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| **Date** | **Topic** | **Blurb** |
| 03-Jun | World Environment Day | World Environment Day is the biggest annual event for positive environmental action and takes place every 5 June. World Environment Day is a day for everyone, everywhere. Since it began in 1972, global citizens have organized many thousands of events, from neighbourhood clean-ups, to action against wildlife crime, to replanting forests. This year’s theme invites you to think about how we are part of nature and how intimately we depend on it. It challenges us to find fun and exciting ways to experience and cherish this vital relationship. Keep an eye out for events happening locally to celebrate this important day. |
| 10-Jun | Volunteers week | Kindness is a key part to being happy. When we help others, oxytocin otherwise known as the ‘happy hormone’ is released in the body. A top way to show kindness is to volunteer your time. This week it’s volunteer week, an annual event run by the National Council of Voluntary Organisations to celebrate volunteers and volunteering.  Find out more: http://volunteersweek.org/about |
| 17 -Jun | Healthy Eating Week | This week is Healthy eating week. To promote healthy eating, our school will be doing the following activities this week (list activities here):  Here are some ideas that you can do at home to get your family eating more healthily:   * Vary the fruit you buy each week for school lunches. Try to purchase fruits in season as they will often taste best. * Vary the breads and sandwich fillings each week. * The dairy products are particularly important. Yoghurt can be frozen and used to keep the rest of the lunch box cool. If lunch is being stored in a fridge at school, why not send a long a small bottle of milk? * Involve your child in selecting foods for their lunch box. Giving them two options on a given day is plenty of choice to make them feel empowered. * Get kids involved on the weekend in food preparation such as making some high fibre fruit muffins. * Don’t forget water is the best drink. Children should be encouraged to bring their own water bottle with them to school each day. Children should not bring sweet drinks such as juice, cordial or soft drink to school as these drinks may replace other more nutritious foods. Sweet drinks increase the risk of dental caries and are high in kilojoules.   Get kids involved in planting some tomatoes or lettuce to be included in their lunch. |
| 24-Jun | Mental health tips | Top tips to connect more with your child this summer:  **Talk (and Listen) to Them**  The most basic way to connect with your children is to talk to them. Tell them about your day and ask about theirs. Try to remember everything they tell you. Children have a memory that just won’t quit sometimes, and they expect you to have the same. Ask them questions. It’s important for people to feel like the person they are talking to cares about what they have to say. Asking questions about what they told you it proves you were listening and want to know more. Don’t expect your kids to tell you everything about themselves in one sitting. It takes time to build the kind of connection you are looking for, especially with teens and older children who are still feeling rebellious.  **Take an Interest in their Interests**  Sometimes just talking doesn’t work for all kids. They may have built their guard up too high to realize that you just want to help them. In this case it may be a good idea to consider doing something else together. If your child likes to play video games, ask for the second controller and play too. Maybe help them with an art project they’re working on. You can try to get involved in anything they like to do. They may still try to shut you out sometimes, but eventually you will find something to do together.  **Invite Them Into Your World**  If you can’t find common ground in the things they like to do, maybe you should look for some in the things you enjoy. It’s not uncommon for children to forget that parents or guardians are people too. If you’re willing to show them who you are, then perhaps they will open up and do the same. You can invite them to one of your favorite shows or sporting events. Anything can work as long as you can get them interested.  **Find a New Hobby**  Try to find something that neither of you have done and you both find at least mildly interesting, and start together. Neither of you will be the leader in this activity because no one has more experience. Even if you find out that you both hated the activity, you at least have a mutual experience to work with.  **Guilt is Not a Weapon**  Never send your children on a guilt trip. It’s a cheap trick that will only cause them to resent you in the long run. Make it clear that you want to spend time with them and get to know them, but don’t try to make them feel bad if it doesn’t work out right away. It may take a few tries but you’ll wear them down eventually and they’ll give you a chance.  **There’s a Time For Friendship and a Time For Parenting**  Although it’s great to be your child’s friend. Remember you are there primarily to see to it that the child in your care is safe and grows up well. A balance must be found between parenting and friendship. You need your child to trust you enough to tell you about the things going on around you but also to feel safe enough to seek true guidance from you.  **Don’t Get Discouraged**  Kids can be difficult. It may seem that no matter what you try, you’re still feeling just as distant from them as when you started. Don’t give up. |
