



Summer holidays inspiration and support for parents/carers and their teens

As we approach the summer holidays, here are some ideas that would be suitable for your tweens and teens over the coming weeks. We hope these ideas help keep your daughter/s busy but safe, take them away from screens, learn new skill/s, and come back to school in September energised and armed with new experiences. We encourage all parents/carers to sit down and make a plan ahead of time.

See page 3 for out of school hours contact information.

SERVIAM

Encourage your children to keep Serviam at the forefront of their minds, whether that be helping at home, in the community or with wider family and friends.

Experts Tips

Lisa Damour shares some excellent holiday tips for parents on her Ask Lisa podcast.

Episode: 173: [Find out about the importance of sleep, unplugging and nature for a happy summer with teens.](#)

Episode 122: [How much structure should kids have in the summer.](#)

[Teens & Risky behaviour: Key Phrases](#)

Screen free time

We encourage kids to have plenty of fresh air, phone-free and in-person time with peers. Holidays can often be a time where more risky behaviour can happen, and more dangerous content consumed, so we recommend that discussions around screen time and safety expectations happen before the holidays - creating a family agreement and using parent controls and continuing with term time rules of phones out of bedrooms and overnight is strongly advised. You could also consider screen/phone time, only when certain things have been completed, for example activities, exercise and household chores. Also, I have seen it work well where families – including adults! - agree to using their phones at set times only during their family holiday.

Join Jonathan Haidt's [phone free Fridays Summer Challenge](#). The goal is to get teenagers to dramatically reduce their phone use on Fridays and instead spend as many hours as possible immersed in real-life experiences. His latest book [The Anxious Generation](#) is an interesting read.

[Digital Habits Lab](#): Stop reading about better digital habits and start practicing them with this unique deck of 50 experiments.

Get weekly resources and ideas of things you can do together with your family to shape your digital habits culture, so it works for you. Subscribe [here](#).

Staying Safe and Well in Summer

See below for information on staying well in a heatwave and advice on sun, water and food safety.

[Staying safe and well in summer](#)

[Follow these tips for bike, water, bug and sun safety](#)



Camps and Courses

Join a summer camp or club in something that interests them, such as languages, art, music or sport.

Fundraising for Charity

Clean out their rooms and donate to charity.

Take part in a car boot sale, sell crafts or run a lemonade stall.

Housework

Create a rota where everyone shares the load!

Learn a new skill or complete a project

Do they want to learn a new skill or sport?

Are they creative? Could they make a portfolio of their work?

Make a scrapbook of their summer.

Go old-school and print photos and make a family album.

Could they take responsibility for meal planning, family picnics and cooking regular meals?

Could they challenge themselves to complete a 1,000-piece jigsaw or make a complex Lego set.

How about researching their family history and creating a family tree.

Improve or learn a new language. There are so many free apps including Duolingo.

Older kids (Ks4+) could write a C.V (a LinkedIn profile is good for Sixth Form students). [Guidance here.](#)

Summer reading challenge

Take part in this summer's [reading challenge](#), running online and in libraries from July 6th. Set your reading goal. Each time you finish a book, add it to your profile and leave a review.

Sight-seeing

[50 things to do in London this summer](#) – there is something for everyone here.

Sport

A recent Sport England study found that less than half (47%) of children in the UK currently meet the Chief Medical Officers' guidelines of taking part in an average of 60 minutes or more of sport and physical activity a day. Taking the chance this summer to get young people engaged in regular exercise could cement the increase in a more permanent way. However, it can be tricky to know where to start, or how best to encourage young people to stay active and the 'Promoting Physical Wellbeing' pdf attached offers some tips.

Other ideas include:

Get running with the NHS [Couch to 5K](#)

Complete the [Youth Sport Trust, 60 Second Physical Activity Challenge](#)

Write a short story

Do you like to write? Get inspiration [here.](#)



Paid work, Work experience & Volunteering

See below information from Gov.uk and the NSPCC.

[What the law says about children working.](#)

[Child employment: Minimum ages children can work.](#)

Prepare for the new academic year

Get school ready – check and label uniforms, organise stationery and any notes/books.

Buy an alarm clock for those kids still using phones to wake up!

Year 11s have been sent a Sixth Form reading list, Year 12s have their own work to do to prepare them for their A Level exams next year, and Year 10s could focus on closing gaps and setting themselves up for a strong start to Year 11 and their GCSE examinations.

Need support during the holidays?

If you are worried about a student at our school during term time, please contact the school's Safeguarding Team on [020 8255 2688](tel:02082552688) or wellbeingsupport@uhsw.com.

For urgent assistance out of school hours, please see the links below:

Merton Safeguarding Children Partnership: <https://www.mertonscp.org.uk/>

Radicalisation: [Educate against hate \(Home Office\)](#)

Prevent: [Government Prevent Strategy \(Home Office\)](#)

Online safety: [Child Exploitation & Online Protection command \(CEOP\)](#)

Additional support services are listed here: [Parent/Carer Support Services - Ursuline High School](#)