



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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15th November 2024

"Extraordinary things are always hiding in places people never think to look."

Dear Parents/Carers,

As you will already be aware, today is Children in Need and we have had a 'spotty' non-uniform day to support this event! Thank you to everyone who has donated! If anyone still wishes to donate, there is a box outside the school office.

We were honoured to receive a visit from the real Pudsey Bear yesterday, organised by and recorded for BBC Radio Derby! He asked us to sing along to this year's official Children in Need song 'I'll Stand by You' and do the 'Cha, Cha Slide' on the playground! The children (and staff) LOVED it, it was great fun!



On Monday, we held a one-minute silence to mark the end of the First World War in 1918, which was a very poignant moment as we took time to remember all those who have lost their lives in conflict. On Tuesday, Odd Socks Day marked the beginning of Anti-Bullying Week alongside an assembly on kindness led by Sam Lewis from the Mental Health Support Team. The theme this year has been 'Choose Respect' and our school has been promoting this message in abundance through our curriculum. You can read more about what has been going on in classes in this week's 'Shobnall Showcase'. Thank you to all the children and staff for supporting this event! What a great week we have had!

We hope that you have a great weekend and, as always, we look forward to seeing you again on Monday! Enjoy!

Reception Application Process

The application process for a reception place for September 2025 will open on 1 November 2024. The easiest way for parents to apply is online. Further information can be found on [Staffordshire County Council Website](#). The closing date is 15 January 2025.

The school office has a letter informing parents about the process, which we are happy to distribute to prospective families. If you would like a copy of this, please contact us.



Nursery Places Still Available!

Please note that there are still a few places left in our nursery, so enquire if you or someone else you know within the community, would like a place in our outstanding school. Further information can be found on our school website [Admissions](#) page on how to apply for a place and we look forward to receiving your application.

Shobnall PFA Christmas Market – Friday 6 December 2024, 3.30pm – 5.30pm

The PFA met this week to discuss the organisation of this year's Christmas Market. Please note that this event will start at 3.30pm and will finish at 5.30pm. A separate letter is due to be issued outlining the plans and requests in more detail. As a reminder:



- ▲ The PFA will be running a 'street food' stall at the Christmas Market. If you are able to donate any cakes or Asian food, the PFA would be very grateful if this could be labelled with ingredients to support those with allergies. Also, if possible, please could you indicate if it is suitable for vegetarians or not?

They ask that these are donated on the morning of the Market, so that all food products are as fresh as possible and will ensure that any containers are returned to you the following week via your child. Also, you are more than welcome to bring your own containers along to the event should you wish to have a 'takeaway' option!

- ▲ If you have any unwanted items for the bric-a-brac stall (i.e., toys, books, games etc.) that are in good condition, the PFA are happy to accept these donations in school from now. The PFA are also looking for any second-hand Christmas-themed items, such as decorations, to sell alongside as well.
- ▲ On the day itself, the children (and staff) are allowed to come to school in non-uniform! Christmas jumpers are permitted! The charge for this is for pupils in EYFS and Key Stage 1 to bring in a chocolate item (value of at least 50p) and pupils in Key Stage 2 to bring a bottle!
- ▲ Santa has confirmed his attendance! Tickets are available from Monday 2 December to Friday 6 December inclusive in front of the entrance to the key stage 2 playground before and after school, priced at £3.00. Included with the price this year is a selection box and you are more than welcome to take your own photos of your child/ren with Santa.
- ▲ If anyone would, or knows of anyone who would, like to hire a table at a charge of £10 for their own stall, please let the school office know and we can pass on details to the PFA.

If anyone is able to or has any links with local businesses who may be able to donate a raffle prize, please let the school office know and we can pass on details to the PFA.

Christingle!

Tuesday 26 November 2024 will be our annual Christingle assembly day. If you would like to send your child with a Christingle orange (please see instructions below), please ensure that it arrives in school on the Tuesday morning.

Please note that due to allergies, instead of using nuts to decorate the cocktail sticks, may we please ask that parents use alternatives such as sweets and dried fruit.

Many thanks for your support!

Making a Christingle

Equipment:

- Orange
- Four cocktail sticks
- Sweets
- Candle
- Red ribbon



Instructions:

1. Tie your red ribbon in a bow around the centre of the orange.
2. Place some sweets on your cocktail sticks.
3. Insert your cocktail sticks evenly around the centre of your orange.
4. Place your candle in the hole that your teacher has made at the top of the orange.

