



# The Wolfreton Way Newsletter

Issue 26

Over the past fortnight, as I've walked around school visiting lessons, I've been proud to see the continued focus and commitment our students are showing at this busy time of year. In our dedicated Sixth Form study rooms, the ambition and determination have been clear to see. For Year 13, most UCAS applications are now submitted - we wish them every success as they work towards their next steps. Meanwhile, with a term under their belts, Year 12 students are now turning their attention to the Sixth Form January exams too. Alongside our academic and futures focus, we've continued to strengthen every student's *Wolfreton Experience*. In this issue, you'll find details of the themes covered in PSHE lessons as part of our personal development curriculum, along with some helpful parental tips. Details about next week's events and arrangements for the final day have been shared in a letter from Miss Hull. We look forward to seeing everyone in their festive jumpers on Friday! I hope you enjoy this issue of *The Wolfreton Way*. Wishing you all a great weekend, and thank you for your continued support.



On 9 December, a group of Wolfreton students travelled to the iconic Tottenham Hotspur Stadium for a highly anticipated Champions League clash between Tottenham Hotspur and Sparta Prague—and what an unforgettable night it turned out to be!

From the moment the group stepped into the stadium, the excitement was electric. The scale, design, and sheer atmosphere of one of the world's most advanced football arenas set the tone

for an experience they'll be talking about for years. As the legendary Champions League anthem echoed around the stands and the teams emerged to a thunderous roar, the students were completely immersed in the magic of elite European football.

Throughout the full 90 minutes, the energy never dipped. Students were fully engaged—cheering every attack, debating key decisions, and admiring the incredible skill on display from both

sides. The match wasn't just a spectacle; it was a masterclass in the thrill and drama that makes Champions League nights so special.

But perhaps the true highlight of the evening was the exemplary conduct shown by every Wolfreton student. Their enthusiasm was matched by maturity and respect, representing the school with genuine pride and embodying the high standards we hold dear.

## Students Experience Champions League Magic!



# The Wolfreton Way Newsletter

## A Heartwarming Visit to Willersley House



Last week we took our choir to visit Willersley House Care Home, and what a truly special experience it was.

Our students loved performing for the residents and spent time with them afterwards, chatting and sharing stories.

It was a beautiful reminder of the power of music, connection, and community. Moments like these highlight the importance of reaching beyond our walls and building relationships that uplift everyone involved.

We are incredibly proud to be part of this community, and we look forward to more wonderful opportunities to connect, share, and make music together.

## Spreading Christmas Cheer Through Generosity



A huge thank you to our wonderful families for your incredible donations.

Thanks to your generosity, we've been able to put together **over 60 Christmas packages** for Age UK. Your kindness is helping us spread Christmas spirit throughout our community, reminding us all what it truly means to show respect and care for others.

We are also very proud of the many students and staff who gave their time to sort, pack, and prepare the gifts. Your support has made a real and meaningful difference. Thank you.



# The Wolfreton Way Newsletter



## Hull Truck Theatre Visit

**This week, forty-five students from Years 7 to 13 enjoyed an inspiring trip to Hull Truck Theatre to watch a festive and energetic performance of the musical Oliver Twist.**

The production was bursting with colour, music, and the spirit of the season, giving our students a memo-

rable live-theatre experience that brought their performing arts studies to life.

From the moment they arrived, our students represented the school with pride. Theatre staff and members of the public alike commented on their exemplary behaviour, noting how respectful, engaged, and enthusiastic they were throughout the visit. The performance not only entertained

but also sparked conversations among students about staging, characterisation, and the power of storytelling on stage. For many, it was a valuable reminder of why they are passionate about the performing arts.

We are incredibly proud of all the students who took part and look forward to more opportunities to celebrate and broaden their creative learning.



## Year 7 Christmas Tree

**It has become a much-loved Christmas tradition that each year the Year 7 team selects one student to help put up the office Christmas tree and have their initials proudly displayed among the decorations.**

This year, the team has chosen Bella recognising her outstanding demonstration of our school values: **Excellence, Endeavour and Respect**.

