



How to enjoy a great summer as a family

The summer break is quickly approaching! This is a great opportunity to build memories together and to connect with your children. The key is to find the balance between having just enough activity without over-scheduling your days. Also be aware that transitions take time: after a year of built-up stress or tension from school, your child may decompress into a meltdown or a few tantrums before they can fully settle into a new rhythm.

How can parents help?

Find some time every day to have some fun with your child: real belly laughs and some safe rough and tumble together are great decompressors. Remember that they will also still need some structure: make sure their day/week has a shape and a routine so that they know what to expect. It is equally as important for children to have some downtime once in a while so that they can practice getting creative with their time: start making a 'boredom buster jar' with ideas of things they can do when they feel bored. Limit technology use to certain times of the day. And why not reflect back on the summer at the end of August by either making a photo album or drawing pictures of your favourite memories in a book?

Sometimes we could all do with someone to talk to. If you would like to meet a Therapeutic Lead for a confidential and non-judgemental chat about you, your child, or any other worries, From September you will be introduced to a qualified therapist that will be available on Mondays at 9-10am.

From September I will no longer work at Drayton Green, but someone will replace my role and work for School's Counselling Partnership. I would like to thank all the parents for the support, trust and kindness while I was working at Drayton Green Primary School .