Navigating Social Media with A Child - A Free Webinar From Tectimeout



The issues surrounding technology don't end in the workplace. Tech is having a big impact on our families too, especially when it comes to social media usage.

Tectimeout is partnered with [Positive Social](#) to provide parents and carers with a free webinar on **26th November** so you can learn how to help your child make positive, informed choices on social media.

If your child is already on social media – or will be soon – this session is for you.

The webinar will show you how to foster an environment where your child feels comfortable sharing their social media experiences. There will be practical technology tips to help manage and support safe social media use and set boundaries that actually work. And they'll share insights from research and science on social media's impact.

They are running **two** webinars on **26th November** at **12.45pm** and **8pm**. They will be 45 minutes long.

Find out more and book your ticket [here](#).

Try an Air Fryer

If you want to cut down on your energy usage, consider getting an air fryer for cooking meals. Air fryers use a lot less energy than a big oven to run and is a lot quicker. As well as cutting down your energy consumption, you could also save money on your gas and electricity bills. Need some inspiration? [Check out these air fryer recipes you can try.](#)



FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.

Online Safety Tips

Figures from Cycling UK tell us that only 2.2% of UK schoolchildren currently cycle to school despite the majority owning a bike. Encouraging young people to get into this hobby can be a great way to keep them active and cut down on their screen time – while potentially providing them with a healthy and convenient way of travelling to and from school or getting around in general.

Of course, it's imperative that children and young people know how to keep themselves safe while riding from A to B, if we want to avoid the risk of injury or other unpleasant experiences that could discourage them from continuing with the hobby.

This free guide, ready for Road Safety week, starting on 17 November provides you with expert advice on teaching cycle safety to children and young people.



Shobnall Stars – After School Club Closure, Monday 18 November 2024



It is with regret that **After School Club** will not be open on **Monday 18 November 2024**. This is due to staff having to attend essential training that cannot be rescheduled. We apologise for any inconvenience this may cause but the rest of the sessions run as normal.

Reading Corner

This week's recommended read is for children aged 11+...

The Bletchley Riddle

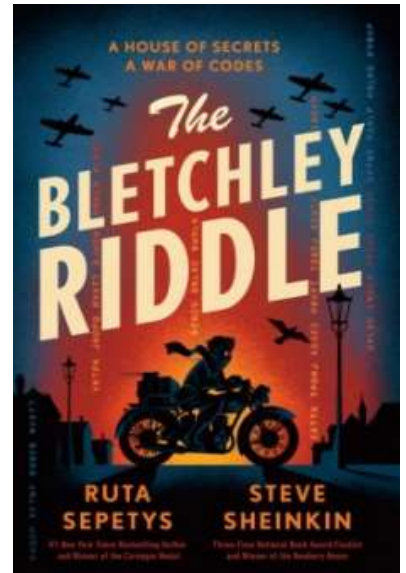
Written by Ruta Sepetys

A thrilling middle grade historical adventure from bestselling authors Ruta Sepetys and Steve Sheinkin.

Remember, you are bound by the official secrets act...

It is the summer of 1940. The world is at war. These days, you don't know who you can trust or who might be a secret spy...

Maths whizz Jakob Novis has been recruited to the secret codebreaking centre at Bletchley Park. As Jakob works to crack the Nazi's Enigma cipher, his younger sister Lizzie is busy on an undercover mission of her own: to find their mother.



Filled with codes to decipher and mysteries to unravel, this is the unputdownable historical adventure that will have you on the edge of your seats.

Hot Lunch Options 18.11.24 – 22.11.24

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Italian pasta bolognese	Roast turkey with potato of the day & gravy	Chicken goujons With sweet pepper sauce and rice	Crispy battered fish & chunky chips
Vegetarian Main dish	Vegetarian burger with chunky chips	Vegetarian Pasta bolognaise	Quorn™ fillet with roast potatoes & gravy	Vegan goujons With sweet pepper sauce and rice.	Cheese & bean bake with chunky chips
Accompaniments	Peas & baked beans Salad bar	Peas & sweetcorn Salad bar	Broccoli & cauliflower Salad bar	Sweetcorn & carrots Salad bar	Peas & baked beans Salad bar
Desserts	5 Fresh fruit & whip	Lemon biscuit	Chocolate sponge	5 Fruit sponge & custard	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

KEEP FIT AND ACTIVE

KEY

- 1 OF YOUR 5 A DAY
- MEAT FREE MONDAY
- CHEF'S CHOICE
- PLANT-BASED (VEGAN)

A WORLD OF FOOD FUN WITH FOOD

'Whispered and Intentional'
 All of our food is thoughtfully handcrafted and prepared on-site daily. We have no 3rd party suppliers. It's all in house. We're also proud of our strong local sourcing plan to using the restaurant. Our secret is we use for multi-purpose production to use our resources the above plates are completely free from any pork ingredients or traces of these.

Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

Children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.



When reporting an absence, please could we ask that parents contact the school office **before 9.30am** and state clearly reasons for absence.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support.

This week's Attendance Champions are **Year 3!** Well done! Here are the latest figures...

Reception	96.7%	Target
Year 1	93.3%	97%
Year 2	96.7%	
Year 3	100%	
Year 4	99.2%	Overall (to date)
Year 5	96.5%	96%
Year 6	95.3%	
Overall	96.7%	

Head Teacher's Awards

Reception	Kiara T	Simeon B
Year 1	Millie G	Fatima A
Year 2	Aminah K	Arthur H
Year 3	Ayesha N	Theodosia D
Year 4	Angus B	Isaac P
Year 5	Sughra F	Kristers K
Year 6	Rhema B	Dexter K

Lunchtime Star Awards

Reception	Gianna R
Year 1	Harriet O
Year 2	Sabiha N
Year 3	Zayn C
Year 4	Lily B
Year 5	Hadi K
Year 6	Alfie P

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 15.11.24)	54	78	63	83
Position	4 th – 1 point	2 nd – 3 points	3 rd – 2 points	1 st – 4 points
Running Total	4	5	3	8

SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

Our adventures in Nursery this week...

This week Elmer the elephant has supported us on our adventures. We explored colours and had fun sorting a variety of colourful objects. Then we used the different colours to create patterns and design our own Elmer characters.

As part of Anti-Bullying Week, we created representations of ourselves using socks. We had fun using a variety of resources to add different features to creations.

There were lots of wows when Pudsey Bear popped in to say hello! We then continued the Children in Need theme by taking part in various themed activities.

Reception

Our adventures in Reception this week...

This week we have enjoyed taking part in lots of activities to celebrate Anti-Bullying Week.

We explored the meaning of this year's theme, 'Choose Respect,' and thought carefully about how we could recognise this and show this to others.

It was very exciting on Tuesday as our classroom was filled with odd socks! We had fun sharing and comparing the different designs and patterns. We thought it was very exciting that we all had lots of different socks instead of everyone wearing the same design- that would be so boring!

To celebrate some of our differences we created representations of ourselves by making sock puppets. We had fun sharing them and pointing out the different features and resources used.

One of the stories we shared was, 'How to be a Lion,' by Ed Vere. The story was great and led to lots of discussion.

After the story we created lion masks with colourful manes and re-enacted the story.

At the end of the week, we were treated to a surprise visit from a special guest visitor...Pudsey Bear! There were lots of smiley faces and laughs as we sang and danced in aid of Children in Need.



Year 1

Year 1 have had an amazing week this week with lots of different events happening. We began our week learning all about 'The Battle of Hastings' and its significance with regards to British history. The children were able to use the Norman or Anglo-Saxon shields, that they had created for homework, during our re-enactment. The children thoroughly enjoyed acting out the battle and seeing Mr Barke in his re-enactment clothing. As part of Anti-bullying day, we learned all about respect and the difference between bullying and being unkind. We also created our sock decorations ready to be displayed in our entrance hall. I was so impressed with how realistic the children made them. In English, we shared facts and pictures all about our life so far as part of our 'hook' lesson for our new unit of writing. The children are excited to learn how to write a recount based

on their life. In maths, we have been learning all about subtraction and how many we have left in our number sentences. We have been using the part-whole model, tens frame and number line to help us solve our number sentences. Well done Year 1 for a super week!

Year 2

It's been another busy week in Year 2, with lots of exciting activities and learning! We've been taking part in **Anti-Bullying Week**, and the children really enjoyed our special lesson about bullying. We talked about how to be kind to one another and how important it is to celebrate our differences. On **Odd Socks Day**, everyone had fun wearing their brightest, most colourful socks to show that it's good to be unique!

In **English**, we've been exploring the magical world of **portal stories**, where the children have been using their imaginations to come up with their own adventures. It's been fantastic to see the creative ideas they're developing, and we can't wait to read the finished stories soon!

In **Art**, we've started working with **clay**, practising how to make different marks and textures. The children are looking forward to using these skills to create their own **clay houses** in the next few weeks.

In **Design and Technology**, we've been learning about the parts that make a **Ferris wheel** work, like the **axle** and **frame**. The children are excited to soon start building their own mini Ferris wheels and put all their learning into action!

