



20th May 2026

Dear Parents / Carers,

As we approach **the half term break**, we would like to take this opportunity to share some guidance and reminders to help keep our children safe, happy, and well during their time away from school.

Safeguarding and staying safe

Children often have more independence during school holidays, so it is important to reinforce basic safety messages. Please remind your child about staying safe when out with friends, being aware of their surroundings, and knowing how to seek help if needed. Ensuring they have clear boundaries and know how to contact a trusted adult can make a significant difference to their safety.

Mobile Phones and Online Safety

With increased free time, children may spend longer on their devices. We encourage parents to actively monitor mobile phone and online activity. This includes:

- Checking privacy settings on apps and social media
- Discussing appropriate online behaviour
- Encouraging children to talk about who they are communicating with
- Setting reasonable screen time limits

Open conversations about online safety can help children feel supported and more confident in making safe choices.

Mental Health and Wellbeing

Breaks from routine can sometimes impact children's emotional wellbeing. Maintaining some structure to the day, encouraging regular sleep, and checking in with how your child is feeling can all support positive mental health. Small conversations can make a big difference, ask open questions and create space for them to share.

Encouraging Activity and Time Outdoors

We strongly encourage families to take advantage of the break by spending time outdoors where possible. Activities such as family walks, visiting local parks, or trying something new together can benefit both physical and mental health. Even simple routines like a daily walk can provide valuable time to talk and reconnect.

Family Time and Communication

Shared moments, such as sitting down together for meals, offer important opportunities for conversation. Encouraging children to talk about their day, interests, and feelings helps build trust and strengthens relationships.





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Support in Nuneaton and Bedworth

If you or your child needs additional support during the holidays, there are local services available to help. These include:

- Warwickshire Family Information Service: <https://www.warwickshire.gov.uk/children-families>
- Nuneaton Foodbank: <https://nuneaton.foodbank.org.uk/locations/>
- Local community groups and youth organisations
- Youth Clubs: Hatter's Youth Hub, Aspiring Arts, Camphill Community Centre
- Talking Therapies: <https://www.talkingtherapies.covwarkpt.nhs.uk/>
- Online support such as Young Minds, Kooth and Childline

If you are unsure where to start, please do not hesitate to contact the school, we are always happy to signpost you to appropriate services.

We hope you have a safe, restful, and enjoyable half term. Thank you for your continued support in helping keep our children safe and well.

Yours faithfully

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Headteacher



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