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BEAVER ROAD M20

Beaver Road Primary School

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Thursday 20th July 2023

Dear Parents and Carers,

Summer suggestions to keep you and your family entertained

Self – care guide for children	Ideas to encourage reading over the summer	Fun days and events in Manchester	Summer safety advice
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The summer holidays are a time for our children to replenish themselves and do things that they enjoy. It is also a perfect time to teach your child about self-care.

Wellbeing

Just as we look after our physical health, it's important to look after our mental health. Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.



Attached to this letter is a self-care plan, which walks primary-aged children through a series of steps, helping them create a simple self-care plan that works for them. It helps children identify activities that they can use to support their mental health.

Some of the suggested self-care activities include:

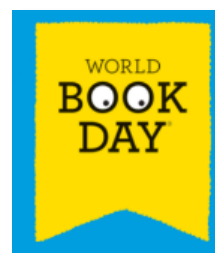
- music and dance
- mindfulness
- art

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

Reading for pleasure

Reading is fantastic for you because it improves your focus, memory, empathy, and communication skills. It can reduce stress, improve your mental health, and help you live longer. Reading also allows you to learn new things to help you succeed in your work and relationships.

Even over the summer, it's really important you continue to encourage your child to read regularly. The world book day team have collected some great ideas together to help children choose to read books they love over the summer.



Reading recommendations



Check out our [Sizzling Summer Reading Recommendations](#) or take a look at their [Reading with Pride](#) picks to encourage pride in who you are all year round. Or see what the buzz is about with their latest **Book Club** title, [Honey's Hive](#) written by Mo O'Hara, illustrated by Aya Kakeda, and published by Andersen. [Read an extract](#) from the book, [download our discussion questions](#), and watch our [Q&A with the author](#).

They also have a brilliant range of free audiobooks that pupils can enjoy over the summer on our [World of Stories hub](#), sponsored by our Official Audio Partner, [Yoto](#).

[Visit their Reading Recommendations hub here](#) →

[Explore all their Book Club titles](#) →

[World of Stories free audiobooks](#)→

The Summer Reading Challenge



Encourage your child to take part in the Reading Agency's [Summer Reading Challenge](#) – FREE for children aged 4-11 and running in libraries across the country. This year, the

Reading Agency have teamed up with the Youth Sport Trust to inspire children to discover the power of sport and play through reading.

[Explore the Summer Reading Challenge →](#)

The Week Junior's Summer Reading Challenge



The Week Junior's Summer of Reading seeks to encourage children to join a growing squad of Super Readers and take on their challenge, with a host of prizes up for grabs, including a **book bundle worth over £400!**

[Find out more →](#)

Days out



In addition to this email, there is also a flyer attached with details of Summer Family Fun days that are taking place over the summer in Manchester.

'Visit Manchester' has also listed **10 free activities** to enjoy with the kids in the summer holiday 2023



Keeping safe

Finally, another poster attached to this letter explains how to keep you and your family safe this summer with sun, water and other useful safety advice from Healthy Schools Manchester.



We hope you all have a lovely summer holiday and we look forward to seeing you all on the first day back, which is Tuesday 5th September 2023!

Best wishes,

Ruth Byrne

Deputy Headteacher