Well done, Bella, and thank you for helping us ring in the festive season in such a special way!

The Year 7 Team

# The Wolfreton Way Newsletter

## Christmas Card Competition



**A huge thank you to all the students who entered our Christmas Card Competition this year. We were delighted to see so many fabulous, festive designs—your creativity truly shone! Here's just a small selection of entries.**

We will be announcing the winners during assemblies

next week. As is tradition, our team will professionally produce the final card so it's ready to send out and spread some seasonal joy!

In addition, during the week beginning 15 December, representatives from Year 7 will be delivering the Christmas cards they have created to members of our local community, helping to share a little of the festive cheer we enjoy in school.

## Year 7 House Points Chart

**A huge congratulations to Lara for topping the house-points chart last week, and to Ben for claiming the highest score the week before! Fantastic work both of you!**



# The Wolfreton Way Newsletter

## Active Travel Ambassadors

Our Active Travel Ambassadors have been spreading festive cheer in the most creative way—by crafting their very own #WinterModeShiftStars poem!

Taking inspiration from *'Twas the Night Before Christmas*, they've reinvented the classic with an active-travel twist, showcasing wonderful imagination and a brilliant sense of fun. Excellent work!

As we head into the festive period, we're inviting you to join in too. Why not add your own creative spin—swap sleighs for scooters, reindeer for reflective gear, or simply share what active travel means to you this winter? Further details can be found at the end of this newsletter.

T'was some weeks before Christmas, when all through the house,  
Not a creature was stirring - except Modeshift Mouse.  
For Mouse was getting ready for a month to remember,  
They always take part in **Active Travel December!**

With a woolly scarf snug and mittens pulled tight,  
Mouse planned their adventures by day and by night.  
They started by pledging to have lots of fun  
By walking and wheeling, then tagged everyone!

A **Ticket to Ride** is the first joyful quest,  
Catch the bus, train or tram – sustainable's best!  
On the way, look for **Frosty Print Finds** on the street.  
Can you work out the creature by the marks of their feet?

Then comes winter wheeling, a frosty bike ride.  
**Cycle selfies** can capture that feeling of pride.  
To **Jingle All the Way**, with a ding and a chime,  
Their bike bell rings loudly throughout festive time.

For more joyful noise there's a **Sleigh Bell Sing-Along**  
At Christmas sing loudly – you cannot go wrong!  
To **Shine Like a Star**, Mouse always adds bling,  
Trimming their wheels with glitter and zing.

Next, **Celebrate Trees**, the lungs of the earth.  
Mouse spots evergreens and bare branches with mirth.  
"I'll seek out **Jack Frost's Trail**, his icicle powers  
"I'm hoping there'll be snow and many ice flowers."

Then an **Arctic Adventure** to try out new routes:  
A chance to **Wrap Up** and wear Wellington Boots.  
Plus look out to see who has best **Decked their Halls**,  
With tinsel and fairylights, baubles and balls.

The hedgerows are perfect and always a winner,  
For **Merry Berry Winter**, spotting birds' favourite dinner!  
A **Penguin Parade** makes a fun, friendly roam,  
Counting twinkling lights hung around every home.

When all of the plans have been ticked off the list,  
Mouse **Celebrates in Style** showing friends what they missed!  
They get on their socials and choose favourite snaps  
And tag **#WinterModeShiftSTARS** on all of the apps.

So if you see Mouse on this year's festive spree,  
Join in the fun—you'll get glee and feel free!  
For it's true, Active Travel brings cheer without measure,  
A season of movement, of health, and of pleasure!

#WinterModeShiftSTARS



# The Wolfreton Way Newsletter

## Road Safety Assembly

### Learning to Stay Safe on Our Streets

Last week, students across Years 7 to 11 took part in an important assembly delivered by Sue from the **Humber-side Fire and Road Safety Team**, focusing on how young people can stay safe as pedestrians, cyclists and passengers. The team shared real-life stories, practical tips, and reminders that the choices we make on the road can have life-changing consequences.

