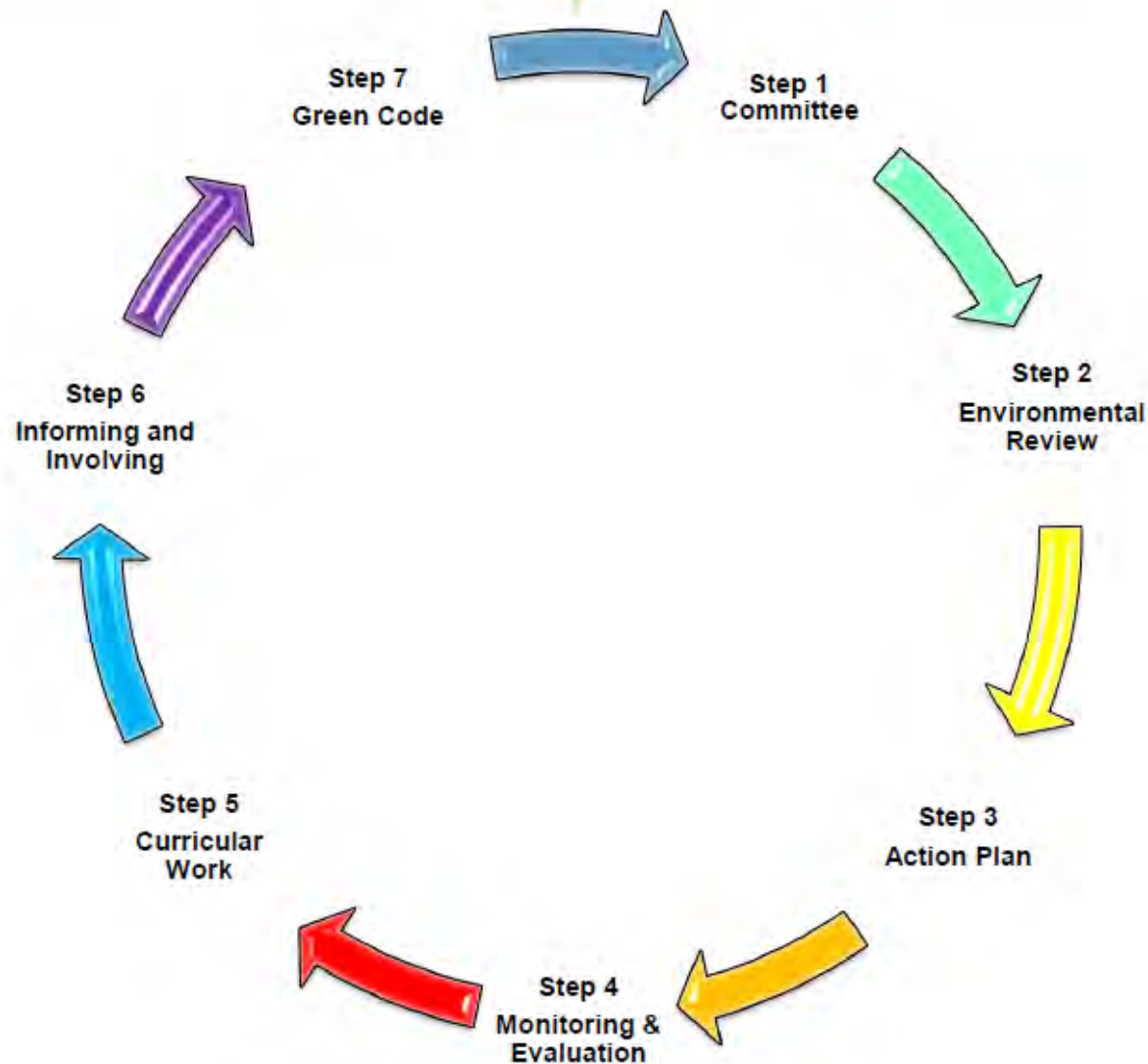
- Improves air quality around your school
- Reduces noise pollution
- Reduces your schools carbon footprint
- Supports biodiversity around your school
- Helps children to connect with nature



