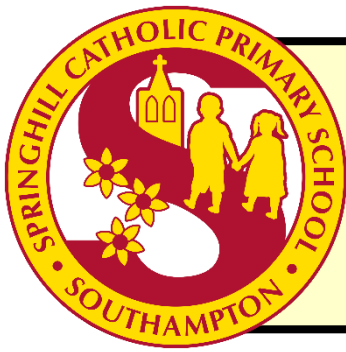




Springhill Wellbeing Newsletter

July 2026

In our final Wellbeing Newsletter of the year, we want to thank you for all that you do for your wonderful children and wish you a restful, fun and safe summer! If you do need more support during the holidays, more information can be found online: <https://www.nhs.uk/mental-health/>

SUMMER ROUTINE CHECKLIST

complete this list to have playtime or screentime bliss

- ☐ GET DRESSED
- ☐ MAKE BED
- ☐ EAT BREAKFAST
- ☐ CLEAN UP DISHES
- ☐ BRUSH TEETH
- ☐ READ FOR 20 MINUTES
- ☐ LETTERS/MATH/Writing
- ☐ DAILY CHORE
- ☐ MOVE BODY

Routine

Summer is a wonderful time to share as a family and we might have later nights; sleep in during the week; and have meals at different times. This change in routine may affect children more than we realise and can result in 'poor' behaviour as they are telling us they are tired or feeling anxious.

Enjoy those amazing times with your family but also try to build in some normal routine for your children so that they know the expectations and



ALWAYS FOLLOW THE WATER SAFETY CODE



Water Safety

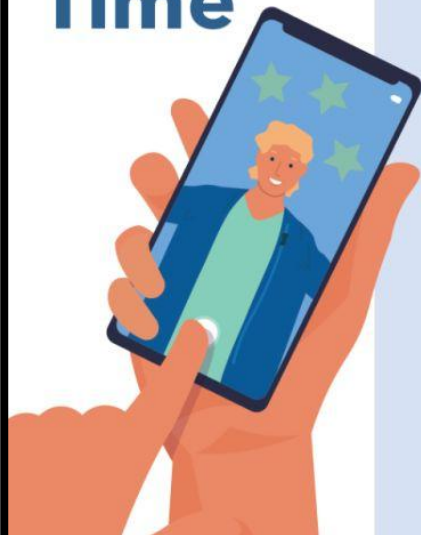
Going swimming is a great way to cool off on those long, hot days but before enjoying the sea, pool or paddling pool, remember to chat to your children about water safety and what to do in an emergency.

Screen Time

We know that playing games, chatting with friends and watching videos is a fun way for children to spend their time but it is important to get the balance right.

- Fast-paced digital content can reduce your attention span and trigger feelings of restlessness or brain fog
- Time spent on screens directly reduces time spent exercising, which lowers endorphin and serotonin levels.
- The blue light emitted by devices suppresses melatonin, making it harder to fall asleep.

How to REDUCE Screen Time



Track how much time you spend on screens all day versus time spent being active.



Make it a house rule to limit screen time to two hours a day.



Keep computers and TVs out of the bedroom for better sleep.



Make meals screen-free to bond with family and friends.



Plan family activities without screens. Consider a game night, a dance party or time at the park.

In your child's report, you will find a printed version of this Springhill Summer checklist. These are ideas to keep children creative, engaged and active during those times where they need some inspiration. They are free or low-cost activities.



Springhill's Summer Checklist

How many can you tick off during the summer holidays?



Read a book
outdoors ☐

Make a
playlist of feel
good summer
songs ☐

Cloud Watching
What shapes
can you see? ☐

Draw a self
portrait ☐

Build a tower using
only items from
your recycling ☐

How many keep
ups can you
do? ☐

Have a dance
party! Come up
with your own
dance routine ☐

Build a den
and play inside
it ☐

Create some
outdoor nature
art ☐

Create a collage
using recycled
materials ☐

Visit your local
park ☐

Watch your
favourite
film ☐

Go on a bug
hunt ☐

Visit your
local library ☐

Go fruit
picking ☐

Make lunch
and have a
picnic outside ☐

Write a summer
adventure story ☐

Go bird watching.
How many birds
can you spot? ☐

Always check with an adult before you start any activity. We can't wait to hear all about your summer and the fun you had!