### Living Our School Values Through Road Safety

The assembly linked closely to our core school values:

- **Excellence** – Making excellent decisions means thinking ahead, staying alert, and choosing safety over shortcuts. Whether it's using a crossing properly or wearing a helmet, excellence shows in the small actions we take every day.
- **Endeavour** – Staying safe on the road requires effort. The team encouraged students to put in the work: planning safe routes, resisting distractions, and speaking up when something doesn't feel right. Endeavour means doing the responsible thing—even when it's not the easiest.
- **Respect** – Respecting ourselves and others includes being aware of how our actions affect everyone around us. From not distracting a driver to being considerate of other pedestrians and road users, respect helps keep our whole community safe.

### Key Messages from the Humber Road Safety Team

Students learned about:

- The dangers of distractions, especially mobile phones and headphones.
- How visibility saves lives—bright clothing, lights, and reflective accessories really matter.
- Safe cycling habits, including helmet use and checking equipment regularly.
- The importance of being a responsible passenger by not putting pressure on drivers.
- Understanding speed, stopping distances, and why roads demand our full attention.



### Top Tips for Parents

Parents and carers play a vital role in reinforcing safe habits. Here are some simple ways to help:

1. **Model safe behaviour** – Children copy what they see. Use crossings, avoid stepping into the road while on your phone, and always wear seatbelts.
2. **Talk about routes** – Help your child plan the safest journey to school, even if it isn't the quickest.
3. **Encourage visibility** – Make reflective clothing or accessories part of their routine, especially during darker months.
4. **Set clear expectations** – Discuss rules like no texting while walking near roads and the importance of taking headphones off when crossing.
5. **Check cycling equipment together** – Ensure bikes have lights, working brakes, and a properly fitted helmet.
6. **Discuss passenger safety** – Talk openly about peer pressure, and remind them that it's okay to challenge unsafe behaviour in a vehicle.

# The Wolfreton Way Newsletter

## Year 9 Rugby Team



**The Year 9 rugby team delivered a tremendous performance in Sunday's RFU Yorkshire Cup semi-final against Rodillian Academy.**

Mr Marshall reported that in an exceptionally physical encounter, our players gave everything they had.

Rodillian, however, proved slightly more clinical at decisive moments, which ultimately gave them the edge and secured their place in the final.

Despite the result, our boys can hold their heads high. They demonstrated outstanding commitment from start to finish—putting their bodies on the line for one another and for the

school, contesting every inch, and refusing to take a backward step. Their determination, teamwork and pride in wearing the school colours were evident throughout.

It may not have been the outcome we hoped for, but we could not be prouder of their effort, attitude and spirit. Well done, lads.

## Year 7/8 Netball Team



**Last Wednesday evening, our Year 7 and 8 netball teams took to the court for a series of local league fixtures against Cottingham High School.**

Miss Kitchen reported that every player performed exceptionally well, demonstrating a fantastic team spirit throughout the matches.

The Year 7s (yellow bibs) produced a brilliant display to finish as winners, while the Year 8s (purple bibs) also impressed, securing a well-earned second place.

For the vast majority of the squad, it was their first time representing Wolfreton—and they rose to the occasion superbly. Well done to everyone involved!



# The Wolfreton Way Newsletter

## Curriculum Corner

### Year 11: Supporting Preparation for the February Mock Exams

Now approaching their third window of mock exams, our Year 11 students are familiar with revision techniques and online platforms that will support them in their preparations.

For the October mock exams, we shared an overview of revision topics for each subject with both students and parents. The feedback was extremely positive, so we have once again produced a detailed guide outlining exactly what students need to revise for the upcoming February mock exams.

The February mock exam guidance can be found here: [Year 11 February 2026 Mocks - What to Revise](#)

Paper copies will also be distributed to Year 11 students through their tutor times next week.

