

July 2026

Dear Parents/Carers

WELLBEING SUPPORT OVER THE SUMMER HOLIDAYS

As we approach the end of term, we wanted to offer some thoughts about sources of support for wellbeing over the summer holidays. Apologies in advance for including lots of information below, but we wanted to ensure that all of the links are easily accessible to you.

Mr Linz has made a video which we are showing to all students in the last week of term, reminding students about the importance of them reaching out over the summer holidays if they have any worries or concerns, and reminding them about where they can seek support, aside from you, of course, whilst school is closed. This video will be on our website and on the school's social media pages from the last day of term. The link is here [Summer Holiday Support with Mr Linz](#)



The Student Wellbeing page of our school website - [Little Heath School - Student Wellbeing](#) – has a range of advice and support for young people, including contact numbers and email addresses for organisations, such as Childline, that are available throughout the holiday. Childline can be contacted on 0800 1111 or at [Childline | Childline](#)

The Anna Freud organisation has produced some guides about self care over the summer holiday. These are on the Student Wellbeing page of our website and can be accessed here [Self-care | Anna Freud](#) . There is also a self care plan - [My self-care plan: secondary and FE : Mentally Healthy Schools](#)

There are some very useful platforms which support young people with their mental health. We would recommend Kooth - [Home - Kooth](#) – and Tellmi, a digital peer support app available from the App Store or Google play. More information is at [Tellmi](#)

Our colleagues at Time To talk are available throughout the holiday - [Time to talk | Counselling for young people in West Berkshire \(t2twb.org\)](#) – as are Number 5 in Reading - [No5 - Free Counselling Services - Reading | No5 - Free Counselling Services - Reading](#)

Reading residents can refer into their new Emotional and Mental Health triage service. Further details are at [Reading Directory | Emotional and Mental Health Triage \(EMHT\) - Information for Parents and Caregivers](#) and [Emotional and Mental Health Triage - Brighter Futures For Children](#)

Young Minds are also an excellent source of advice and support - [Mental Health Support For Young People | YoungMinds](#)

Shout textline offers free 24/7 text messaging support - [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](#)

Place2Be offer the following advice for supporting wellbeing over the holiday: [Supporting your child's emotional wellbeing during the school holidays \(place2be.org.uk\)](#). The following link may also be helpful: [Support-your-young-person-during-the-holidays-web.pdf \(headspace.org.au\)](#) The NHS has wellbeing advice at <https://www.nhs.uk/oneyou/every-mind-matters/>

If you are concerned about a child's mental health during the school holidays, please contact your GP or NHS 111. ***If a child or young person is at immediate risk or requires emergency medical attention you should contact 999 or attend A and E.***

For any concerns online: please remember that each social media app has their own reporting function, to which any concerns should be reported directly. You can contact your mobile phone provider for any concerns about messages or calls received via a mobile phone. CEOP have further advice at [CEOP Safety Centre](#) and at [Parents and carers | CEOP Education](#)

In terms of more general wellbeing activities for young people over the summer holiday:

There are free holiday club places available for children and young people eligible for free school meals. [Holiday Activities and Food \(HAF\) Programme - West Berkshire Council](#)

If you have any questions about HAF please email HAF Coordinator at Hannah.lee1@westberks.gov.uk

Berkshire Youth have a range of advice about activities for young people in West Berkshire. Further details can be found at [Berkshire Youth | Improving lives of young people | Berkshire, UK](#)

Berkshire Youth are also running a summer holiday youth club for young people in secondary school from 4pm-8pm every Tuesday to Friday in August at the Waterside Centre in Newbury. The cost is free. Further information is on the flyer below.

All4 Kids UK has details of children's holiday clubs around Berkshire [Berkshire Children's Holiday Clubs - Summer](#)

West Berkshire have produced information on activities for families over the summer [What's on for families in West Berkshire in summer 2026](#)

Reading Borough Council have details of activities on offer over the summer holidays at [Summer Holidays In Reading | What's On Reading](#)

For parents there are the following sources of information:

[Parent's Survival Guide to the Summer Holidays – Mental Wealth Hub](#)

[The Ultimate Summer Survival Guide: Balancing Work and Family Tips for Parents & Carers \(themindfullifecoachuk.com\)](#)

We also wanted to draw your attention to the many restaurants that are offering free meals for children or 'Kids Eat for £1' schemes over the summer, which are definitely worth a look! [Restaurant vouchers: top deals & 2for1 offers - MSE \(moneysavingexpert.com\)](#)

We hope this information is helpful and we hope that all of our students, and families, have a restful and peaceful summer holiday. We look forward to welcoming students back in September, when all of our normal in school support services will resume.

With best wishes

Yours faithfully,

Mr J Linz
Student Wellbeing Lead

Ms K Button
Deputy Headteacher



FREE!

