

# Burton Out of School Club Newsletter

July  
2021



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## Summer Holiday Club

We still have a few  
places left.

Email  
[burtonoutofschool  
club@gmail.com](mailto:burtonoutofschoolclub@gmail.com)  
if you would like  
to book a session.



Dear Parents and Carers,

Another school year over. What a year! We hope you haven't had to self-isolate too many times and you, your family and friends are all well and can enjoy the summer together.

Goodbye to our Year 5 children and families who are leaving us for good. Yes, there were some watery eyes. No more handovers at the end of the day. For some this has been happening since Pre-School. Thank you so much for your support over the years and Good Luck to the 6 superstars heading to KMS. We hope you have fun. They will be lucky to have you.

We also say goodbye, for a while, to one of our reception children. Enjoy your time at home. We look forward to seeing you again soon.

## SUMMER HOLIDAYS

There's lots going on this summer. As well as our day trips, we have activities (from baking to escape rooms), games (from giant draughts to curling) and lots of playing out too. If your child is attending, please remember to apply sun cream, bring sun hats and packed lunches and look out for emails with more details over the summer.

## Committee Members

Claire Linley – Chair  
Lauren Foy – Treasurer  
Fiona Chapman -  
Secretary  
Sara Whitten  
Jennie Turner  
Tasha Thackrah



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## \*IMPORTANT NOTICE\*

Remember to inform  
us if your child has to  
self-isolate or someone  
in the household tests  
positive for Covid.

\*\*\*\*\*



Manager: [Victoria Green](#) | Email Enquiries: [burtonoutofschoolclub@gmail.com](mailto:burtonoutofschoolclub@gmail.com)  
Club telephone : **01484 606065 (Before 8.45 or after 3pm)** Mob: 07743351073  
The Village Hall, Northfield Lane, Highburton, HD8 0QT Opening Hours: **7.30-9am and 3.30 - 6.00pm**

Opening Hours - Holiday Club: - 8am - 6pm

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Join the Getoutside Challenge.

During the summer BOSC will make sure we do plenty of these.

You can see the full list ideas at [getoutside.uk/hub](http://getoutside.uk/hub)



## STAFF

Some of you may know that one of our members of staff is unwell at present and will not be in over the summer. We've changed our summer rota and will let you know when they return and whether we need to make changes to any of the planned activities.

## PLAY

It's easy to underestimate the importance of play. For many the Out of School Club is simply a necessity. But play and the freedom to choose play can have an impact on all areas of child development. Here's a brief summary from Play England.

'Research suggests that being able to engage in freely chosen play has an effect on the areas of the brain to do with emotion, motivation and reward, leading to flexible responses to what children encounter in their environments. This helps to develop resilience, a way of coping with the world that includes dealing with primary and secondary emotions, developing healthy responses to stress and building attachments to people and places'

After the last couple of years, perhaps the most important thing we can do for our children is let them play.

Have a lovely summer, whatever your plans. Enjoy and stay safe.

With best regards

*Victoria Manager*

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## Child Mental Health Help & Information

### Local Help

Your GP can provide help and advice and access to appropriate specialist services and local organisations

**Call 111** free when you need medical help fast but it's not a 999 emergency. Available 24 hours a day. 365 days a year.

**NHS Mental health Services** can be found on the NHS website <http://www.nhs.uk>

### Local

**Organisations** Provide a range of services including support group, helplines an information. Details can be obtained from your GP, local library, or the internet.

### National Help

**Childline** Free 24-hour counselling service for children  
0800 1111 <https://www.childline.org.uk>

**Mind** – Infoline Offers advice and support to service users and a network of local associations to which people can turn for help  
0300 123 3393, text number: 86463 <http://www.mind.org.uk>

**SANE** Provides practical help, emotional support and specialist information for people aged 16 and over with mental health problems, their family, friends, and carers  
0300 304 7000 [www.sane.org.uk](http://www.sane.org.uk)

**Supportline** Confidential telephone helpline offering emotional support to any individual on any issue  
01708 765200 [www.supportline.org.uk](http://www.supportline.org.uk)

**Beat** Provides helplines, self-help groups and online support to anyone affected by eating disorders.  
Helpline: 0808 801 0677 Youthline: 0808 801 0711  
Studentline: 0808 801 0811 [www.b-eat.co.uk](http://www.b-eat.co.uk)

**The Samaritans:** Provide a confidential service for people in despair who feel suicidal.  
116 123 [www.samaritans.org.uk](http://www.samaritans.org.uk)

**NSPCC** Provides helplines and information on child abuse, child protection and safeguarding children.  
0808 800 5000 <https://www.nspcc.org.uk/>

**Young Minds** has a Parent Helpline that offers free confidential telephone and email support to any adult worried about the wellbeing of a child  
0808 802 5544 [http://www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents)

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