

# make your move



move more your way



Proudly developed by  
Bellbrae Primary School Council

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# Welcome to the Bellbrae Primary Make Your Move campaign.

**This campaign has been created to help build our students, parents, and the wider Bellbrae Primary School community's understanding of active travel to and from school, and how to do it safely.**

Moving more in the morning and in the afternoon is not only beneficial for our health, but movement in the outdoors has proven to significantly improve mental well-being, confidence, concentration, and motivation.

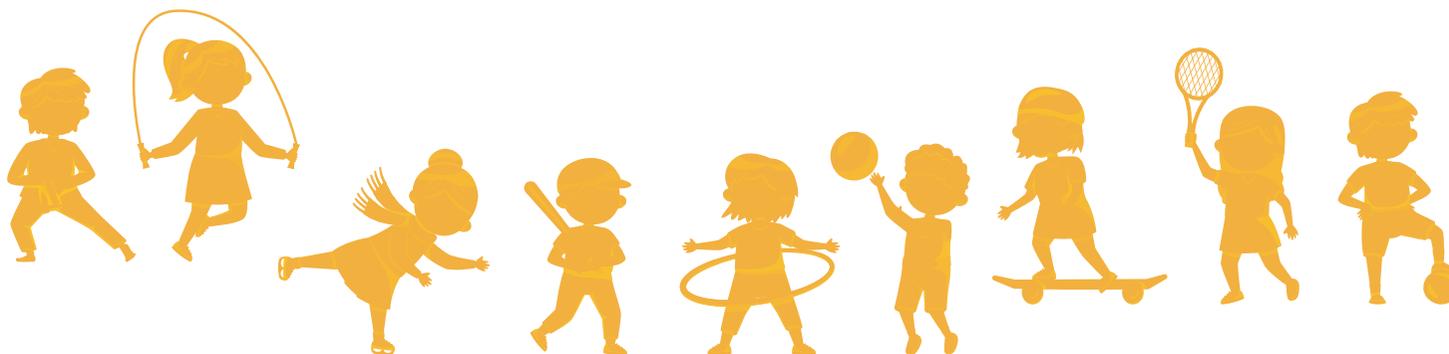
We anticipate that this campaign will help provide parents and students with age-appropriate tips, hints, local knowledge, and safety information to help adopt an active travel approach that supports the whole family, child, and stage of development.

**Active travel to school for your family may be:**

- Riding or walking to school or part the way
- Riding or walking the last 500m to school
- Riding or walking to the school bus stop

According to Vic Roads, research shows that many children under the age of 12 do not have the skills and experience to be safe in traffic. The **Make Your Move** campaign aims to provide active travel ideas and education to improve safety and confidence.

**WE HOPE YOU CAN  
ALL FIND A WAY TO  
FEEL CONFIDENT TO  
MAKE YOUR MOVE,  
TO SCHOOL.**



# why move more?

**There are many reasons to move more. Moving your body makes you healthier, happier, and ready to learn!**

## STUDENT QUIZ!

Try to list 5 reasons why you should move more...

The benefits of moving your body may include:

- Improved general health (muscles, heart, brain)
- Improved mental health and well-being
- Improved social health and connection
- Independent mobility
- Increased confidence and resilience
- Higher energy levels
- Fostering a sense of place and fun
- Improved learning outcomes and concentration in the classroom
- Improved knowledge of the road, pedestrian and cycling safety
- Fostering community and school connectedness
- Familiarity with the neighbourhood, directions, and the world around you
- Reducing road congestion and emissions
- Reducing cars and the number of people at the school drop off/pick up zone

# Make Your Move for the environment

## Another big reason to ride or walk to school is that it is much better for the environment!

- According to the Surf Coast Shire, our local transport emissions have been steadily increasing over the past ten years.
- It is expected that emissions will continue to steadily increase over the next ten years unless we do more to switch away from fossil fuel-powered vehicles.
- Riding a bike, walking, carpooling, or catching the bus are the best options for reducing our transport emissions locally.

1.

### EXAMPLE ONLY

Let us assume on average a Bellbrae PS student lives 8km away from school and travels to and from school by car.

2.

1 student  
x 5 days  
x 40 weeks  
x twice per day  
x 8km  
= **3,200km in one year.**

3.

Roughly 0.25kg of carbon dioxide per km is produced from a standard car = 0.8 tonnes of carbon emissions per student, per year.

4.

Roughly 67% of BPS students travel to school by car. This is roughly 322 students. \*Note, some will travel together in one car (carpool).

**As a guide 1 tonne of carbon emissions is around 20,000 balloons, therefore 0.8 tonnes equates to 16,000 balloons per student per year, or over 5 million balloons for the 67% that travel by car.**

Choosing to **Make Your Move** to school will not only benefit you, but the environment will thank you for it too. (Source: Surf Coast Shire).

# how can you Make Your Move to school?

Wherever you are on your walk or ride to school journey, we are right alongside you. The Bellbrae Primary **Make Your Move** campaign shares ideas, and offers support to help you find a method of travel that is safe and suits you and your family.

**1. GET STARTED**

**2. OUT THE DOOR EARLIER**

**3. HOW AND WHO WITH?**

**4. IMPROVE ACTIVE TRAVEL EDUCATION**

**5. MAKE A POSITIVE CHANGE**



# STEP

# 1

## GET STARTED

**It is not always the easiest option to actively travel to school, however, it may just well be the most beneficial.**

**Regardless of where you are on the **Make Your Move** journey, these checkpoints will help to make the trip to school safer and more enjoyable for all.**



## CHECKLIST

- What active travel method suits you and your family? Have a family discussion.
- Plan ahead and set achievable goals to get out the door earlier.
- Do you have a travel buddy? Ask a friend or a group of friends to travel with you.
- Conduct an ABC Tight Bike safety check.
- Conduct a helmet safety check.
- Ensure your clothing is safe.
- Check that your backpack is safe.
- Do you know the road rules?
- Do you know the cycling rules?
- Do you know pedestrian rules?
- Are you aware of Bellbrae Primary active travel rules?
- Do you know the recommended and safest route to school?