As part of Anti-Bullying Week, we're also designing our own **sock** to represent ourselves. The children are getting creative and making their socks look just like them—how fun!

We're so proud of all the hard work and enthusiasm the children have shown this week. Keep it up, Year 2!

Year 3

This week, Year 3 have been exploring exciting topics across their subjects! In English, the children have been diving into the world of idioms and expanded noun phrases, enriching their language skills while writing about their favourite sports. In Maths, they have been working hard to find complements to 100 and have been honing their estimation skills. Science lessons have been all about nutrition, where the children learned to evaluate the nutritional value of different foods and suggested healthier alternatives. In DT, the focus has been on information design, with students sketching their initial ideas for an electronic poster about the Stone Age. It's been a week full of learning and creativity!

Year 4

Year 4 have had another fabulous week this week. In maths, the children have continued to excel with their multiplication and division unit, and this is perfect practise in preparation for the children's multiplication check at the end of the academic year. In English, the children have finished writing their diary entry as a soldier attacking the Roman army and I have been impressed with the children's persistence with this. The children also enjoyed taking part in a Science experiment to identify how different parts of the digestive system work. As part of Anti-Bullying Week, the children have decorated a sock to represent themselves to show that everyone is different!



Finally, we had our second Forest School session of the year and had another wonderful afternoon. The children had the opportunity to use the bow saw, paint their roman coins gold and build dens! Keep it up year 4!

Year 5

This week, Year 5 has been actively participating in Anti-Bullying Week, focusing on the theme of 'Choose Respect.' The students created collaborative posters that represent sections 8 and 9 of our school-wide anti-bullying charter: reporting bullying and responding promptly. These posters will be displayed around the school as a reminder of our commitment to a respectful environment. On Thursday afternoon, Year 5 also enjoyed crafting sock-puppet versions of themselves, which will contribute to a school-wide display celebrating our individuality.

In Maths, Year 5 made excellent progress with fractions, tackling challenging concepts such as converting between mixed numbers and improper fractions and ordering fractions greater than one. In English, they mastered the use of suffixes -ate, -ise, and -en, along with writing in the past perfect tense. Meanwhile, in Science, the students designed an experiment to explore whether a solute can be separated from a solution through evaporation.

Year 6

This week in Year 6 we have had a great week celebrating Anti Bullying Week and the theme 'choose respect'. We started the week with the BBC live lesson on anti bullying where we looked at positive strategies we could do to resolve conflict. We then created a class poster for this with tips to help us and put this in our wellbeing area within the class room. We also created our own acrostic poem for the word respect and what it means to us as a Year 6 team. We also have created posters about our Shobnall anti bullying principles and cannot wait to see our work display in the entrance area of our school. This will help us to remember our commitment to the charter. We finished the week decorating our own socks to look like ourselves as a way of showcasing our differences. We have also been really busy with our maths learning where we have looked at adding and subtracting mixed numbers as well as being busy in all areas of our other learning across the curriculum. A really creative and productive week. Well done Year 6!

Diary Dates 2024-2025

Event	Date/Time
Year 5 Whitemoor Lakes	Wednesday 27 th November to Friday 29 th November 2024
Year 6 Class Assembly	Thursday 28 th November 2024, 9.00am
Whole School Trip to Pantomime – Jack and the Beanstalk, Lichfield Garrick	Thursday 5 th December 2024, 10.00am
PFA Christmas Market	Friday 6 th December 2024
School Closes for Christmas	Friday 20 th December 2024, 2.00pm
School Reopens for Pupils	Monday 6 th January 2025
Year 2 Class Assembly	Thursday 23 rd January 2025, 9.00am
Year 6 Laches Wood	Monday 27 th January to Friday 31 st January 2025
School Closes for Half-Term	Friday 14 th February 2025
INSET Day	Monday 24 th February 2025
School Reopens for Pupils	Tuesday 25 th February 2025
Young Voices 2025	Thursday 27 th February 2025
School Closes for Easter	Friday 11 th April 2025, 2.00pm
School Reopens for Pupils	Monday 28 th April 2025
May Day Bank Holiday – School Closed	Monday 5 th May 2025
Key Stage 2 SATs Week	Monday 12 th May 2025 to Friday 16 th May 2025
School Closes for Half-Term	Friday 23 rd May 2025
School Reopens for Pupils	Monday 2 nd June 2025
Reception Class Assembly	Thursday 5 th June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 th June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 th June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 rd July 2025, 9.00am
JTMAT INSET Day	Friday 4 th July 2025
School Closes for Summer	Friday 18 th July 2025, 2.00pm
INSET Day	Monday 21 st July 2025

