

Inclusive Learning Federation



Wellbeing Newsletter

Welcome to our Summer Term ILF Wellbeing Newsletter.

Summer holidays are a fantastic opportunity for children to unwind and have fun. However, it can also be a tricky time for parents juggling childcare, keeping children entertained, and managing their wellbeing. Here are some tips to help you during the holiday:

1. Keep a balanced routine - children need some structure. Try to keep consistent wake-up and mealtimes, to help maintain a sense of security and balance.
2. Explore Milton Keynes' green spaces - take advantage of Milton Keynes' amazing parks and nature reserves like Willen Lake, Campbell Park, and Howe Park Wood. Fresh air and nature walks can boost children's mood, energy, and creativity.
3. Get creative indoors and outdoors - encourage your children to try new crafts, gardening, or even simple cooking projects.
4. Screen time with purpose - technology can be a great learning tool, but balance is key. Set limits and opt for educational or interactive apps and shows. Consider family movie nights or video calls with relatives to combine screen time with connection.
5. Support emotional wellbeing - school breaks can sometimes be challenging emotionally. Encourage your children to express their feelings through drawing or talking.
6. Plan active family time - from cycling along the Redway to family swims, staying active benefits everyone's mental and physical health. Try to include some daily movement that suits your family's pace.
7. Keep learning light and fun - summer doesn't have to be a break from learning. Explore local museums, libraries, and historical sites like Bletchley Park.

Useful Local Resources:

Milton Keynes Libraries – Storytime sessions & book clubs:

<https://www.milton-keynes.gov.uk/libraries/young-readers/src>

Activities in Milton Keynes:

<https://www.destinationmiltonkeynes.co.uk/news/free-activities-for-milton-keynes-children-this-summer/>

Remember: You're doing an amazing job! This summer is a chance to build lasting memories and strengthen your family's wellbeing.

Useful links if you need any support over the break.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.milton-keynes.gov.uk/health-and-wellbeing/mental-health-and-wellbeing>

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

For Safeguarding concerns contact:
Milton Keynes Multi Agency Safeguarding Hub (MASH)
Call 01908 253169 or 253170.
Email children@milton-keynes.gov.uk

Key Dates

July Samaritans Talk to Us month

July 24th Samaritans Awareness Day

September 10th World Suicide Prevention Day

Lots of children get anxious thinking about going to a new school or starting a new year group. You can support them by talking about your child's feelings and staying positive and patient yourself even if you are also feeling a bit anxious. You can find more support and advice by clicking the link:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/>