The **Make Your Move** booklet takes a detailed look at each checkpoint listed above, read on for more information.

# STEP

## 2

## OUT THE DOOR EARLIER

**To begin with, a family may need to make some small amendments to their morning routine, to successfully implement active travel into their tight schedule.**

It is said to take 66 days to implement a new habit, so be kind to yourself. The **Make Your Move** journey will not happen overnight, and you may stumble over hurdles and road blocks along the way.

Start off slow, this will limit overwhelm, and help you reach your goals on the **Make Your Move** journey. For instance, your child may like to ride once a week to school, or perhaps walk twice a week from Bellbrae Reserve on their own.

## SOME IDEAS TO GET YOU OUT THE DOOR EARLIER:

- ✓ Plan the night before (make lunch, fill & pack water bottles, pack satchels & backpacks, layout school uniform, locate shoes & socks).
- ✓ Coordinate a time & place to meet with a travel buddy or travel group.
- ✓ Set an alarm and wake up earlier.
- ✓ No morning distractions.
- ✓ Walk out of the house earlier in the morning.



# STEP

# 3

## HOW AND WHO WITH?

Due to limited bike tracks, pedestrian crossings, traffic marshals and footpaths, some families may feel they cannot actively travel to school safely.

It is for this reason we have suggested alternative routes to help you **Make Your Move**.

### PERHAPS YOUR CHOSEN ROUTE MAY BE:

- **Route 1:** Students walk/ride the last 500m to school independently/with a parent from the North end of School Rd. (Cunningham Drive or Seifferts Rd).
- **Route 2:** Students walk/ride that last 500m to school from the South end of School Rd (Bellbrae Reserve, Bellbrae Community Hall, Cemetery, Tennis Courts).
- **Route 3:** A student rides to school independently or with a parent along the Old Great Ocean Road Path, from the car park next to Butterfield House (3km) or from home. **Please always cross Great Ocean Road at Strathmore Drive west end where the speed limit is 40km/hr and school crossing signage is on display.**
- **Route 4:** Students walk or ride to their local bus stop, secure bikes and catch the school bus to school.

#### DO YOU HAVE A TRAVEL BUDDY?

A travel buddy is someone who will support you and help you implement your chosen active travel method. This buddy may travel with you to and from school or part the way.

A buddy may be:

Parents  
Siblings  
Friends  
Classmates  
School friends  
Older students  
Younger students  
Family members



# what can parents do?

- Support active travel by being a role model – wake up earlier, get ready earlier, and actively travel with your child.
- Always follow the speed signs and road rules, especially around schools.
- Suggest active travel routes for your child, depending on their age, capability and confidence.
- Practice as a family. Go for weekend rides and walks. Provide practical, supervised experiences and talk about rules, signs, scenarios and expectations. **Check out this link** for some tips to help your child get around on their own.
- ALWAYS stop at a school crossing to let pedestrians cross, regardless of whether a traffic marshal is on duty (i.e. the South end School Rd pedestrian crossing is not always manned).
- Run through this kit with your child and perhaps quiz them on some topics.
- If riding from home, please cross Great Ocean Road at Strathmore Drive (West end) where the speed limit is 40km and school crossing signage is on display.

# STEP

4

## SAFETY & CONFIDENCE

**Bellbrae Primary research shows that parents have a lot to do with how their child travels to and from school, with safety being the number one concern.**

### WHAT CAN WE DO TO MITIGATE THIS?

**1**

Improve parent & student knowledge of road safety, pedestrian safety, and cycling safety

**2**

Improve local knowledge of roads, paths, safest routes, and rules.

**3**

Improve knowledge of Bellbrae Primary active travel rules.



# STEP

# 5

## IMPROVE ROAD, PEDESTRIAN & CYCLING EDUCATION

Let us all try to improve our education on road, cycling & pedestrian safety - this will not only help with our journey to school, but also around the Community.



## KNOW YOUR SIGNALS AT TRAFFIC LIGHT PEDESTRIAN CROSSINGS.

**GREEN  
SIGNAL**

=

You may cross. Remember to always look left & right to ensure all cars have come to a complete stop before crossing.

**RED  
SIGNAL**

=

Do not cross.

**A  
FLASHING  
SIGNAL**

=

Do not start to cross. If you have already started to cross, complete your crossing efficiently and safely.

### REMINDER:

### STOP, LOOK, LISTEN AND CROSS

Always come to a complete stop at roads and crossings, look both ways, listen for vehicles, and ensure all vehicles have come to a complete stop before you cross. You can cross the road when it is safe to do so.

# IMPROVE EDUCATION...

## PEDESTRIAN CROSSINGS

**Bellbrae Primary students will come across pedestrian crossings that are both manned and unmanned. Here are some tips and advice to improve your safety.**

- The Bellbrae Primary pedestrian crossing directly in front of the school is manned by a traffic marshal both AM & PM.
- The School Rd crossing, South end, is often manned in the afternoon, but not always in the morning. This is something we are trying to rectify.
- Cars should give way to pedestrians at all crossings, even if they are unmanned.
- Riders & walkers should come to a complete stop at pedestrian crossings, and always ensure cars have stopped and it is safe to cross the road.
- Riders should dismount their bike and walk it across the road.
- At a crossing pedestrians & riders should stop, look, listen, and think for oncoming vehicles & hazards.

- If a school pedestrian crossing is manned, a traffic marshal will be visible, usually with hi-vis clothing, a large stop sign, and pedestrian school crossing flags will be on display.
- If the pedestrian crossing is manned the marshal will help you cross the road safely, they will ensure cars have come to a complete stop, display the traffic stop sign as they walk to the middle of the road, and let you know when it is safe to cross the road by blowing a whistle.
- Students and parents should wait at the manned pedestrian crossing until they hear the whistle, but please always make sure you have also checked that the traffic has stopped.
- Our traffic marshals are very friendly. Please say hi and thank them for helping.
- The school crossing zone at Strathmore Drive (West) is not manned, and cars are not required to stop at this zone. The crossing signage is to signify that bikes may be crossing and cars should keep an eye out for them. Bike riders can cross this zone on Great Ocean Road when it is safe to do so.

