



SUMMER GUIDE 2023

Helping
families stay
safe and
well

With schools closed over the summer, families may be looking for things to do to keep children busy, healthy and safe. This Warwickshire County Council guide offers advice along with information about getting ready to go back to school.

Family Information Service

For activities, financial support, and more, get in touch

0800 408 1558

warwickshire.gov.uk/childrenandfamilies

Stay up to date with the latest news to help you and your family

warwickshire.gov.uk/parentupdates

Early help

For specific parenting support, call

01926 412412



Free food and activities for
benefits eligible families
warwickshire.gov.uk/haf



Advice to stay healthy and well
warwickshire.gov.uk/wellness



BE HEALTHY IN SUMMER



Food and drink

To support childhood development, healthy eating should start as early as possible to help create a long-lasting positive approach to nutritious foods.

Try cooking together and include the following tips through the week:

- Aim to eat at least five portions of a variety of fruit and veg each day. Fresh, frozen, tinned, dried or juiced all count.
- Choose higher fibre or wholegrain foods, such as wholewheat pasta and brown rice, or leave the skins on potatoes.
- Include beans, pulses, fish, eggs and meat as they are sources of protein, vitamins and minerals.
- Milk, cheese, plain yoghurt and dairy alternatives offer protein, some vitamins and calcium, to keep our bones healthy.

School meals

- Healthy and convenient for families.
- Free for children up to Year 2.
- Always free for eligible families.

Check and apply at

warwickshire.gov.uk/fsm

Keep kids safe online

To help keep children safe online, know what they are looking at, talk to them about what they do online and block inappropriate content.



warwickshire.gov.uk/cybersafety

Keep active

Physical activity each day is good for your child's health and wellbeing and may reduce risk of health problems later in life.

Outdoor activity ideas:

- Visit a Warwickshire Country Park and go on a nature hunt.
- Set an obstacle course outside or in the garden, see if you can beat your own time.
- Go for a walk and collect items for a homemade potion, such as leaves, sticks and grass.
- Check out local holiday clubs warwickshire.gov.uk/childrenandfamilies



BE SAFE IN SUMMER



Sun safety

Long sunny days can be great fun and a good excuse to play outside. Make sure you enjoy the sun safely and follow these tips:

- Drink plenty of water or low sugar squash, or make your own ice lollies.
- Make sure sunscreen is at least factor 30, not past its expiry date and applied regularly when outdoors.
- Avoid physical exertion and being in direct sunlight in the hottest parts of the day.
- Take lots of water with you if you are travelling.
- Never leave children or animals alone in a closed, parked vehicle.



Stay cool indoors:

Close curtains on rooms that face the sun to keep indoor spaces cooler.



Water safety

If you're heading to the beach, the pool, or will be around water, be aware of potential risks and keep you and your family safe:

- Visit a lifeguard beach – stay between the red-and-yellow flags. A plain red flag means it is too dangerous to go into the water.
- Stay away from cliff edges to avoid falls and in case they collapse. Keep all dogs on leads and stick to marked footpaths.
- An inflatable toy or airbed can be easily swept out to sea by the current or wind. Keep them for the pool, not the beach.
- Open bodies of water are colder than you think and the shock can affect your ability to swim to safety so take extreme care.
- Be water safe at home by emptying paddling pools after use and make sure children can't access water without parental guidance.



BE SEPTEMBER READY



Advice to help prepare for the new school year, or a new school:

- Get ready as early as possible. Pick up new or used uniform and equipment and know where to go and what to expect to make it easier on the first day of term. If your child will be moving schools or will be old enough to get to school by themselves make sure you've practised a safe route and know how long it takes to get there.
- If your child has talked about feeling anxious about going to school, take time over the summer to talk through their worries or concerns, focus on things they like about school and make a plan for September.



- If you or your child need any further help, support, advice or guidance contact school and make an appointment with a member of staff as soon as you can.
- Ensure your child's vaccinations are up to date ahead of the new school year [warwickshire.gov.uk/vaccinations](https://www.warwickshire.gov.uk/vaccinations)

Information to help prepare to start or move schools is online at [warwickshire.gov.uk/transitions](https://www.warwickshire.gov.uk/transitions)

Get the best out of education

Regular attendance is important. [warwickshire.gov.uk/attending-school](https://www.warwickshire.gov.uk/attending-school)

Special Educational Needs and/ or Disabilities (SEND) support

Lots of local information and support for families and young people aged 0-25 with SEND can be found at [warwickshire.gov.uk/send](https://www.warwickshire.gov.uk/send)

Looking out for others

The young and the old and those with underlying health conditions are more vulnerable in hot weather. Keep an eye on loved ones and neighbours by:

- Checking in on them regularly.
- Making sure they are staying hydrated with plenty of fluids.
- Supporting them to keep their house as cool as possible.
- Making sure you share contact details, in case of emergency.