

ASPIRE's

Parent/Carer Wellbeing Newsletter



20th July 2023

With Summer 2023 fast approaching, this will be the last Parent/Carer newsletter of this academic year...

As always, the newsletter aims to bring you guidance, information and links to support all things Wellbeing and Mental Health, which we hope you may find useful. Each term we try to cover a range of areas, so there is hopefully 'something for everyone', but please don't hesitate to let us know if there's anything we can add!

This newsletter will focus on lots of different activities happening over the summer holidays - from FOC to 'paid for' - and also any adult support groups which you may find helpful whilst schools are closed. There'll also be some adult festivals too - as we all need some summer fun!

We'll also be directing you to the links to each school's first ever podcasts!

Support for you and your family

Kent's Cost of Living Voucher scheme will be opening up again this summer for applications! Please find the link below to access the site. It may help with any financial difficulties we're all facing at the moment - some more so than others.

<https://www.kent.gov.uk/leisure-and-community/cost-of-living-support/urgent-financial-help-and-extra-support/household-support-fund>

We've also added the link for 'Free School Meal' application link, which you may want to access ready for school starting again in September...

We know holidays are only just about to begin, but you may want to click the link for Free School Meals ready for September - you can check to see if you qualify with the eligibility tool. *Please always feel free to ask your school office if you need help with this.*

<https://www.kent.gov.uk/education-and-children/schools/free-school-meals>

During this time of year, it can be difficult for some families, especially for those with a child/ren who have a special educational need. Below is a link for Kent's Wellbeing and mental health support for children with SEND, which you may find useful.

<https://www.kent.gov.uk/education-and-children/special-educational-needs/health-and-wellbeing-for-send-children-and-young-people>

Maidstone Borough Council has a lot of support groups within the community. They have a directory so you can access an array of support if needed - the directory is alphabetical or you can also search for location and/or need to narrow down the results.

<https://maidstone.gov.uk/home/primary-services/community-support/tier-2-primary-area/s/community-groups/community-groups/support-groups>

Kent has an array of schemes, advice and guidance for over the summer weeks - the link below as 'help over the summer' section if you need it. *HAF is under maintenance at the moment, but we have been assured it will be up and running in time for the summer holidays*

<https://www.kentinvictachamber.co.uk/members-blog/help-over-the-summer-holidays/>

What to do over the summer?

We understand that the summer holidays can be expensive, even when staying in and around home. Below are a multitude of links from Free of Charge days out to holiday clubs that do have a fee. We've even added some indoor crafts and free printables if the sun decides to stay behind the clouds!

Holiday clubs - dates/prices in and around Kent. Please find below a local directory where you'll find all the summer/holiday clubs in and around the Kent area.

https://local.kent.gov.uk/kb5/kent/directory/results.action?childcarechannel=4&sortorder=1&sorttype=field&sortfield=review_average&sr=20&nh=10

Yew Tree Farm School is excited to open their gates to the public every Wednesday and Thursday this summer for our most hands-on experiences yet!

'Summer fun at the Farm' is just one of their summer activities:

Wednesday 26th July - Thursday 27th July

Wednesday 9th August - Thursday 10th August

Wednesday 23rd August - Thursday 24th August

Tickets £8 - under 1s go free

www.yewtreefarmschool.co.uk

Some of our families may live closer to, or work, in Medway, so we've added the link below. MedwayGo is free to all children who receive Free School Meals - with free ARRIVA bus tickets to get to and from the summer programme. They have a lot to offer this summer!
https://www.medway.gov.uk/news/article/1476/free_summer_holiday_activities_for_children

If your child is into building bricks, engineering, Lego... then bricks4kidz and/or codekids may be for them... these two do have a cost to them.

Lego/brick building fun

<https://www.bricks4kidz.co.uk/kent-maidstone-westmalling/>

From Lego Robotics to Minecraft coding

<https://www.codekids.org.uk/locations/kent/>

What to do over the summer? - Music!

