

Little Heath School

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Headteacher
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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 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](#)

The Emotional Health Academy offers support, and young people and parents can self refer. Please see [Emotional Health Academy - West Berkshire Council](#)
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 \(giveusashout.org\)](https://www.shout247.org/)

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

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](https://www.ceop.gov.uk/) and at [Parents and carers | CEOP Education](https://www.ceop.gov.uk/parents-and-carers/)

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](https://www.westberks.gov.uk/haf/). 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](https://www.berkshireyouth.org.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.
- There is also a guide at [Summer school holiday camps in West Berkshire 2025](https://www.westberks.gov.uk/summer-school-holiday-camps-in-west-berkshire-2025/)
- Reading Borough Council have details of activities on offer over the summer holidays at [Summer Holidays In Reading | What's On Reading](https://www.reading.gov.uk/summer-holidays-what-on-reading/)
- This year, Reading Borough Council have a summer reading challenge - [Summer Reading Challenge 2025 – Reading loves reading - Reading Borough Council](https://www.reading.gov.uk/summer-reading-challenge-2025-reading-loves-reading-reading-borough-council/)

For parents there are the following sources of information:

- [Parent's Survival Guide to the Summer Holidays – Mental Wealth Hub](https://www.mentalwealth.org.uk/parent-survival-guide-to-the-summer-holidays/)
- [Surviving the summer holidays: Parent Talk offer their top tips for families this summer | Action For Children](https://www.actionforchildren.org.uk/parent-talk-offer-their-top-tips-for-families-this-summer/)
- [The Ultimate Summer Survival Guide: Balancing Work and Family Tips for Parents & Carers \(themindfullifecoachuk.com\)](https://www.themindfullifecoachuk.com/the-ultimate-summer-survival-guide-balancing-work-and-family-tips-for-parents-carers/)

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 \(moneysavingexpert.com\)](https://www.moneysavingexpert.com/restaurant-vouchers-top-deals-2for1-offers/)

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