### **PARENTS REMEMBER:**

**ALWAYS** stop at pedestrian crossings and give-way to people crossing. Regardless of whether the crossing is manned or has the flags out on display.

# IMPROVE EDUCATION...

## WALKING & RIDING TIPS

- Use footpaths and dedicated bike tracks at all possible times.
- When travelling on a path or road be aware of other pedestrians, cyclists, cars, and animals/pets.
- When riding a bike, you MUST wear a helmet that is buckled up and well fitted. If you are riding without a helmet, you may get fined.
- Keep an eye on the surrounding environment such as low-hanging trees, potholes, and changes in the surface.
- Take sharp or blind corners slowly as you cannot see oncoming traffic (and vehicles cannot see you!)
- When travelling along a path or road, always ride on the far-left-hand side.
- Ride in a single file.
- Only ride side-by-side if the path is wide enough.
- Always make way for oncoming pedestrians and cyclists.
- If a road needs to be crossed, the rider should stop, dismount, and walk across the road.
- Footpaths are predominantly for pedestrians; however Primary aged children are legally allowed to cycle along footpaths (as are accompanying parents).
- Bike riders must always give way to pedestrians.
- In poor visibility, dusk, night and in the darker months of the year, a white bike light on the front and a red bike light on the back of the bike will allow other travellers to safely spot you.
- A red reflector is required to be fitted to the back of a bike.
- Ring the bike bell or call out as you approach pedestrians to notify them of your approach.
- Overtake pedestrians or other travellers on the right-hand side.
- Overtake slowly and carefully.
- Do not ride too fast or act unexpectedly. Always assume a car, pedestrian or fellow active traveller does not know what you are going to do, act predictably.
- Use hand signals to indicate if you are turning left or right while riding a bike.
- Always approach driveways with caution – look, listen and approach carefully.
- Keep an eye out at all driveways for reversing cars. If a car is exiting a driveway, cyclists and pedestrians must stop out of the way & give way.

# IMPROVE EDUCATION...

## HELMET SAFETY

According to 'Child Road Safety', research shows that wearing a bicycle helmet reduces the risk of head injury by up to 74 per cent.

- Helmets are designed to keep your head and brain safe while riding.
- You MUST always wear a helmet with the buckle securely fastened, when riding a bike.
- It is essential to source a helmet that is the right size for the rider.
- Never buy a helmet to grow into.
- Helmets must always be well-fitted and certified to meet the Australian Standard AS/NZS 2063.
- Do not wear a hat, headgear, high ponytails or hair ties/accessories under a helmet, as this may affect the helmet from fitting correctly.
- Regularly check a helmet for breaks or cracks. If you find damage to your helmet's outer shell or the internal foam, please replace it. A damaged helmet may not work effectively.

- If you know your helmet has taken an impact, please replace it. The compressed internal foam may not perform well in the next crash. Being rough with your helmet may also result in compressed foam.
- Are the helmet straps and buckle broken, worn or faded? If so, please replace the helmet.
- Once a child starts to grow out of a helmet, replace it with another in the correct size.
- Clean your helmet with water and mild soap only.

### A CORRECTLY FITTED HELMET SHOULD



#### The Three 2's Helmet Check:

- 2 fingers above the eyebrow
- 2 ear clips snug under ears
- 2 fingers under the chin strap

- ✓ Sit down firmly and comfortably flat on your head without moving from side to side or tilting back.
- ✓ The rim should sit about '2 finger' widths above your eyebrow.
- ✓ The straps should not be twisted and should form a V just under the ears with the '2 ear clips' snug under the ears.
- ✓ The straps should be fastened securely under the chin and not hang loose, snugly fit '2 fingers' under the strap.
- ✓ Wobble Wobble Check – place hands on top of the helmet and wobble it and shake your head. If the helmet moves out of position easily it is not correctly fitted (likely straps are loose or the helmet is too big).
- ✓ Partner check – parents and students check each other's helmets, or travel buddies check each other's helmets.

# IMPROVE EDUCATION...

## HELMET SAFETY



2 fingers  
above eyebrows



Tighten the helmet  
Snug around head



2 fingers  
snug under chin strap



2 ear straps  
in a 'V' on each side  
of the ear



incorrect  
position



incorrect  
position

# IMPROVE EDUCATION...

## ABC TIGHT, BIKE SAFETY CHECKLIST

IF A BIKE DOES NOT  
PASS THIS CHECKLIST  
IT IS NOT SAFE TO RIDE!

### A = AIR

- ✓ Is there air in the tyres?
- ✓ Are the tyres in good condition?
- ✓ Check the tyre wall for recommended pressure inflation.

### C = CHAIN

- ✓ Is the chain clean, oiled and firm?
- ✓ Does the drive train and derailleur (if applicable) spin freely?

### B = BRAKES

- ✓ Are the brakes in good working order?
- ✓ Bikes are required to have at least a working rear brake, or they are not road worthy. It is highly recommended to have both front and back brakes in good working order.

### TIGHT

- ✓ Are the handlebars tight?
- ✓ Are the handlebars straight and do they have rubber ends?
- ✓ Do the wheels and cranks move from side to side?
- ✓ Does everything stay in place with a 10cm drop test?

# IMPROVE EDUCATION...

## CLOTHING & BACKPACK SAFETY

**When riding and walking it is important to wear appropriate clothing and manage your backpack well to improve your safety. Here are some tips...**

- Wearing a helmet is compulsory when riding and scooting.
- Wear footwear that fully encloses the toes and heel for protection and grip.
- Shoelaces firmly tied up.
- No sandals or thongs.
- Avoid wearing dark clothing at night. Lighter, brighter colours help drivers and other travellers spot you.
- Reflective clothing is even more visible.