Autumn Term Diary Dates

Event	Date/Time
Shobnall Stars After School Club CLOSED	Monday 18 th November 2024
Christingle	Tuesday 26 th November 2024
Year 5 Whitemoor Lakes	Wednesday 27 th November 2024 to Friday 29 th November 2024 inclusive
Year 6 Class Assembly	Thursday 28 th November 2024, 9.00am
EYFS Nativity	Tuesday 3 rd December 2024, 9.15am
EYFS Nativity	Wednesday 4 th December 2024, 9.15am
Whole School Trip to Pantomime – Jack and the Beanstalk, Lichfield Garrick	Thursday 5 th December 2024, 10.00am
PFA Christmas Market	Friday 6 th December 2024
KS1 Nativity	Tuesday 10 th December 2024, 9.15am AND 2.15pm
Year 3 Cosy Christmas Celebration	Thursday 12 th December 2024, 9.15am
JTMAT Christmas Concert	Tuesday 17 th December 2024
Christmas Lunch	Wednesday 18 th December 2024
School Closes for Christmas	Friday 20 th December 2024, 2.00pm
School Reopens for Pupils	Monday 6 th January 2025

Learn more about a career in teaching

Tuesday 10th December
from 1 -2 pm

Shobnall Primary School,
DE14 2BB

Visit jths.eventbrite.co.uk to reserve a spot



SCAN ME

The John Taylor SCITT

A teacher is sitting at a desk with two young children, looking at a book together.

Funding for Selected Routes

Full or Part-Time Routes

State School Experience

Train to Teach

in Local Schools

Primary (3-7) · Primary (5-11) · Secondary (11-16)

The John Taylor SCITT

jtscitt.co.uk



EMBARGO: MONDAY 11 NOVEMBER 2024

**THE BREAD AND BUTTER THING LAUNCHES FIVE AFFORDABLE
FOOD CLUBS WITH EAST STAFFORDSHIRE BOROUGH COUNCIL**

FREE first shop for all new members!*

WEDNESDAY 6 NOVEMBER 2024: Food redistribution charity, The Bread and Butter Thing (Bread and Butter) is bringing its fresh, affordable food offering East Staffordshire in partnership with East Staffordshire Borough Council. With a focus on healthy, surplus food, the first hub opens in Uttoxeter on Monday 11 November with three new hubs scheduled to open in December and January in Burton-Upon-Trent.

All new members who register in the first three months of the hub opening will receive their first Bread and Butter shop at no cost.

- **11 November 2024: Uttoxeter - Every Monday 14:00-14:30 - Uttoxeter Heath Community Centre, ST14 7DP**
- **11 December 2024: Queen Street - Every Wednesday 14:00-14:30 - Queen Street Community Centre, Burton-upon-Trent DE14 3LW**
- **16 January 2025: Burton - Every Thursday 14:00-14:30 - Burton Hub, (behind the Town Hall) 22 Rangemore Street, Burton-upon-Trent DE14 2ED**
- **21 January 2025: Waterside - Every Tuesday 14:00-14:30 - Waterside Community Centre, Burton-upon-Trent DE15 9LF**
- **One still to be announced!**



THE BEST OF BURTON

CHRISTMAS MARKET

SUNDAY 8TH DECEMBER, 12-6PM

BURTON MARKET HALL & MARKET PLACE

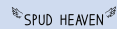
FREE TO ATTEND

BEST OF
BURTON

DISCOVER
EAST
STAFFORDSHIRE

 East
Staffordshire
Borough Council

 ABI'S
ENTERTAINMENTS

 SPUD HEAVEN



An afternoon of festive fun and entertainment for all! Enjoy delicious food, hot drinks, live music and plenty more festive cheer. With free entry, come and join in the spirit of Christmas.

FOR MORE INFORMATION VISIT WWW.BESTOFBURTON.CO.UK





10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING



Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE



Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE



Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE



It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR



Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS



For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS



When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'



Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

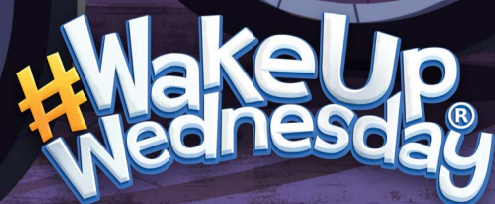
10 HAVE FUN!



Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.



The National College