20% of our emissions are  
attributable to Transport



# Implementing the programme – the 7 steps



# *Seven Steps – Step 1*

## **Green-Schools Committee**

- Choose your committee in September
- Hold regular committee meetings
- Record the minutes of each meeting
- Give pupils roles within the committee



## Seven Steps – Step 2

## Environmental Review

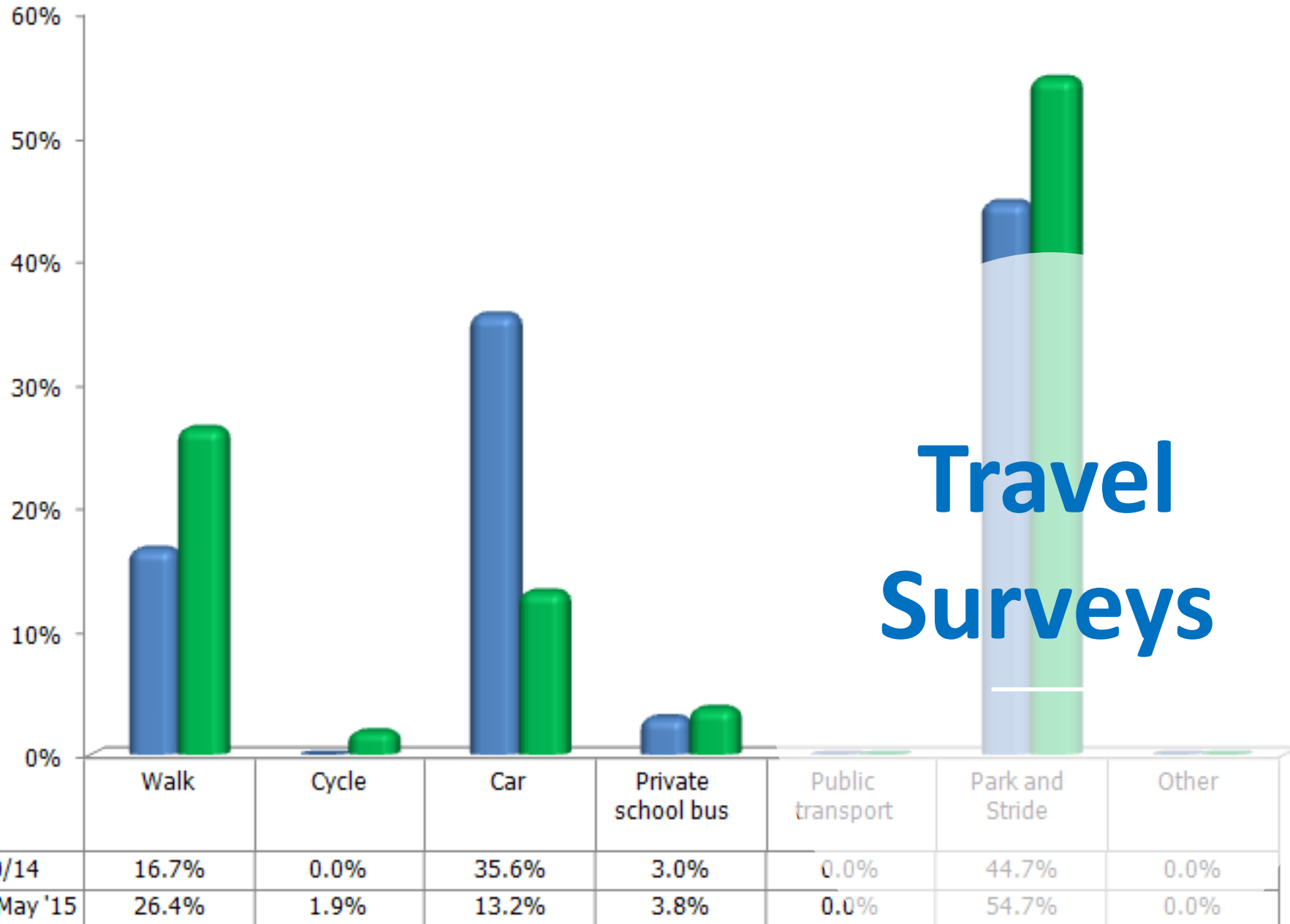
## Areas to review:

- Travel habits
- Traffic around the school
- Transport infrastructure
- Distance pupils live from the school

Examples of workshops offered to help assess these areas; mapping, traffic speed workshop, traffic surveys, walkability/cycleability audit



# Travel Surveys



# Traffic Surveys



**Green-Schools Traffic Count Survey**

School Name : \_\_\_\_\_ Time: \_\_\_\_\_ to: \_\_\_\_\_

Date: \_\_\_\_\_

1 person 2 people 3 people or more

0

Car, Truck, Van, Bus, Motorcycle, Bicycle, Pedestrian

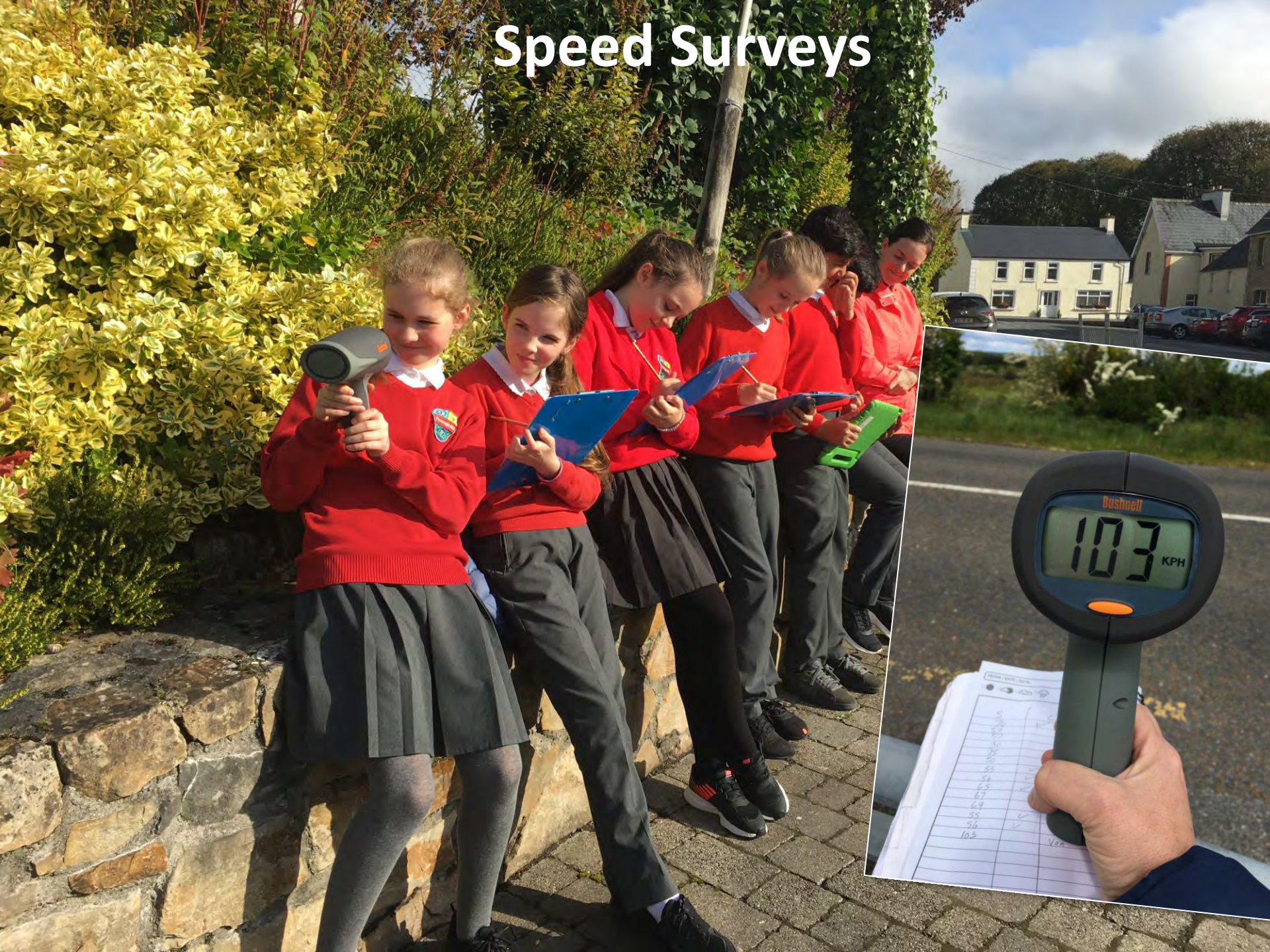
**Green-Schools Traffic Count Survey**

Volume: 45 vehicles

Traffic type: 100% cars

| Traffic type | Number of people | Number of people | Number of people |
|--------------|------------------|------------------|------------------|
| Car          | 100%             | 100%             | 100%             |
| Truck        |                  |                  |                  |