| 01-Jul | Oral Health | Tips to Help Young Children Practice Brushing & Make It A Good Experience:   * Choosing a toothbrush. Use a soft-bristled toothbrush designed for brushing an infant’s or child’s teeth. * Holding a toothbrush. If the child has trouble holding a toothbrush, try making the handle thicker by putting it inside a tennis ball. The toothbrush handle can also be strapped to the child’s hand with a wide rubber band, a hair band, or Velcro. Toothbrushes with thick handles can also be found in retail and discount stores. * Teaching the child how to brush. Break the process into small steps that the child can understand and practice. Ask a [dentist](http://www.healthychildren.org/English/family-life/health-management/pediatric-specialists/Pages/What-is-a-Pediatric-Dentist.aspx), dental hygienist, [occupational therapist](http://www.healthychildren.org/English/health-issues/conditions/developmental-disabilities/Pages/Occupational-Therapy.aspx), or early childhood specialist for help, if needed. Another way is to place a hand over the child’s hand to guide the toothbrush as the child brushes. * Using toothpaste with fluoride. Use toothpaste with [fluoride](http://www.healthychildren.org/English/healthy-living/oral-health/Pages/FAQ-Fluoride-and-Children.aspx) that the child likes and that feels good in his or her mouth. An adult should always place toothpaste on the toothbrush. * For children ages 3–6: Use a pea-size amount of flouride toothpaste. * If a child cannot spit: Have the child tilt his or her mouth down so that the toothpaste can dribble out into the sink, a cup, or a washcloth. Since the fluoride in toothpaste is clearly meant to be swishes but not swallowed, make sure to help or watch the child while brushing. When she is old enough, tell her to spit out the toothpaste after brushing. * Positioning the child. There are many ways a child can be positioned to make the child feel comfortable and allow an adult to brush his or her teeth.   Keeping the child engaged in brushing. Use a timer, a short song, or counting as a game to encourage brushing for 2 minutes. |
| 8-Jul | Getting active during the summer | **Keeping active during the summer**  Physical activity is important for the growth and development of the body. It reduces the risk of children developing diseases like cardiovascular disease and diabetes in the future. Children who exercise regularly also tend to have a more positive body image and higher self-esteem. It also improves social skills and hand eye coordination.  Current research recommends children to take part in physical activity for at least 60 minutes a day. You can encourage your child to exercise more by walking to the shops instead of driving in the car, walking the dog, going bike riding or swimming. Teaching your child basic skills like throwing, jumping and catching will help develop their confidence. It will also make them more likely to find team based activities enjoyable and rewarding.  Check out the Change4Life website for fun ways to inspire your children to stay active over the summer holidays including the Disney inspired Shake Up games and the Train like A Jedi programme. The Shake Up Games are 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day. Read more at [www.nhs.uk/change4life/activities](http://www.nhs.uk/change4life/activities) |
| 15-Jul | Healthy eating ideas | KIDS AND VEGIES:  The Tricks of the Trade!   * Offer vegies in different forms – raw, cooked, canned, dried and frozen, and encourage children to try them.   + - Focus on serving lots of *different* vegies, not big amounts of the same 1 or 2 vegies.     - Involve children in choosing, preparing and serving vegies. This helps to make them more interested in the food they’re eating and it’s a good way to teach them about different varieties. * Help your child to grow a few of their own vegies. Often children are more likely to want to eat vegies they’ve grown themselves. * Present vegies in ways that make it easy for kids to eat them – e.g cut vegies into sticks, grate raw vegies onto plates so they can eat them as finger food, or cut vegies into shapes. * Dipping vegies is a lot of fun, so have some chopped vegies and a bowl of dip on the table between meals so they can ‘pick at’ them when they feel like it. * Stuff vegies like celery sticks with cream cheese, egg or tuna. * Always praise your child for trying new vegies * Mix grated or diced vegies in with their favourite foods! E.g add peas, grated pumpkin or carrot to burger patties, add grated carrot and courgette to mince and pasta sauces, use vegies as pizza toppings or puree them for soups and dips. * An important first step if you want your child to eat their vegies is to make sure they see YOU enjoying your vegies on a regular basis at home. * Offer vegies in a positive, casual way and believe your child will enjoy them.   Children’s food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies |
| 22 - Jul | Online safety tips for the summer | It can be hard to keep track of what your child is doing on social networks, apps and games. Or know how to keep them safe. The NSPCC have teamed up with O2. Together they’re helping parents untangle the web and teach their children to be Share Aware. Visit the Share Aware website for tips and advice on how to keep your child safe online. |