- Avoid wearing flared or loose, baggy pants when cycling, as they may get caught in the chain or under your feet.
- Cover your body with clothing for sun protection and if you come off your bike, clothes often protect your skin to some degree.
- Do not wear a hat, headgear or hair accessories under a helmet.
- When cycling, avoid long dresses, scarves, and sashes, as they can get caught in the chain and spokes.
- If it is cold, wear gloves that will not become slippery.
- If carrying your backpack on your back, try to limit the weight inside and ensure all pockets are closed and everything is tightly secured.
- If you are carrying your bag on your bike, strap it securely to your bike rack and ensure no straps are dangling.
- Never carry your backpack on your handlebars as this can make you lose your balance.



# IMPROVE EDUCATION...

## SELECTING A BIKE THAT IS RIGHT

**We have listed some points for you to consider to help you select a bike that is right for you...**

- Best physical fit - consider the frame size, the seat height, the seat positioning and the handlebars. Comfort is key.
- Select a bike that allows you to stand flat-footed while straddling the center bike frame tube/bar.
- When reaching for the handlebars, you should have a slight bend in your elbows and be able to ring the bell and reach the brakes comfortably.
- Ensure a bike has the right seat height to maximise power and maintain energy. When seated you should be able to comfortably reach the pedals in full extension with a slight knee bend.
- Gears – how many do you want/need and what type.
- What bike will complement your needs and lifestyle.

- Based on where you live and the roads you travel – i.e., Mountain Bike for dirt roads, tracks etc.
- Consider your budget.
- Based on ability and confidence.
- Select a bike that suits your body weight – not too heavy for a child.
- Consider hand-me-down or re-sale ability.
- Does it come with relevant accessories – such as a stand, bike rack, child seat, training wheels etc.

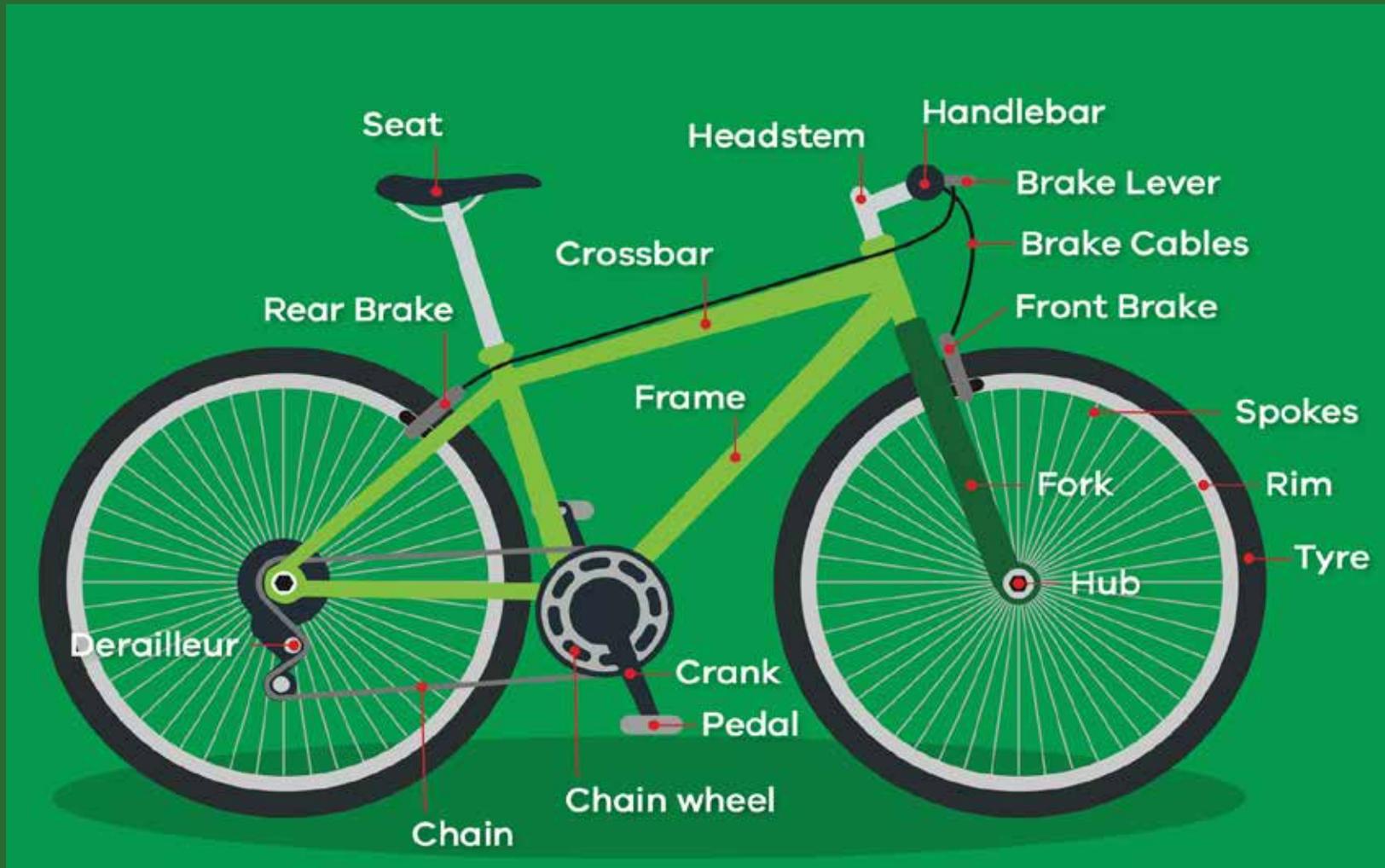
**The Surf Coast & Geelong have some great bike retailers. When purchasing a new bike, take with you a list of questions to ensure you tick off all your needs & requirements.**

### **Sustainable ideas:**

Select a bike that can be handed down to siblings or friends. A new bike may not always be the best option: search marketplaces, Anglesea tip shed, ask friends.