| Van          |                  |                  |                  |
| Bus          |                  |                  |                  |
| Motorcycle   |                  |                  |                  |
| Bicycle      |                  |                  |                  |
| Pedestrian   |                  |                  |                  |

# Speed Surveys



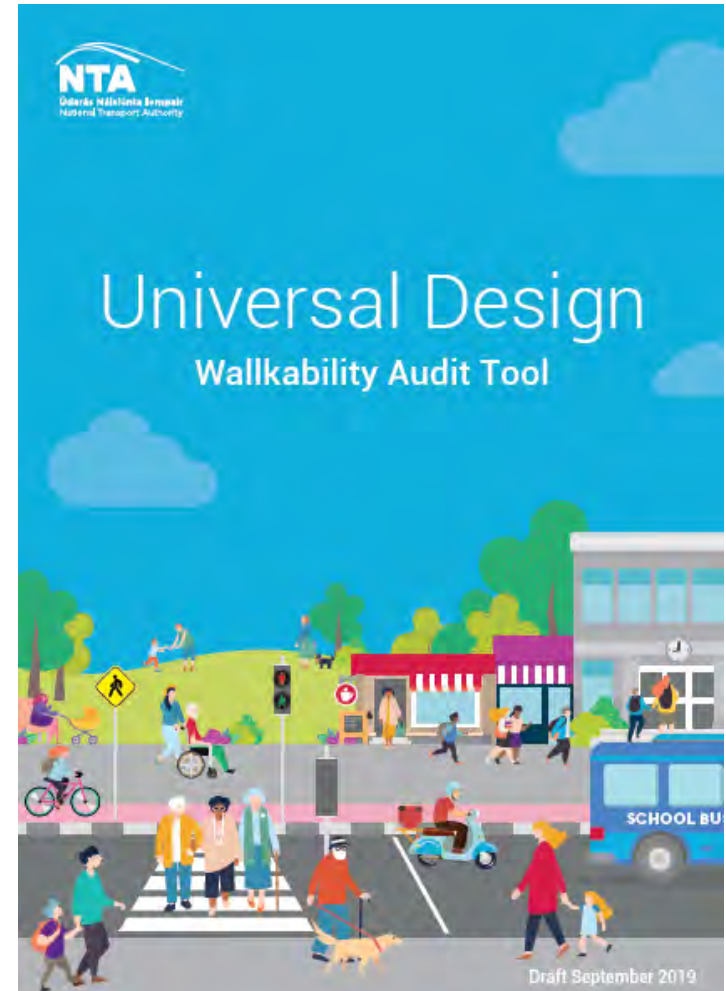
# Walkability/Cycleability Audit

## Review your walkability audits

### Do a new walkability audit with your Travel Officer

- Risk assessment
  - Identify infrastructural changes needed
  - Identify Park 'n' Stride locations
  - Highlight transport links in the area
- Inform local authorities
- Made available for parents

**Changes to date;** road markings, resurfacing roads, signage, custom signage, pedestrian crossings, footpaths, traffic lights, bollards.



