

As we approach the much-deserved half-term break, I wanted to send a note on behalf of all the Inclusion team to wish you and your children a wonderful, restful week. This first half of the autumn term has been a busy one, and everyone has worked incredibly hard.

First and foremost, the half-term holiday is a crucial time for rest, play, and family connection. We wholeheartedly encourage you to prioritise this. Allowing children time to decompress and recharge is essential for their well-being and is, in itself, one of the best ways to prepare them for another busy half term.

That said, we also know that many parents appreciate a few simple ideas to keep young minds 'ticking over'. A long break can sometimes make the return to school feel a little daunting, and gentle, low-pressure activities can help maintain a link to learning and discovery.

The goal is never to replicate the school day! Instead, it's about finding small, often fun, opportunities within your everyday routine. If you are looking for some inspiration, here are a few easy strategies you might find helpful:

1. **Reading for Pleasure (and Purpose!)** This is the most powerful activity of all.

Encourage your child to read whatever they enjoy – be it a school book, a comic, a magazine, or a website about their favourite hobby. Reading to your child, or listening to an audiobook together in the car, is just as valuable. You can also bring reading into daily life: ask them to read you the shopping list, a recipe, or the instructions for a new game.



2. **Everyday Maths** Look for maths in the world around you. In the kitchen, baking provides brilliant opportunities for measuring ingredients (litres, grams). In the supermarket, ask



your child to help you find the best value (e.g., "Which multi-pack is cheaper?"). Board games and card games are fantastic for counting, strategy, and turn-taking, while handling pocket money is a life-long skill.

3. **Get Outdoors & Talk** A walk in the park or woods costs nothing but is rich with learning.



You could go on a "listening walk" and talk about all the different sounds you hear, or a "treasure hunt" to find things of different colours, textures, or shapes. Simply having a conversation about what you see and do builds vocabulary and curiosity.

4. **Harness Creative Time** Whether it's drawing,

painting, building with Lego, or "junk modelling" with recycling, creative play is fantastic for developing problem-solving skills, fine motor control, and imagination. The important part is the *process* of making, not a perfect final product.



5. **Share Daily Tasks** Involving your child in simple household routines is brilliant for their development. Tasks like laying the table (counting cutlery), sorting laundry (matching pairs, finding colours), or helping to prepare a simple snack all build responsibility, motor skills, and self-confidence.

[Kids Chores List by Age: The Ultimate List of Age-Appropriate Chores](#) Here is the link to a page with suggested chores by age.

The most important thing is to have a safe and happy break together. There is no expectation for you to do any of these things; they are simply ideas if you find them useful.

Timetables can also help children to know what they are doing and what to expect, perhaps they could write or draw what the plan is for each day.

Hopefully you have been reviewing your children's learning plans at Parents evenings. Look out for the new plans coming home throughout November.

Please feel free to use the calendar below to help your child know what they are doing each day and when they are coming back to school.

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