

Summer Holidays

The end of an academic year brings a range of emotions.

It is a time for reflection and celebrating achievements, as well as excitement with the summer holidays on the horizon.

However, it is also a time of change and upheaval which can feel difficult and cause anxious feelings.

Some children will have come to the end of their time at primary school and will be getting ready to leave, and others will be preparing to move on to a new school year next term.

Everyone in school will also be preparing for the shift from the routine of the school day, to no formal education structure across the summer break.

Check out the infographics below, for some Top Tips for the summer holidays and support for those pupils moving up to secondary school.

My
MOVING UP TO
SECONDARY SCHOOL
booklet

Summer holiday
wellbeing tips



July's FACE Workshops

Live talks coming up next!

All of the following are delivered live online by FACE Lead Facilitator, Jane Keyworth

10:00 -11:30 and 19:00 - 20:30 (GMT) £24 each or FREE with School Membership, when using our school code which can be found in your school email sent on 23/06/26. If you can't make the date ask for the link to the recording, available for 48 hours after.

FACE July 2026 Timetable	
All regular sessions delivered live online via zoom. 90 minutes long. £24 each or FREE with School Membership. Book online at facefamilypractice.co.uk . Recordings available for 48 hours.	
Cannabis & Ketamine Awareness	6 July 10am
Anxiety Explained	6 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Decreasing Depression	13 July 10am
Raising Self-Esteem	13 July 7pm
Supporting Healthy Sleep	14 July 10am
Understanding the Teenage Brain	14 July 7pm
FREE - Supporting Healthy Screen Use	16 July 7-9pm
Autism Improving Communication	20 July 10am
Improving Family Communication	20 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Understanding Anger	27 July 10am
School Anxiety	27 July 7pm
Facing Delancey	28 July 10am
Supporting Health Screen Use	28 July 7pm

Summer Reading

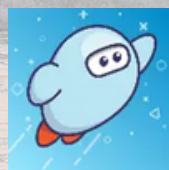


One of the main ways to keep children reading in the holidays is for them to take part in the Summer Reading Challenge, which begins on Saturday 11th July.

Children will have had a school assembly about the challenge and were given all the information they need to sign up at their local library. Further information can be found at [Hampshire Libraries Kids Zone](#) and there are some excellent book suggestions to be found on the Reading Agency website:

[Summer Reading Challenge](#)

Remember, children have access to our virtual reading app during the Summer holidays. To access Sora, click the rocket infographic



Select your school, and log in using your child's google classroom login details.

If your child is going into Year 3 or Year 7 in September, then do look out for the Moving Up and Moving On reading lists, provided by the School Library Service, which we'll be sending out later this term. Happy Summer Reading from Mrs Hampshire!

Support for Families

I would like to take this opportunity to highlight that there is support and provisions available to you and your family, over the 6 week break.

HOUSEHOLD SUPPORT FUND

School can directly offer financial support with household costs and food shopping.

ROMSEY FOOD BANK

Electronic vouchers can be issued in advance of the 6 week break so that you can readily access supplies if and when you should need them.

For more information please do get in touch before the end of term, directly by email L.Gradidge@UWINAT.co.uk for a confidential chat.

Don't Forget... This month's Action for Happiness Calendar JUMP BACK UP JULY



Wishing you all a wonderful Summer!
Laura Gradidge
Family Wellbeing Coordinator