# IMPROVE EDUCATION...

## PARTS OF A BIKE



# IMPROVE EDUCATION...

## BELLBRAE PS TIPS, RULES AND EXPECTATIONS

1. Dismount your bike to cross School Road and the pedestrian crossings.
2. Always give way to pedestrians.
3. Do not ride down Cemetery Road. Utilize the bike track through Bellbrae Reserve, which connects to the Old Great Ocean Road path.
4. Always be aware of small children and adults who may not have seen you. Act predictably and ring bell on approach.
5. Do not ride, scoot, or mount your bike at any point along the school frontage (end of BER down to Foundation playground).
6. When arriving at school, walk your bike in front of the school and down to the bike racks.
7. Always place your bike into the bike racks with care, to ensure your bike and all other student bikes are well cared for.
8. Secure your helmet & bike to racks.
9. No riding at any time on school property.
10. Once you have safely parked your bike, please make your way to the school grounds.
11. ALWAYS wear a well fitted helmet with the buckle securely fastened when riding.
12. When riding in and around our Community, please be a friendly pedestrian/cyclist. Say excuse me, thank you when someone moves out of your way, ring your bell gently to alert people ahead, and be careful around young children.
13. Be mindful of sticking to walking and bike paths to ensure vegetation is not damaged, specially around the bush kinder site at the Bellbrae Reserve.
14. We strongly advise you to not ride behind parked cars, for instance in the tennis court car park.
15. When riding down a road, ensure you stick to the left hand side - please do not ride as a group in the middle of the road.
16. Look out for fellow pupils young and old. Help them get to school - work as a team.

# IMPROVE EDUCATION... TRAVELLING SAFELY ON THE SCHOOL BUS

If you ride or walk to and from the school bus stop, we also consider this as active travel.

Group travel on the school bus is also a lot better for our environment, as it results in fewer cars on the road.

## Tips to travel safely on the bus.

- If you ride to and from the bus stop, find somewhere close to the bus stop to chain your bike, make sure it is out of the way of pedestrians and cyclists. Don't forget to chain your helmet too.
- Pack all your items inside your backpack before you enter the bus, including your satchel. This will assist in a smooth entry, help you avoid hitting passengers, and from leaving any loose items on the bus.
- Always be seated on the bus, facing forward.
- Ring the buzzer to announce your stop (ensure you give the bus driver enough notice).
- When the bus comes to a complete stop, you can then stand and walk to the exit.
- Always look for passing pedestrians or cyclists on the footpath before you exit the bus.
- Never walk behind or in front of a parked bus. Always wait for a bus to drive away from a bus stop and for you to have clear sight lines of oncoming vehicles before you attempt to safely cross a road.
- Walk or ride home following our listed pedestrian and cycling safety tips.

# MORNING T8 & T9 BUS ROUTE

## Bus Routes

Bellbrae Primary offers 3 bus routes. The T8 & T9 which travel through Jan Juc, and also the Country Bus which collects students in Freshwater Creek, Grossmans Ridge, Bellbrae & Bells Beach

This map highlights the T8 (Red) & T9 (Blue) MORNING bus route to school. The dots on each route indicate the approx location of the bus stops.

For more information on timetables & Country Bus, visit BPS website, click [HERE](#).

## KEY

-  T8 Bus Route (AM)
-  T9 Bus Route (AM)



Off to School

T8 AM starts end of Strathmore Drive 8.30am

T9 AM starts on Sunset Strip 8.25am

**Reminder:**  
Students to have a MYKI & a bus tag on their bag when travelling by bus.

# AFTERNOON T8 & T9 BUS ROUTE

## Bus Routes

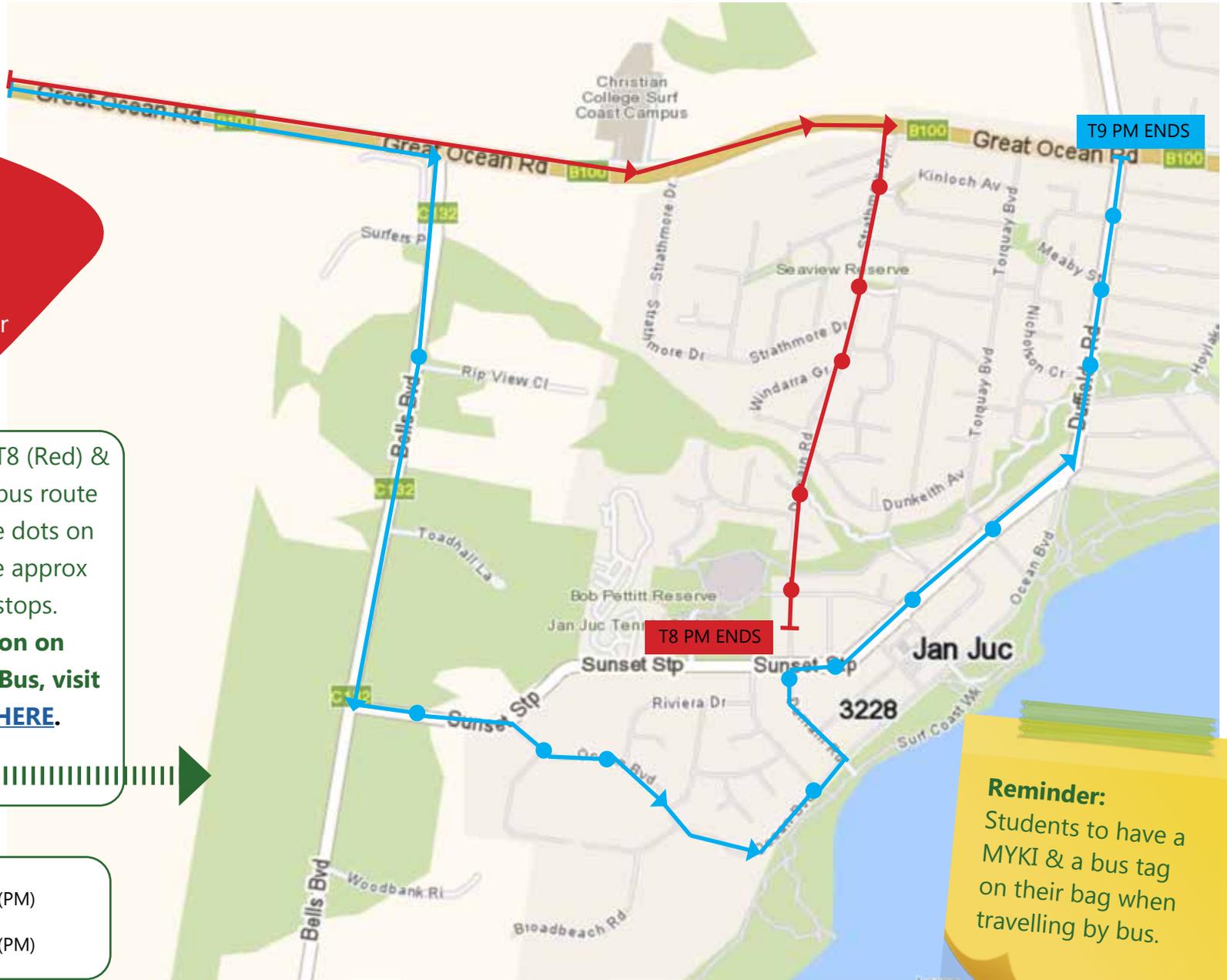
Bellbrae Primary offers 3 bus routes. The T8 & T9 which travel through Jan Juc, and also the Country Bus which collects students in Freshwater Creek, Grossmans Ridge, Bellbrae & Bells Beach