# Travel Awareness Survey



## Travel Awareness Survey



Date:

Class:

School size:

Year 1

Year 2

How many students and staff have heard of the term sustainable travel?

How many students and staff can list 3 types of sustainable travel?

How many students and staff can list 3 reasons why sustainable travel is a better option than the private car?

How many students and staff can list 3 ways in which cars affect our health and environment?

| Action/Target:<br>Year One                | Person/Group<br>Responsible | Timeframe | Progress Made |
|-------------------------------------------|-----------------------------|-----------|---------------|
| <i>% targets</i>                          |                             |           |               |
| <i>Achievable</i>                         |                             |           |               |
| <i>Actions needed<br/>to meet targets</i> |                             |           |               |

**THE PLAN**

## Seven Steps – Step 3

### Action Plan

Use results from the environmental review to inform your action plan and set realistic targets.

Golden Boot  
winners!

*Seven Steps –  
Step 4*

**Monitoring and Evaluating**

Second Class



Third Class



Fourth Class



Fifth /Sixth



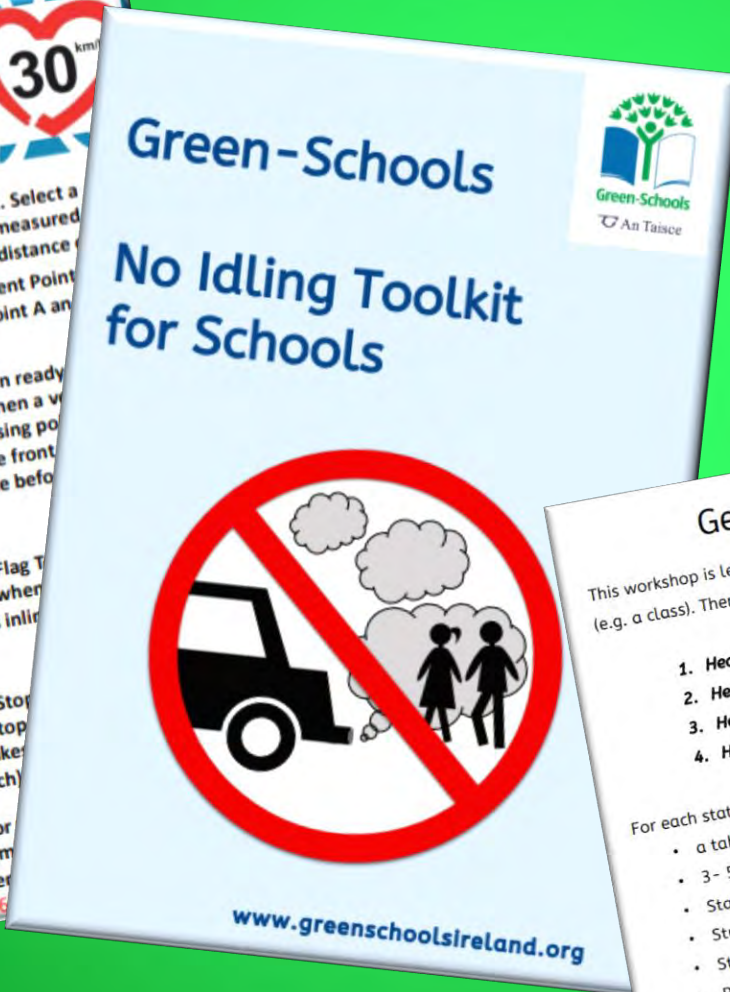
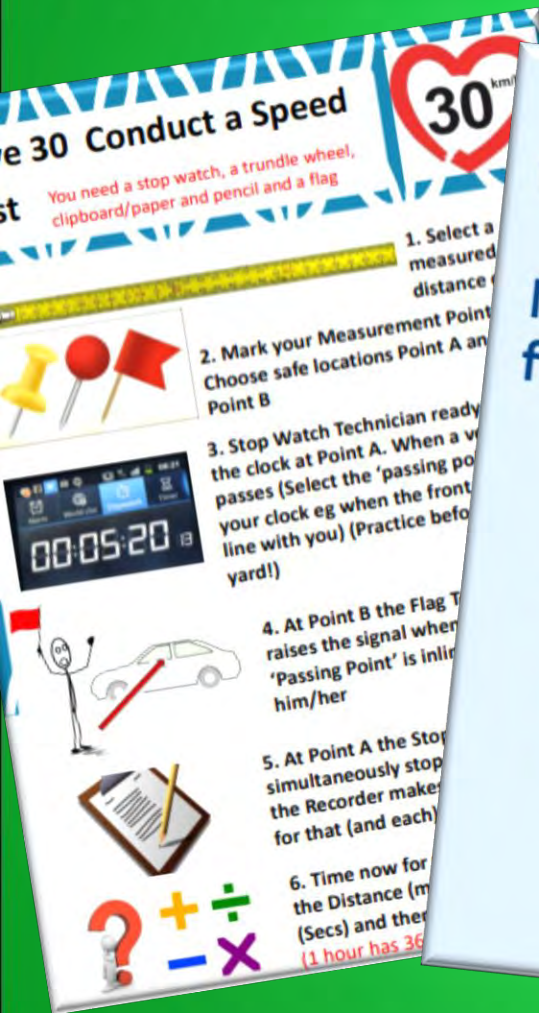
| Subject   | Environmental and travel link                                                   |
|-----------|---------------------------------------------------------------------------------|
