

Wellbeing and Mental Health Parent Newsletter

Summer Term 2024



Quick Look:

- Staying safe
- Holiday activities
- Transition
- Book recommendation

Staying Safe over the Summer Holidays – Things to consider



Please remind your children about summer safety

Safety in the Sun

Stay in the shade between 11 and 3

Wear sunscreen to protect against UV rays Factor 30+

Drink plenty of water and stay hydrated

Spray your body and face to cool down in the heat and avoid sunstroke

Safety when you travel

Keep close to family and friends when you are in a new place

If you get lost go into a shop or restaurant and ask for help

Cross the road carefully and stay away from train tracks

Safety at the playground

Be aware that jewelry can get caught in equipment and cause injury

Check equipment in the summer heat—it can easily burn if made of metal

Wear a helmet when you ride a bike

Beware of strangers

Safety online

If you don't know them in person—don't think they are your friend online!

Remember: what you post online stays with you and follows you

Protect your identity: Don't give out your personal details online

Keep a healthy balance of time online and time outside

Young Hackney's adventure playgrounds, Shoreditch and Hackney Marsh, will be open for fun and exciting play activities during term time for children aged 6 – 15 (up to 18 with SEND).

Our adventure playgrounds are open:

- Tuesday to Friday 3.30pm – 7.30pm
- Saturday 11am – 4pm

Please email or call for more information:

Hackney Marsh Adventure Playground – hackneymarshap@hackney.gov.uk 020 8986 7245

Shoreditch Adventure Playground – shoreditchap@hackney.gov.uk 020 7729 3770



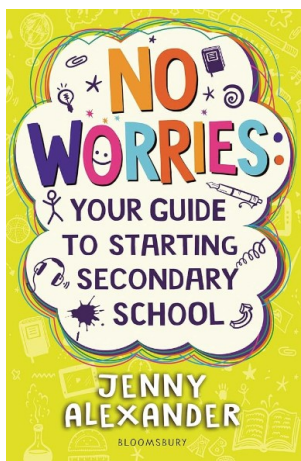
Need something to do in the summer holidays

Wondering about whether it's ok to leave children at home alone—look at the rules and take the quiz <https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/#age>

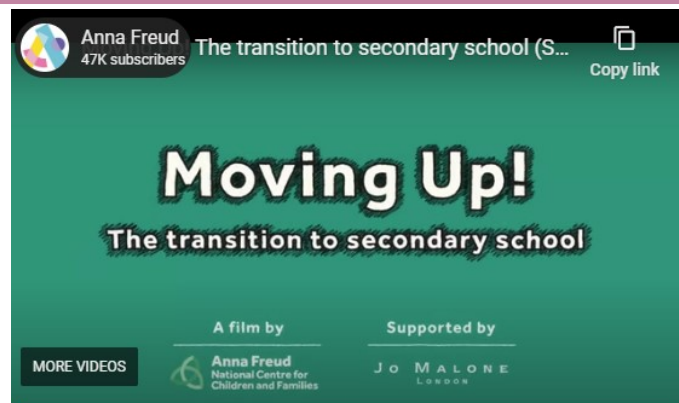
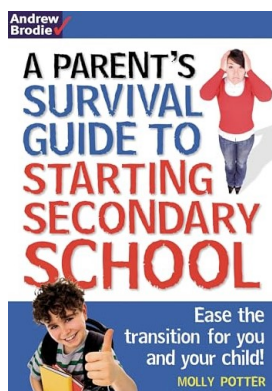
NSPCC

Supporting Your Child With Transition

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. We are very mindful of differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children. Here are some tips for supporting your child with this: Be positive! How you react to change will strongly influence your child and if you feel anxious they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people. Focus on the constants for your child, the things that will be the same. They will be moving class with their peers so their friends will still be with them, they will still see the adults they are familiar with and many routines will be the same. Look at our website and check out the topics they will be covering in their new year group to make them excited about what is ahead of them. Listen to any concerns but don't go looking for them—remember that most children will be excited about the move and are more than ready for it. If your child is moving from KS1 to KS2, talk about what this will look like at drop off and pick up times—you can even do some practice runs. Keep in touch with their friends over the holidays so that those connections remain strong.



Helpful Books



<https://www.annafreud.org/resources/schools-and-colleges/moving-up-the->

Guidance for Parents of Children Going to Secondary School

This may be your first child or you may be a real pro at sending your child off to Year 7! Either way all children are different and unique and needs different levels of support and preparation for their transition. Ensure you practice the journey to school either walk it, cycle it or bus/train it together a few times so they are confident. Remind children of safety around phones and crossing roads—many children are distracted by friends and let their guard down. Children experience different levels of anxiety in the weeks leading up to the start of secondary school. It is important to keep checking in with them, reassuring them that they will make new friends and that everyone is in the same boat and feels the same. Further support can be found here:

<https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t>

<https://www.netmums.com/child/starting-secondary-school>

