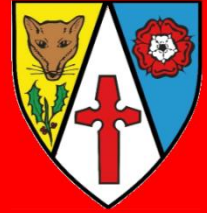


Mental Health and Wellbeing Newsletter

www.deanery.bham.sch.uk

July 2023



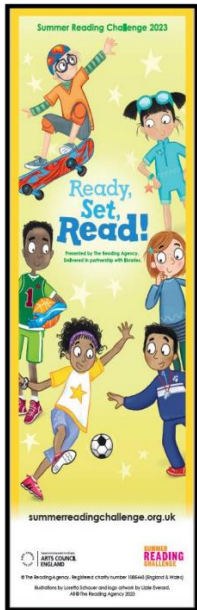
For many children in the UK, the school break can be a hard time for their mental health. Research from the University of Cardiff, for example, found that 1 in 6 young people had feelings of loneliness during the summer holiday, and another 1 in 6 said that they “never” or “rarely” spend time with friends throughout the summer months.

All around them they see images – splashed across social media and on their television - of sunshine, family holidays, friends hanging out, being carefree and having fun. But for the young people whose summer break does not look like this, these images only highlight the difference between themselves and their peers.

Schools are often seen as focusing on learning, but in reality they do much more – giving children a chance to spend time with friends whilst also providing a safety net which can be lacking during the school breaks. In the holidays, young people can lose the sense of structure and purpose associated with the school day.

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

Here are some suggestions of activities that may help to combat any boredom or lack of routine:



Summer Reading Challenge 2023

<https://summerreadingchallenge.org.uk/>

The aim of the challenge is to encourage children to read a number of books during the summer holiday period. They can either register online, or visit their local Birmingham lib to find out more about the activity and to register.



Self-care summer

for
primary pupils

#SelfCareSummer

Relationships and connection

Spending time with friends and family is not only fun but can also be good for your wellbeing, especially if you are feeling sad or lonely.

Week
1

Play and entertainment

Making time to play can be part of self-care. Whether it's with friends, animals or through board games, all types of play and having fun is important.

Week
2

Relaxation

Summer can be busy with lots of plans, but remember to take time for you, to relax and do things you enjoy.

Week
3

Physical activity

Keeping active can boost your mood and wellbeing. Whether it's dancing, sports or going for a walk, you can do it your way.

Week
4

Creativity

Being creative can help you express yourself and relax, whether it's acting, cooking, drawing, writing or making music.

Week
5

Emotional health

Don't forget to be your own best friend and be kind to yourself. Some people find writing down their feelings can help to get things off their chest.

Week
6



Other websites featuring suggested places of interest, attractions and activities in Birmingham

<https://www.birminghammail.co.uk/whats-on/family-kidsnews/things-kids-birmingham-ultimate-guide-10452235>

<https://visitbirmingham.com/things-to-see-and-do/attractions/family>

<https://www.dayoutwiththekids.co.uk/things-to-do/westmidlands/west-midlands/birmingham>

<https://letsgowiththechildren.co.uk/events/birmingham/>

<https://www.bringitonbrum.co.uk/home-activities/>

BIRMINGHAM FESTIVAL 23



BIRMINGHAM FESTIVAL 23 is a free 10-day Festival taking over Centenary Square with live music and performance, creative and participatory activities, and big-screen content to conjure the shared experiences, magic and memories of the summer of '22.

THE OFFICIAL FESTIVAL OF THE BIRMINGHAM 2022 COMMONWEALTH GAMES- ORGANISED BY BIRMINGHAM CITY COUNCIL

Across 10 days and 9 evenings, from 28th July 2023 to 6th August 2023, 6th August, **Birmingham Festival 23** will welcome 190,000 audiences, artists, local communities and volunteers, who reflect the diversity of the city, coming together to watch, listen, relax, dance and play.

For further information regarding the festival's timetable of activities, etc, please visit the following website:-

<https://www.birminghamfestival23.co.uk/>



50
things to do
before you're
five

BIRMINGHAM

birmingham.50thingstodo.org

@50ThingsBrum

Tick-off **50 fantastic things** for you and your child to experience together.

50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out and repeat.

Download the app for free and dive straight in!

Scan me!

Download on the App Store

GET IT ON Google Play

Birmingham City Council

Birmingham Early Years Networks
Partner Together for the children of Birmingham

If you are struggling with your child's mental health and wellbeing during the holidays, there are organisations that can offer help and support:

<https://www.mentalhealthatwork.org.uk/toolkit/supporting-parents-during-school-holidays/>

<https://forwardthinkingbirmingham.nhs.uk/boost-your-mental-health-during-the-school-holidays/>

<https://www.barnardos.org.uk/blog/our-news/5-tips-maintaining-good-mental-health-during-summer>

<https://www.mentalwealthhub.com/blogs/parents-survival-guide-to-the-summer-holidays/>



STAY SAFE ONLINE THIS SUMMER

**THINK
BEFORE
YOU
POST**



**SHARE FEEL-GOOD
CONTENT & LEAVE
POSITIVE COMMENTS**

**MAKE THE
MOST OF THE
OUTDOORS**

**USE CAUTION
ON PUBLIC
WIFI**

Stay off devices just before bed

Report bullies & ignore trolls

**KEEP YOUR
PERSONAL
DETAILS
PRIVATE**

**AVOID BINGE
STREAMING AND
ALL-DAY GAMING**

**TAKE
FREQUENT
BREAKS**

**ENJOY
SCREEN-FREE
ACTIVITIES**

**BE CAREFUL
WITH IN-APP
SPENDING**

 **National
Online
Safety®**
#WakeUpWednesday

 @natonlineafety

 /NationalOnlineSafety

 @nationalonlinesafety

 @national_online_safety

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