This map highlights the T8 (Red) & T9 (Blue) AFTERNOON bus route home from school. The dots on each route indicate the approx location of the bus stops.

**For more information on timetables & Country Bus, visit BPS website, click [HERE](#).**

## KEY

-  T8 Bus Route (PM)
-  T9 Bus Route (PM)



**Reminder:**  
Students to have a MYKI & a bus tag on their bag when travelling by bus.

# what would you do if?

**As a family, you may like to sit down and run through possible scenarios that may present themselves on a child's journey to and from school, and around the Surf Coast. This type of discussion may improve a child's confidence and further understanding of safety.**

## **1. You or your travel buddy are injured on your way to school?**

**Suggestions:** ride/walk to the nearest safe road and flag down a driver; ride back to Butterfield House and notify a staff member; ride to BPS and notify the office.

## **2. You come across a snake on your travels?**

**Suggestions:** If safe to do so, travel past the snake (wide berth) and do not approach it, if you cannot get past then return the way you came from and notify a staff member at BPS or Butterfield House.

## **3. A snake bites you or your travel buddy?**

**Suggestions:** move away from the snake to a safe location, do not run or exert energy (this causes venom to travel through your bloodstream faster), sit still & keep calm, travel buddy to flag down a car as soon as possible, ask the driver to call an ambulance and parents, firmly bandage over the snake bite (within minutes) with bandage or clothing as well as above the bite and down the remainder of the limb and do not wash or tip water over bite (residue snake venom will be used by doctors to work out what snake bit you and administer the correct anti-venom), go to hospital urgently.

## **4. Your bike breaks on your journey?**

**Suggestions:** ride/walk to the nearest safe road and flag down a driver; ride/walk back to Butterfield House and notify a staff member; ride/walk to BPS and notify the office.

## **5. You get lost?**

**Suggestions:** ride/walk to the nearest safe road and flag down a driver, stay on the path (do not walk through the bush); stay where you are (someone will come to look for you).

## **6. A stranger wants to stop and talk to you?**

**Suggestions:** we always recommend not talking to strangers; continue on your journey; if you are in an area where there are not many pedestrians, move to a busier route.

## **7. Your parent/guardian has not arrived to collect you from your arranged pick-up location?**

**Suggestions:** wait for your parent for a further 10mins; return to BPS and notify the office.

# what's in the pipeline?

**Bellbrae Primary School and School Council have been supporting projects to improve the active travel routes and safety measures in and around the Surf Coast.**

## **Examples of these include:**

1. Planting greenery along Old Great Ocean Road path from Cemetery Road through to Duffields Road.
2. Advocating for a traffic marshal AM & PM at South end School Rd crossing.
3. Advocating for the Shire and Roads Safety to assist with ensuring our street car-parking and drop off/pick up zones remain effective and safe for our growing community.
4. Assisting with the concept of directional, informative and way-finding signage for travellers along the path from Butterfield House to Bellbrae Primary.
5. In time, we hope to source community feedback and suggestions on an appropriate name for the Old Great Ocean Road path.
6. Small areas of asphalt along the Old Great Ocean Road path have been fixed due to damage caused by the Barwon Water upgrades.
7. In 2023, Surf Coast Shire have a budget to upgrade the path between Butterfield House and the Bellbrae Reserve. The plan is to attend to the quality of the path surface, the width of the path, drainage, traffic signage, directional signage, crossovers, connecting the path to bus stops, and possibly seating and traffic bollards. (Stage 1) The design concept for this upgrade we believe is being released Feb 2023, and will be implemented by June 2023.
8. In the 2024/2025 budget, the Surf Coast Shire plan to redevelop the Old Great Ocean Road path from Strathmore Drive to Duffields Road (stage 2).
9. BPS landscape master-plan to consider more areas for students to safely wait for pick up.
10. Advocate for landscape along Old Great Ocean Road path to be regularly maintained and align with student use.