| SESE      | Materials; waterproof, insulators<br>Caring for your locality<br>Climate change |
| Geography | Aerial photographs; draw your journey to school                                 |
| Maths     | Average number of sustainable travellers per class                              |
| History   | Changes in travel through time                                                  |
| P.E.      | Health benefits of walking and cycling                                          |

## *SEVEN STEPS - STEP 5*

### **Curriculum Links**

Integrate environmental issues and sustainable travel into the curriculum

# Curriculum Links



# Seven Steps – Step 6

## Informing and Involving



## In schools and in the wider community





## Action Day & WOW/COW Launch







## SEVEN STEPS – STEP 7

**Green Code**

Slogan Poem Song Rap

# Main Events of the Year

March



May



June





**16,500 students**

**Walked to school on National WOW (Walk on Wednesday),  
Which was held on May 15th, as part of National Walk to School Week.**

# Numbers to be confirmed!

Cycled to school on National COW (Cycle on Wednesday),  
Which was held on June 26th, as part of Bike Week 2019.

100s of schools across the country participated in bike workshops  
and cycles throughout the week.



# 1,600 students

Scooted to school on National SOW (Scoot on Wednesday),  
Which was held on March 22nd , as part of Scoot to School Week.

Micro Scooters supported the week with free scooters and accessories.