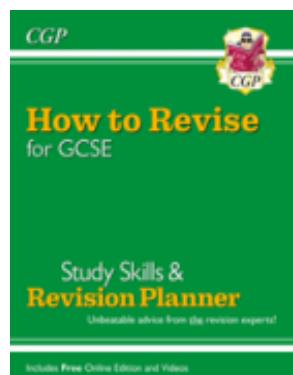
In October, Year 11 students completed their 'How to Revise' Study Skills programme during tutor time, building on sessions from Year 10. These tutorials equipped students with strategies for independent and effective revision.

To reinforce learning, each student received:

- A CGP Study Skills guide and Wolfreton resources.
- Access to digital materials, videos, and revision timetables via [www.cgpbooks.co.uk/extras](http://www.cgpbooks.co.uk/extras) using the code in their booklet.

Additional resources:

- [Y11 Study Skills Booklet 2025–26](#) for revision activities: [Y11 Study Skills Booklet](#)
- [Save My Exams](#) for notes, quizzes, and past papers <https://www.savemyexams.com/>
- [Seneca Learning](#) for key content – lots of quizzes and activities [www.senecalearning.com](http://www.senecalearning.com)



### Super Seneca Learning! Independent Study and Homework Support

A reminder that all Wolfreton students and parents now have access to a Seneca Learning account.



Year 11 students will be in a computer room for a tutor period next week for some extra guidance on using Seneca to support with their revision.

**How to Log In:** Your child simply needs to go to [www.senecalearning.com](http://www.senecalearning.com), click 'Login', then 'Continue with Microsoft'. This should link to students' Wolfreton email and password.

**Revision tip for parents!** If your child is struggling to get started with revision, direct them to Seneca for easy wins...  
"Go and do an hour on Seneca. 30 mins on one subject and 30 mins on another."  
"Go on Seneca and click one of the subjects down the side menu. Pick a topic and have a go at that"  
"Remember Seneca does the hard work for you – it gives you things to revise, you just do the questions"

#### Parent View: Get Connected

Did you know a student is 34% more likely to complete homework when a parent uses Seneca's Parent View? We are delighted that over 700 of our students now have a parent connected to their account! Please check your inbox for your invite to Seneca Learning if you still need to join.

# The Wolfreton Way Newsletter

## PSHE Autumn Term Overview

At Wolfreton, our PSHE curriculum helps students support and develop their knowledge, skills, and values needed to thrive in life. During the Autumn term, each year group has explored age-appropriate topics that supports each individual's personal development and wellbeing. Please see below an outline of the topics covered across each key stage, tips to engage further with PSHE themes with your children and examples of work produced.

### Key Stage 3

#### Year 7 – Self-Awareness & British Values

Students have learned about personal identity, self-esteem, and the importance of British Values such as respect, tolerance, and democracy.

**Tip for Parents:** Encourage conversations about what makes your child unique and discuss examples of British Values in everyday life.

#### Year 8 – Choices & Relationships

Focus on making well informed positive choices, building healthy friendships, consent, and understanding peer influence.

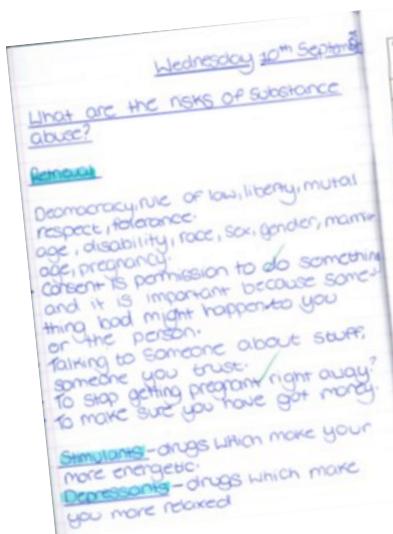
**Tip for Parents:** Ask your child about situations where they've had to make choices and talk through how to handle peer pressure positively.

