Health and Wellbeing Newsletter

July 2023

As we quickly approach the summer holidays, here are a few tips and guides to help you have a successful summer break!

Children will probably be using their devices more over the next 6 weeks. Click on the following links to help keep your child(ren) safe online.

Balancing Screen Time.

Get your personalised online safety toolkit in a few easy steps

Setting up devices safely

Cyberbullying

The use of TikTok (which has an age limit of 13)
TikTok app safety

Roblox

Helpful facts about one of the world's most popular messaging service WhatsApp (which has an age limit of 16+)

Skips Safety Net a website produced in collaboration with Home Office PREVENT and the West Midlands Police Crime Commissioner. This is a unique educational resource to encourage safe online practice in the home.





It may feel like a long 6 weeks ahead so here are some top tips to help you all out!

The summer holidays can be a stressful and financially draining time of year, however, there is no reason why these weeks can't be jam packed with fun and happy times with your little ones. Here are some useful tips so you can keep your cool this summer and avoid stress!

Parent's survival guide

Some top holiday tips for parents, including activity inspiration to keep everyone sane.

Holiday tips

The summer holidays can be a great chance to spend time with friends and have some time off. But sometimes it can feel a bit lonely. Or you might miss the routine you have when you're in school.

Advice for young people

Activities and events for children and families, running across the School Summer Holidays 2023, in Hull, the East Riding of Yorkshire and surrounding areas.

Hull and East Riding Mumbler Children will probably be out playing with friends more and visiting unfamiliar places. Here are some pieces of advice to help out.

Sun safety



Road safety



Water safety - ages 3-7
Water safety - ages 7-11



Water safety from Humberside Fire Brigade



As the holidays draw to a close you and your child will start to think about coming back to school. Here are some sites to help if your child has any anxieties or worries.

Preparing to go back to school

'The idea of going back to school is often met with a combination of excitement and dread. On the one hand, you get to see all your friends again, catch up on all the latest gossip and share your holiday stories. On the other hand, though, it means getting back into studying, doing homework and getting out of bed early. If you're anything like us, then you tend to put off doing things that you're not particularly looking forward to, but what we've realised is that being prepared ahead of time, actually makes you feel better about the situation'.

7 tips to help your child return to school

Whether your child is moving schools, to a new country, going into Secondary school or starting Primary, this transition will need to be carefully planned and sensitively managed.

There are various reasons why some students are more likely to struggle with going back to school than others; if you believe your child will find transitioning difficult, be sure to inform the school beforehand so that you and your child can be supported.