## Cycling Support

**4256** students received Cycle Right training grants  
**330** Cycle Parking spaces were installed at schools



**Annual Competition for schools:  
The BIG Travel Challenge in February**



**Funding available**

# Resources available



Stickers



Banners



Bells and helmets



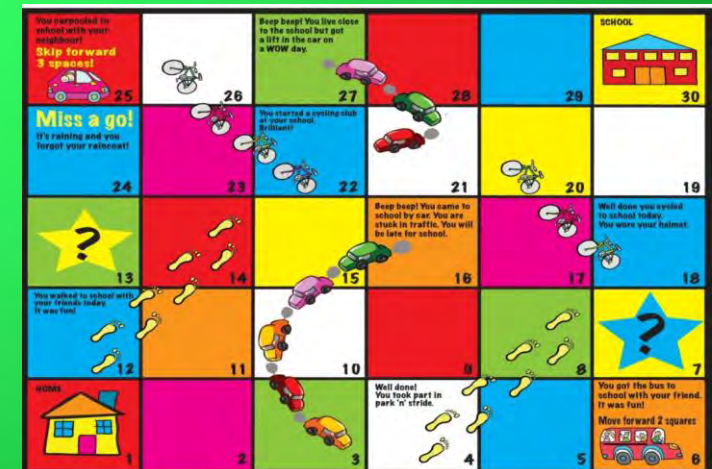
Posters



Bike lights



Pencils



Giant Floor Game

Bag Tags



Hi-vis vests



# Training for Parents & Teachers

## Get in Gear Course

2 hour course

Includes:

- Basic safety training
- Helmet & bike check
- Manoeuvres
- On road cycling



Pilot project called '*Get in Gear – Cycling in Cities*' carried out with businesses in Galway City in 2014

# Cycling Campaign

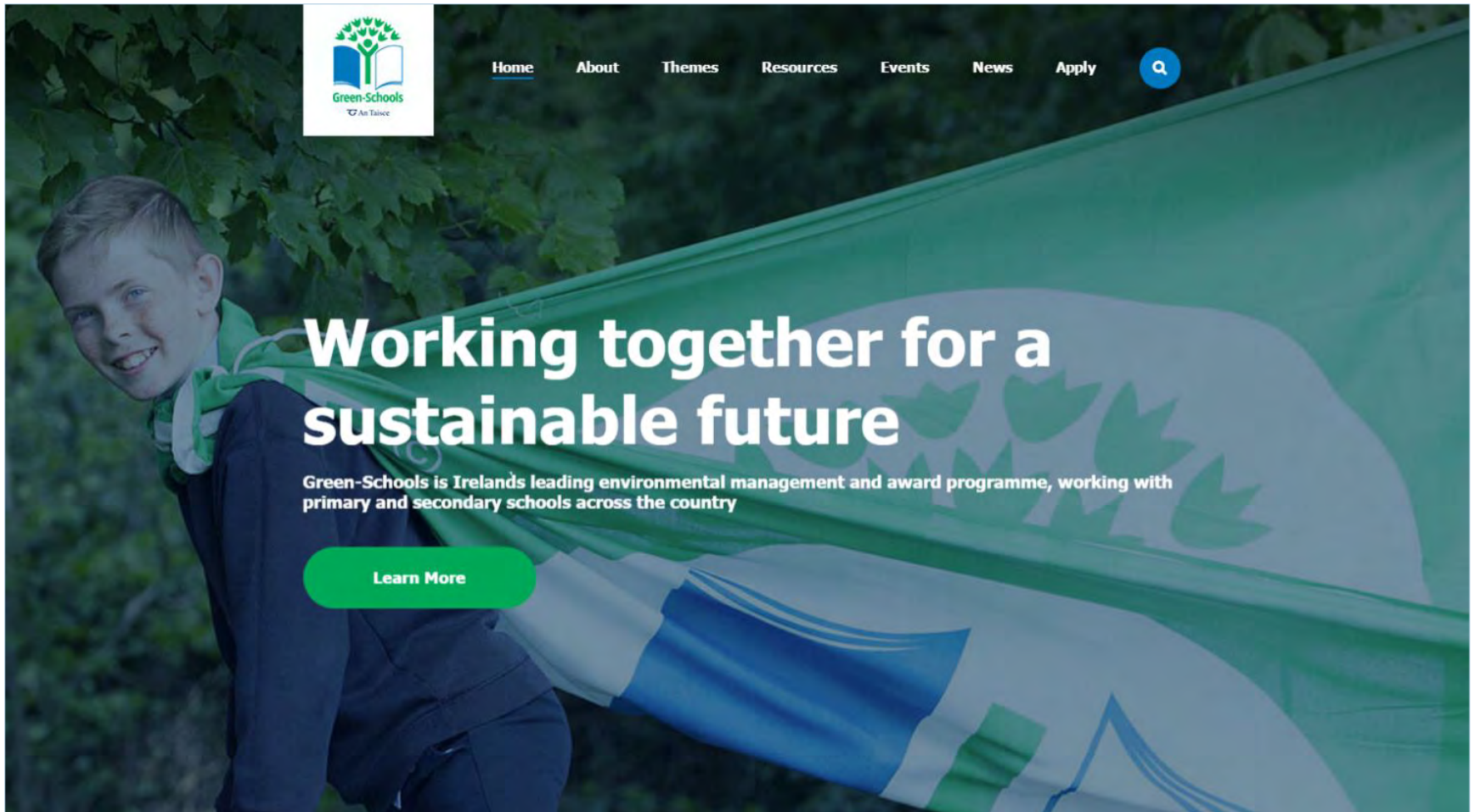
- Secondary School Cycling Campaign - #andshecycles
- Follow us on Instagram to win some prizes @greenschoolsire