#### Year 9 – Lifestyle Choices & Relationships

Exploring healthy lifestyles, mental wellbeing, and respectful relationships.

**Tip for Parents:** Support healthy routines at home – further reinforce the dangers of substance abuse and the dangers associated with alcohol, smoking/vaping and energy drinks.

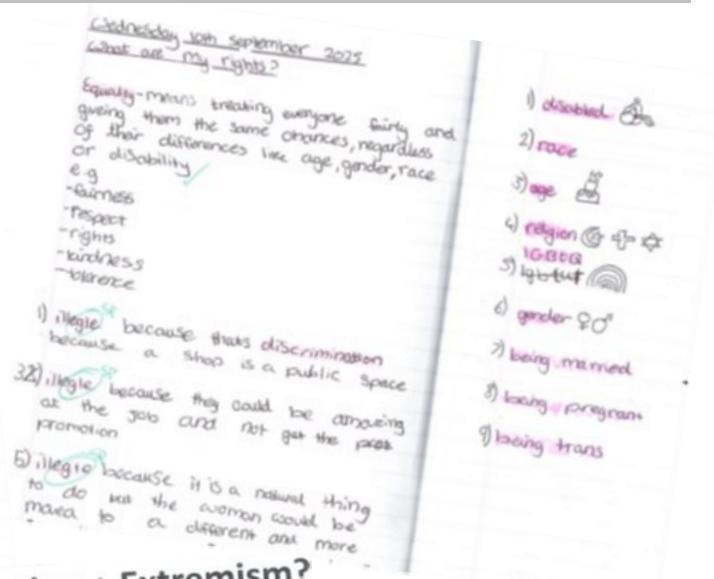
### Examples of Key Stage 3 work:



ANTIDIOTS	ANTIBIOTICS	Morphine Magic Mushrooms
Birth control	Birth control	MUSHROOMS
Ecstasy	COCAININE	Opium
Meth	DESIGN	ROCKS
Spiperone	Ecstasy	MORPHINE
Heroin	Fentanyl	HEROIN
Glucose	Glucose	Sleeping
Ecstasy	Zopiclone	Pills
Meth	Heroin	MDMA
Alcohol	Alcohol	MDMA
Amphetamine	Amphetamine	Racine
Ecstasy	Ecstasy	MDMA
Meth	Meth	MDMA
Alcohol	Ketamine	MDMA
Ecstasy	Ketamine	MDMA
Alcohol	Ecstasy	MDMA

Legend:

- dangerous
- really dangerous



### What is Radicalisation + Extremism?

Spotting people at risk of radicalisation is not easy. Below are a number of possible signs that someone could be at risk. Read them carefully and colour code each one according to the key at the side. Be prepared to discuss your ideas with the group afterwards.

Increased internet/social media usage.	Changes in appearance and dress style in a specific way.	Changes in a person's circle of friends and different in life/ associations.	Sympathising with extremist groups.	Glorifying violence or advocating extreme messages.	Increased social isolation.
Approval of the use of violence to support an idea or cause.	Racial intolerance or discriminatory behaviour towards people of different ethnicities.		Visits to extremist websites.	Playing violent games.	
Arguing with friends and family more frequently.	Developing a belief that poses with different values, religion, or principles and less than	Losing interest in hobbies or education.	A sudden interest in becoming more political or religious.	A sudden interest in becoming more political or religious.	



# The Wolfreton Way Newsletter

## Key Stage 4

### Year 10 – Diversity & Sex and Relationships

Understanding diversity in society and learning about the protected characteristics, consent and healthy relationships.

**Tip for Parents:** Talk about the importance of respecting differences and encourage your child to share what they've learned about inclusion and equality.

### Year 11 – Staying Safe & Sex and Relationships

Emphasis on personal safety online and offline, managing risks, and extending key aspects of relationships education.

**Tip for Parents:** Review online safety together—check privacy settings, discuss safe sharing, and encourage open dialogue about any concerns.