## **In time, we hope to support the following projects:**

1. Install a pedestrian crossing at Strathmore Drive over Great Ocean Road.
2. Traffic light pedestrian crossing installation on the North side of Great Ocean Road, crossing Duffields Road.
3. Install more bike racks at bus stops around Jan Juc.
4. Pedestrian crossing at Cunningham Drive over School Road, Bellbrae (based on parent feedback).
5. Implement a Bike Ed program for the younger students at Bellbrae Primary.

# FAQ

## **1. Is faster to ride down Cemetery Rd rather than going through Bellbrae Reserve?**

It is not faster to travel down Cemetery Rd. We strongly recommend and prefer students to ride through the Bellbrae Reserve track, it is a similar distance and it is **MUCH** safer.

## **2. When driving, do I need to stop at unmanned pedestrian crossings?**

Yes! You must give way to pedestrians at unmanned pedestrian crossings. And as a pedestrian, you must always be vigilant that some drivers may not always do this. Make sure all cars come to a complete stop before crossing.

## **3. How far is it from Butterfield House to Bellbrae Primary School?**

Butterfield House is approximately 3km from Bellbrae Primary School. This is a good distance for children to ride if they feel confident and capable.

## **4. What do I do with my backpack?**

You can carry your backpack on your back, strap it to a bike rack, or ask your parent to meet up with you closer to school to drop it off.

## **5. What time should I start riding, to be at school by 8.45am?**

We suggest you leave Butterfield House (as an example) by approximately 8.20am, to arrive at school by 8.45am. This will provide you with enough time to park your bike and make your way to class.

## **6. Do I need to walk my bike across roads?**

Yes, you should dismount and walk your bike across all roads and crossings.

## **7. Where do I park my bike at school?**

Bike racks are alongside the storage container in the Northern car park. All students will need to walk their bike from the beginning of the car park and stay on the left hand side until they pass through the gate at the green shed.

## **8. Will my bike be safe at school?**

Yes, your bike should be safe at school but it is stored at your own risk. We recommend that all bikes & helmets to be securely locked to the bike racks.

## **9. Am I allowed to ride near school?**

We would like all students to dismount and walk bikes along the front of the school and on school grounds. You can ride carefully in all other areas.

# FAQ

## 10. Who can catch the bus?

All Bellbrae students are encouraged to catch the bus if they live close to a bus stop, can ride or walk to the bus stop, can be dropped by a parent at the bus stop etc. This travel method will help improve a students independent mobility, confidence and is much better for the environment.

## 11. What do I need to catch the bus?

Students should be carrying a topped up MYKI card with them at all times when catching the bus. Students can have a bus tag/travel ID attached to their backpack to aid in a smooth school bus management system. See this [link](#) for more information. We advise that parents write in their child`s diary if they are catching the bus home, that way teachers can assist with the process.

## 12. What are the Country Bus stops?

To see a list of the Country Bus stops, please go to the Bellbrae Primary website [here](#).

## 13. How do I catch the Country Bus?

Please call or visit the Bellbrae Primary staff in the office for more information.

## 14. How can I help?

Bellbrae Primary are trying to develop and Active Travel parent group to help drive and grow our active travellers now and into the future. If you are interested in adding value, please contact the Bellbrae Primary office.



# Final Tips & Helpful Links

## Tips:

- Always be vigilant and aware of cars entering and exiting driveways along the Great Ocean Road Path.
- A child's peripheral vision is not fully developed until about the age of 10, so it is important for children to turn their heads left and right when checking for traffic.
- Students should always assume that a driver has not seen them. Students should not cross a road until a car has come to a complete stop, even at a crossing with a traffic marshal. Try to get eye contact with driver.
- Never cross a road at a bend or blind corner.
- Cemetery Road intersection can creep up on riders and walkers. Always stop and carefully cross when it is safe to do so.

## Videos:

[How to be a safe rider](#)

[Hazard Examples - footpath](#)

[Hazard Examples - road](#)

## Bike Safety & Laws:

<https://www.legalaid.vic.gov.au/bike-law>

<https://www.vicroads.vic.gov.au/safety-and-road-rules/road-rules/a-to-z-of-road-rules/bicycles>

<https://www.racv.com.au/on-the-road/driving-maintenance/road-safety/road-rules/bicycle-riders.html>

<https://www.bicyclenetwork.com.au/tips-resources/bike-maintenance/bike-preparation/>

## Pedestrian & Cyclists

<https://www.police.vic.gov.au/pedestrians-and-cyclists>

## Helmets:

<https://www.vicroads.vic.gov.au/safety-and-road-rules/road-safety-education/helmet-tips-for-parents-and-carers>

<https://www.vicroads.vic.gov.au/safety-and-road-rules/cyclist-safety/wearing-a-bicycle-helmet>