Waterside Centre Summer Holiday Youth Club

For Young People in Secondary School

4 - 8pm | Tuesday - Friday | Throughout August

Refreshments & Snacks Provided

**Make friends, build confidence, and try new activities in a safe,
welcoming space. Includes paddle sports and day trips.**

watersidecentre.co.uk
Waterside Centre, Waldegrave Place,
Northbrook Street, Newbury, RG14 1DS

THE
BERKSHIRE
YOUTH
NETWORK **BY**



Seniors Summer Holiday Club

Age 11yrs + | 3 - 7pm
Tuesday - Friday | Throughout August

Tuesdays	Cooking & Music
Wednesdays	5th August Cotswold Wildlife Park Trip 11th & 18th August Creative Activities at GCC 26th August Chessington World of Adventures Trip (Times may vary for day trips)
Thursdays	Teambuilding & Local Outings
Fridays	Sports



07840 853687 | greenham@berkshireyouth.co.uk

Regular attendees living on the Nightingale Estate
 will be given priority for places on day trips

Book Here



EdTech

SUMMER HOLIDAY GUIDE

It can be challenging to find holiday activities for digitally savvy young ones. There are plenty of edtech (educational technology) avenues to explore this summer, however, and we've compiled a rundown of our favourites...

For the gamer

There are some excellent free (or cheap) platforms out there which let budding programmers create their own games and characters. Children can discover the basics of game design as they learn how to build characters and make them speak, move and interact with each other. Young ones can construct a game from scratch and then share it with their friends.

Try: Play Lab at code.org • Toca Builders

For the photographer

If your child is an aspiring photographer or loves fine-tuning images before posting them on social media, there are options which young people may find less daunting than Photoshop. As well as editing and adjusting photos, making illustrations or converting between image formats, some packages are geared towards illustration while others let you work with raster and vector graphics.

Try: Photopea • Sumopaint • PhotoGrid

For the sports fan

Video games are usually seen as reducing the time young people spend exercising. However, there is a genre that encourages physical activity: from music-based games that get users up and dancing, to sports simulators where the controller becomes a tennis racket. Devices' ability to track movement in real time and translate it into a game can make physical activity less of a chore.

Try: Runkeeper • Strava • Zombies, Run! (12+)

For the coder

Online, you can find a selection of programming environments where users can learn to make simple apps. Young people can design an app, code it in JavaScript or work in text-based language, then share their newly created app with friends. With millions of aspiring coders in the world, the internet has an abundance of tutorials to get young ones started.

Try: App Lab at code.org • Dance Party at code.org • Flappy Code at code.org • Hour of Code

For the explorer

Young adventurers can discover the world from new perspectives – strolling Tokyo's streets or soaring over Yosemite. For those with virtual reality headsets, Google Earth VR puts the whole planet within reach, while – even further afield – youngsters can use their device to delve into the wonders of our solar system with virtual tours of NASA's labs and mission control centres.

Try: Google Maps Trails • Google Earth VR • NASA at Home: Virtual Tours

For the avid reader

Your child's smartphone or tablet can become an inspirational learning tool that fires their imagination while improving their reading, vocabulary, spelling and comprehension. Mobile reading apps and audiobook libraries are worth setting some screen time aside for. As well as developing young ones' language skills, they also encourage the unbridled bliss of enjoying a good story.

Try: Hoopla • Epic • Audible

For the musician

Learning to play an instrument and creating music electronically has become much easier thanks to technology. As the field keeps advancing, more software is being created – and there are many applications which are compatible with various devices, including mobile phones. For example, your child could start their journey to becoming a superstar DJ with real-time mixing and editing tools.

Try: Let's Play Kids Music: Summer Musical • GarageBand • Transitions DJ • YouTube music tutorials

For the historian

Virtual tourism boomed when the pandemic cancelled everyone's travel plans. Let technology transport you to jaw-dropping historical sites or inside some of the world's most inspiring museums. Explore the Colosseum or the Amazon rainforest in VR, take a virtual tour of the National Museum of Computing at Bletchley Park or step inside the British Museum without leaving your living room!

Try: HistoryView Virtual Library • The British Museum • Google Street View • The National Museum of Computing 3D Virtual Tour

For the artist

Unleash your child's creative streak over the holidays with these arts and craft activity ideas! Most are quick and easy to make with materials you'll probably already have at home. There are ideas for young artists of all abilities, so you're sure to find a few exciting projects to try out. Children could also take a virtual tour of some stunning galleries and art installations.

Try: Artist at code.org • Summer crafts for kids at Activity Village • Summer arts and crafts at Projects with Kids • Google Arts and Culture – virtual reality tours you'll love

Meet Our Expert

Gary Reddin is Leader of the Virtual Curriculum at Alt Bridge School, a specialist provision school in Liverpool. He has supported the integration of technology into the teaching practice across the curriculum to empower young people to reach their academic potential and prepare for life beyond school.



NOS
National
Online
Safety
#WakeUpWednesday