### Examples of Key Stage 4 work:

Wednesday 1st October 2025  
Who and why is the 1st population dense?

Diversity - having a variety of different people  
Diverse workplace - different ideas and happier place  
Diverse society - meet different kinds of people

Diversity - different types of people ✓  
Inclusivity - making all feel apart ✓  
Immigration - moving to a new Country ✓  
Emigration - leaving Country of origin ✓  
Asylum - Seeking Safety ✓  
Cohesion - uniting successfully ✓  
Tolerance - accepting differences ✓

1) 3 ✓  
2) 3 ✓ 4/3  
3) 3/4 ✓  
4) 5 ✓  
5) 4 X 2 = 1466

6) 4 x 1 = 1st Century  
7) 5 x 3 = 153  
8) 4 x 1 = The romans  
9) 5 - 1462 x 1 = 1780  
10) 2 - French 1st century x 3

Wor comp (1st)!

What is sexual harassment + stalking -

Stalkers:  
Flirting = chatting up a person, laughing, enjoyment, so 100% equal, wanted attention  
Harassment = Unwanted attention, constant, non-consensual, physical touch  
Stalking = following / tracking someone without their knowing/consent, personal details (physically + behind screens) social media ✓

Sexual harassment  
- unwanted attention  
- makes you feel awkward  
- feels degrading  
- feels trapped and you cannot escape  
- a power imbalance  
- feels bad and negative  
- ILLEGAL

Wanted  
- wanted attention  
- fun for both people  
- feels OK and nice  
- is non-threatening and feels equal  
- It's legal ✓

26th November 2025

9th December 2025  
What is domestic violence + abuse?

physical / verbal / inappropriate

1. unwanted sexual attention constantly ✓  
2. Sexual harassment = unwanted flirting = fun ✓  
3. one-sided ✓  
4. degraded

3. report to police / family / school or confide in an individual to gather info

Red flag =  
- The boy is trying to manipulate her, it goes from bad and gets worse  
- She uses emotional manipulation  
- She clearly says no.  
- There's a power imbalance.

Unhealthy relationship  
- controlling  
- negativity towards each other  
- poor communication  
- manipulation  
- violence

### Why PSHE Matters:

These topics help students develop resilience, respect for others, and the ability to make informed decisions. They also support our commitment to preparing young people for life beyond school.

## Sixth Form News

On Monday 1 December, we were delighted to welcome Sam, one of our valued alumni, back into Sixth Form. A former Wolfreton student, Sam is now in his fifth year studying Dentistry at Newcastle University.

He kindly returned to share his knowledge and experience with our Future Medics group, offering valuable insight into the realities of studying a medical-related degree. This session also provided an excellent opportunity for some of our Year 11 students to ask questions—both to our current Sixth Formers and to Sam about pursuing a career in medicine.

It was wonderful to see Sam again and we are very grateful for his continued support as a member of our alumni community.



## Hull Food Bank



This year, the Sixth Form is proud to support Hull Foodbank. Instead of collecting gifts from under the Christmas tree, students across both campuses have generously contributed foodbank donations to help families in need within our community.

It has been wonderful to see such compassion and kindness from our students, who have embraced the spirit of giving throughout the season.

Our Head Students will be delivering the donations next week, ensuring they reach those who need them most.



THE CONSORTIUM  
SIXTH FORM COLLEGE

WOLFRETON CAMPUS

## House Points

*All rewards earned by each House since the start of the year.*



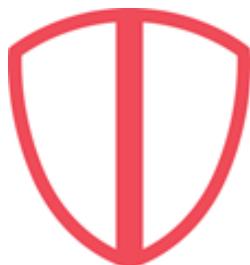
**158,419**



**172,017**



**149,942**



**163,902**



**170,870**

**Total House  
Points  
815,150**

# The Wolfreton Way Newsletter

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## Top Tips for a

# TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

### 1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on *Mayfair*, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

