

Serviam; Developing our gifts and talents for the good of others.



Summer tips and support for parents/carers

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.

See page 3 for out of school hours contact information and links to valuable parenting resources.

SERVIAM

Keep 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 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.](#)

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](#)

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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

Learn a new skill or sport.

Create a photography portfolio.

Make a scrapbook of their summer.

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

Take responsibility for meal planning, family picnics and cooking regular meals.

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

Research their family history and create 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.](#)

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Part Time Job, Work experience and Volunteering

See below further information and guidance.

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

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

[Work Experience | Everything you need to know](#)

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 their Sixth Form reading list, Year 12s have their own work to do to prepare them for their A Level exams, 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?

At the Ursuline High School, the well-being and the safety of young people in our care is paramount. We recognize our duty to ensure arrangements are in place for safeguarding and promoting the welfare of children. 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@uhs.w.com.

Additional support services:

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 \(CEOP\)](#)

Parent/Carer Support Services Directory

Explore [our Directory](#) for a list of charities and other parenting experts sharing practical strategies, and powerful insights that can help to inform your conversations at home.

Online Safety, Smart Devices and Social Media

Our extensive [online safety library](#) hosts our Smart Devices & Social Media Statement and other recommended resources related specifically to online safety. From social media and gaming to online challenges and conversation starters, our library is expansive.