# Your greatest resource...



# Green-Schools Website; Online Forms!



# Useful Links and Resources

Everyone-Can-Be-a-Goalkeeper-.pdf 1 / 9

**THE GLOBAL GOALS**  
For Sustainable Development



**WORLD'S LARGEST LESSON**

**Green-Schools**  
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Everyone Can Be A Goalkeeper

Age Group: 8-12 year olds

**WORLD'S LARGEST LESSON**

**Green-Schools**

<https://greenschoolsireland.org/resources/>  
Senior Primary Resource

# Useful Links and Resources



## *Global Citizenship Activities – Junior Primary*

1. *I am a Global Citizen*
2. *My Favourite Dinner*
3. *All Different all equal*



<https://greenschoolsireland.org/resources/>

Junior Primary Resource

# Climate Action Programme

# CLIMATE ACTION WEEK



Green-Schools  
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14<sup>th</sup> – 20<sup>th</sup>  
OCTOBER 2019

PLANNED EVENTS:

Join us for Ireland's 3rd annual Climate Action Week and kickstart your Green Flag application by hosting a Climate Action Day in your school. Whether you explore some climate data, create a novel way of communicating climate change in your local community or host a tree planting event, we want to hear from you!

Contact Climate Action Officer Gráinne at [gryan@eeu.antaisce.org](mailto:gryan@eeu.antaisce.org) or 01 400 2222.  
Visit [www.greenschoolsireland.org](http://www.greenschoolsireland.org) for Climate Action Week resources.

#ClimateActionWeek @GreenSchoolsIre

Róisín Cumarsaíde, Gníomhaíche ar son na hAiséide & Comhshaoil  
Department of Communications,  
Climate Action & Environment



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# CLIMATE ACTION

TEACHER RESOURCE



# Discussion

- Where do you think your school can make changes?
- Do you foresee any obstacles in the way of the success of the programme?
- Name one initiative that would work in your school?
- What aspect of the travel programme do you think the pupils will enjoy the most?



**Green  
Coast  
Award**



**Blue Flag Ireland**

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**Green  
Flag  
Award**



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**Green-Schools**

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**Young Reporters  
for the environment**



**Green-Campus**

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**LEARNING  
ABOUT  
FORESTS**

**Green Communities**  
Helping you enhance your local environment

 An Taisce



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# Further Information

Green-Schools Travel Team  
An Taisce Environmental Education Unit  
Unit 5a Swift's Alley  
Francis Street  
Dublin 8  
Or  
Tel: 01 400 2214

[www.greenschoolsireland.org](http://www.greenschoolsireland.org)



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