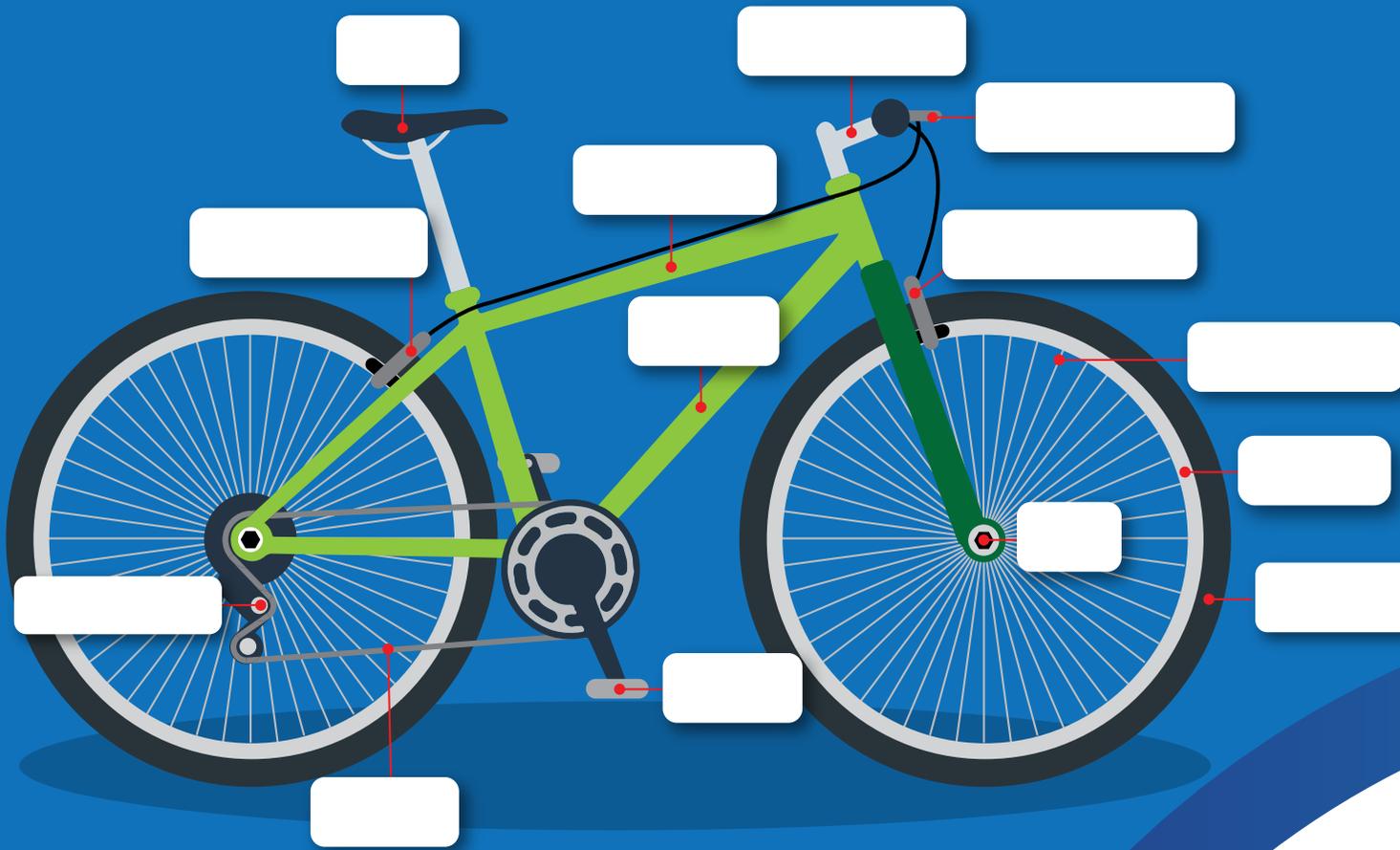
# Make Your Move

# Activities for Students

Thanks to the Vic Roads online Bike Ed School Program resources, we have included a variety of activities that our Bellbrae Students may like to complete throughout the year.

# Parts of the bike worksheet

## Bike parts:



Handlebar

Seat

Brake Lever

Crossbar

Front Brake

Rear Brake

Frame

Rim

Spokes

Tyre

Derailleur

Pedal

Chain

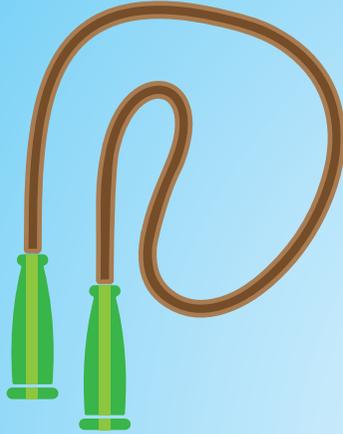
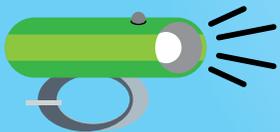
Hub

Use **Scissors** to cut out the names of the bike parts and use **Glue** to paste them in the correct spot on the bike.



# What is safe on a bike?

Student's name: \_\_\_\_\_

  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO  
YES   
NO

Place a tick (✓) in the YES box if the object helps you to be safe on a bike and in the NO box if it does not. If it makes you safe draw an arrow to where this object goes on the rider or bike.

# Signs and signals you see on roads

Name



**Please write the answers to the questions on the dotted line.**

1. Which side of the road do cars and bike travel on?

2. Which side of the footpath (or bike path) should you ride on?

3. What is the best way to protect your head when riding a bike?

4. If a bike rider and a pedestrian (person walking) are about to get too close to each other, who should stop and give way?

5. When I see a traffic light or a pedestrian light, which colour means that I must stop?

# Road rules and signs worksheets

Name



## Connect the road signs to their name and what they mean

- |                            |   |   |
|----------------------------|---|---|
| Kangaroo warning sign •    |    | • Everyone must stop here until the light turns green       |
| Stop sign •                |    | • You are not allowed to turn right here                    |
| Red light •                |    | • This is a place near a school where people cross the road |
| Turn warning sign •        |    | • Look out, there's a train crossing coming up              |
| No entry sign •            |    | • People walking must stop here until the light turns green |
| School crossing sign •     |    | • Look out, there are kangaroos around                      |
| Red pedestrian light •     |   | • This is a place where people cross the road               |
| No right turn sign •       |  | • You must stop at the line until it's safe to go           |
| Roundabout warning sign •  |  | • You are not allowed to go down this road/path             |
| Give way sign •            |  | • Bike riders must stop here until the light turns green    |
| Railway crossing sign •    |  | • Look out, the road/path turns right soon                  |
| Red bicycle light •        |  | • Slow down at the line and stop until it's safe to go      |
| Pedestrian crossing sign • |  | • Look out, there is a roundabout coming up soon            |

# thank you

**WE HOPE YOU CAN  
ALL FIND A WAY TO  
FEEL CONFIDENT TO  
MAKE YOUR MOVE,  
TO SCHOOL.**



**[WWW.BELLBRAEPS.VIC.EDU.AU](http://WWW.BELLBRAEPS.VIC.EDU.AU)**