### 2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

### 3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

### 4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

### 5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.



### 6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

### 7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

### 8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

### 9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

### 10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.



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#WakeUpWednesday



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# The Wolfreton Way Newsletter

## Notices

### Christmas Dinner

**Please note the Grab and Go and outside Kiosk will be open at breaktime only and that no other food will be available at lunchtime on Wednesday 17 December, therefore, if your child does not want to have the Christmas meal, they will need to bring a packed lunch with them. Please parents also be reminded to top up their child's lunch account.**



## Key dates

**Tuesday 16 December 2025.....Christmas Concert**  
**Wednesday 17 December 2025..... Christmas Dinner**  
**Friday 19 December 2025 ..... Christmas Jumper Day**  
**Friday 19 December 2025.....School Closes at 1.45pm**  
**Tuesday 6 January 2026.....School Reopens to students**

### Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. this must be updated on the Arbor Parent Portal so we can ensure our system is up to date and can remain in contact with you.

# The Wolfreton Way Newsletter

## The Gift of Active Travel

Step into the season of giving - every pledge is a present waiting to be unwrapped! Roll or stroll your way through festive journeys that are healthy, fun, and kind to the planet. How many can you open?



### Follow the #WinterModeshiftSTARS

Join in and make winter journey pledge - tag a friend and follow along and become part of Team Modeshift

### Frosty Footprint Finds

Become a winter detective on your journey! Look out for footprints in the snow, frost, or mud - can you tell which creature or traveller passed by?

### Cycle Selfie

While out on a winter cycle or completing a cycle challenge, capture the moment to share your winter wheeling adventure.

### Celebrate Trees the lungs of the earth!

How many evergreen and deciduous trees can you see?

### Ticket to Ride

Hop aboard the Polar Express or glide through on the Snowflake Shuttle - whether it's a bus, tram, or train, enjoy the magic of travelling the sustainable way!

### Shine like a STAR

Add tinsel to your trainers, glow to your wellies, or bling to your wheels - and light up your journey! With glitter, reflectors, or festive sparkle, make sure you're seen and safe this season.

### Penguin Parade

Waddle, shuffle, or slide like a penguin on your journey today! Can you move like a winter animal while staying active? Or follow their social nature - ditch the solo drive and try car sharing or park and stride to walk with others instead.

### Sleigh Bell Sing-Along

Sing a song as you travel along - join in with some Modeshift favourites or make up your own active travel lyrics and share them with us!

### Jingle All the Way

Ring out with festive cheer! It's time to chime those cycle and scooter bells or wear something that jingles to make sure you spread the joy and are safe on your journey.

### Merry Berry Winter

See what wild fruits you can spot - berries, hips, haws, or even mistletoe! Keep your eyes peeled, how many can you discover? (but remember: these festive finds are for the birds, don't pick or eat any!)

### Jack Frost Trail

Any signs of Jack Frost at work? Ice flowers, icicles, sleet or even snow - real or make-believe, his wintry magic might be closer than you think!

### Deck the Halls

Take in the festive sights - how many decorated houses, sparkling lights, or seasonal displays can you spot along your route? Slow down, look around, and enjoy the magic in your neighbourhood.

### Wrap Up

Don't let the cold or wet weather stop you - wrap up warm and strut your stuff in your coziest winter gear! Whether it's a festive jumper, a colourful scarf, or your fluffiest hat, show off your seasonal style.

Remember: not everyone has what they need this winter. If you can, donate warm clothes to help others stay safe and snug too.

### Arctic Adventure

Map out a brand-new route, give it a frosty new name and put it to the test to see where your new snowy adventure takes you today!

### Celebrate in style

Share a photo montage of your Modeshift Winter STARS journey with us - your seasonal snaps might just inspire others to join the fun!

There's snow stopping us!

Join in with as many activities as you like, and in any order, and share with us what you see, feel, smell, hear and do to be active, on your Modeshift STARS winter journey!