Summer Love festival returns to Mote Park

<https://www.kentonline.co.uk/whats-on/news/reggae-music-festival-announces-2023-line-up-278302/>

Will Young in Margate

<https://www.kentonline.co.uk/whats-on/news/will-young-to-celebrate-20-years-of-hits-with-summer-show-277452/>

What to do over the summer? - Adults!

Sometimes, you just need a little adult time...

<https://www.zoomevents.co.uk/hythe-food-drink-festival/>

<https://seekent.co.uk/festivals-in-kent-2023/>

What to do over the summer? - Freebies!

Summer gardens to visit in Kent 2023

<https://www.kentonline.co.uk/whats-on/news/stunning-summer-gardens-to-visit-this-july-289004/>

Tripadvisor - best free things to do in Kent

https://www.tripadvisor.co.uk/Attractions-g186310-Activities-zft11292-Kent_England.html

Free places to visit in Kent

<https://kentattractions.co.uk/outing-ideas/free-outings/>

Free attractions

<https://www.kentbigweekend.co.uk/free-attractions/?term=>

What to do over the summer? - Crafts!

11 crafty things to do

<https://www.happity.co.uk/blog/article/9-super-summer-crafts-for-kids/>

If 11 aren't enough, here's 45!

<https://www.goodhousekeeping.com/home/craft-ideas/g20967550/summer-crafts/>

Hobby craft

<https://www.hobbycraft.co.uk/ideas/easy-kids-crafts-for-this-summer.html>

Free summer printables

<https://www.craftsonsea.co.uk/free-summer-printables/>

Summer bucket list

<https://growingfamily.co.uk/wp-content/uploads/2021/06/Summer-bucket-list-Growing-Family.pdf>

Summer joke time!



What do ghosts like to eat in summer? I scream.

What do you get if you combine an elephant with a fish? Swimming trunks.

Which letter is the coolest? Iced T.

What do you call a snowman in summer? A puddle.

What do sheep love doing in summer? Having baa-baa-cues.

Why do bananas use sunscreen? Because they peel.

What does the sun drink out of? Sunglasses.

What do bees say in summer? Swarm, isn't it?

<https://growingfamily.co.uk/jokes-and-puns/125-summer-jokes-for-kids-and-summer-puns/>

Getting ready to come back in September...

We've resourced a pdf version of the Little Blue Book of Sunshine. This printable mental health workbook, created by Berkshire NHS, covers different difficulties that children and Young People may face, especially when coming back to school. If you've got a child who is struggling with a Mental Health difficulty, then this may be of use. It's a good idea to read it through first and pick out which pages will be helpful to you in supporting your family's needs.

<https://www.berkshirerwestccg.nhs.uk/media/5349/lbbos-berkshire-edition-final.pdf>

Podcasts!

The children in each of the four ASPIRE schools worked extremely hard on their podcasts over the last two terms - we are so proud of them! You can find each link on their school website - enjoy!

We hope we've covered a lot of useful information and guidance in this term's email and you have found it useful.

Don't forget you can get in touch with your school regarding any support you may need via your school's office, or via our dedicated wellbeing email:

Kingswood - 01622 842674

Ulcombe - 01622 842903

Leeds & Broomfield - 01622 861398

Platts Heath - 01622 850316

We also have a Wellbeing email if you need any wellbeing advice, guidance or support! Please do not hesitate to contact us...

Email:

wellbeing@aspire-kent.org.uk

All that's left to say for this academic year is a big 'thank you' for all of the support you have shown us throughout the year, as well as the positive feedback regarding our newsletter. We're always trying to make it even better, so please do not hesitate to contact us if you have any ideas for next year!

We send 'good luck' wishes to all our Year 6s as they start secondary in September and a big heartfelt 'thanks' to all of our families who will not be returning to ASPIRE, as their primary school journey comes to a close. We wish you all every success with the next chapter!

For our returning families, we hope you all have the opportunity to spend some quality time with your families over the next few weeks and we look forward to welcoming everyone back in September!

Take care,

The ASPIRE Wellbeing, Mental Health and Resilience Team