



19<sup>th</sup> July 2024

Dear Parent Carers,

**Weekly Update: 19/07/24**

I hope this update finds you well. While we only have a few more days of school to go before our well-deserved summer holiday, I wanted to share our 'Summer Support' leaflet which has been compiled by Jess, our Designated Safeguarding Lead.

This leaflet has useful information on free activities for students to take part in, free online courses for young people and their Parent Carers, as well as advice on apps which help to support and promote good mental health. If you'd like any further information or support, please get in touch with one of the Family Support team before the summer break.

Best wishes,

**Sabrina Hobbs**  
**Executive Headteacher**

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Sabrina Hobbs **Executive Headteacher**

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## **Term Dates for Academic Year 2023/2024**

### **Summer Term**

School Breaks up for Summer – Tuesday 23<sup>rd</sup> July

## **Term Dates for Academic Year 2024/2025**

### **Autumn Term 2024**

INSET Day – Wednesday 4<sup>th</sup> September

School Starts for the new Academic Year – Thursday 5<sup>th</sup> September

School Breaks up for Half Term – Friday 25<sup>th</sup> October

INSET Day – Monday 4<sup>th</sup> November

School Starts Back – Tuesday 5<sup>th</sup> November

School Breaks up for Christmas – Friday 20<sup>th</sup> December

### **Spring Term 2025**

School Starts Back – Monday 6<sup>th</sup> January 2025

School Breaks up for Half Term – Thursday 13<sup>th</sup> February

INSET Day – Friday 14<sup>th</sup> February

School Starts Back – Monday 24<sup>th</sup> February

School Breaks up for Easter – Friday 4<sup>th</sup> April

### **Summer Term 2025**

Bank Holiday – Monday 21<sup>st</sup> April

INSET Day – Tuesday 22<sup>nd</sup> April

School Starts Back – Wednesday 23<sup>rd</sup> April

Bank Holiday – Monday 5<sup>th</sup> May

School Breaks up for Half Term – Friday 23<sup>rd</sup> May

School Starts Back – Monday 2<sup>nd</sup> June

School Breaks up for Summer – Wednesday 23<sup>rd</sup> July

INSET Day – Thursday 24<sup>th</sup> July

St Martins follows Derby City Council's term dates. Dates for next year can be found on their website – please follow the link for these - <https://derby.gov.uk/education-and-learning/schools-and-colleges/term-holiday-dates/#>

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ST MARTINS SCHOOL

# SUMMER SUPPORT

*Support | Advice | Activities*



## SUMMER BREAK

Many of our young people find it difficult without the routine of coming into school. Please see attached some summer SEN friendly activities available during the summer to help fill your time.



## ADVICE

Mental Health is something we all have and just like our physical health we also need to take care of how we think, feel and act. This helps enable us to be able to take on challenges and new experiences.

We know that growing up provides many challenges and we want to support our young people as best as possible. To help please find below a list of useful apps, websites and some activities to help promote good mental health.



Online Counselling service

BBC Own It—Advice as you chat



Specific support pages. Free phone 1:1 online counselling.

HeadSpace—Mindful meditation

Be Mindful





ST MARTINS SCHOOL - SUMMER SUPPORT



# SUPPORT/ACTIVITIES - AVAILABLE OVER

## THE SUMMER HOLIDAYS 2024



### EATING OUT

**Morrisons** - Spend £4.49 and get free kids meal



**Asda** - Kids eat for £1 all day

**Tesco** - Kids eat free with purchase of 60p

**Sainsbury's Cafe** - Kids eat for £1 with purchase of an adult main



UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace 

**NHS**

## Understanding your teenager's brain

Free online course for all parents, carers, grandparents.

- Understanding your teenager's brain development in adolescence
- Reading your teenager's behaviour and understanding their feelings
- Reflecting on the importance of your relationship and how to nurture your teenager's mental health

Designed by clinical psychologists in partnership with practitioners and parents



Residents of DERBY

In paid partnership with:



Use Access Code  
**MARKEATON**

# For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers



www.inourplace.co.uk



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In paid partnership with:



Use Access Code  
**MARKEATON**

# Understanding your relationships

Free online course to follow in your own time to help understand your relationships and your mental health.

- Understanding your emotions in your relationships
- Communicating feelings and expressing yourself
- Reading others behaviours and different communication styles
- Managing conflict, self-regulation and anger

Designed by expert psychologists in partnership with people



www.inourplace.co.uk



Residents of DERBY

In paid partnership with:



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**MARKEATON**

# SUMMER SESSIONS



FamilyHubDerby  
Supporting families in Derby, Leicestershire & Nottingham

Free  
snacks

For 0-11s and their families

No need to book – just turn up!

## Wed 31 Jul

10am-12noon  
10am-12noon  
1pm-3pm

Osmaston Allenton Family Hub  
Rosehill Family Hub  
Derwent Family Hub

## Tue 6 Aug

10am-12noon

Mackworth Morley Family Hub  
(BSL Interpreter)

## Wed 7 Aug

10am-12noon

Sinfin Family Hub

## Tue 13 Aug

10am-12noon

Becket Family Hub

## Wed 14 Aug

10am-12noon  
1pm-3pm

Osmaston Allenton Family Hub  
Derwent Family Hub

## Tue 20 Aug

10am-12noon

Mackworth Morley Family Hub  
(BSL Interpreter)

## Wed 21 Aug

10am-12noon  
10am-12noon

Sinfin Family Hub  
Rosehill Family Hub

## Tue 27 Aug

10am-12noon

Becket Family Hub

## Wed 28 Aug

10am-12noon  
1pm-3pm

Osmaston Allenton Family Hub  
Derwent Family Hub

Range of activities including:  
Music | Art and Craft | Outdoor activities |  
Sports | Animal handling | Willow Craft



Scan for more information & a full schedule of activities



Funded by  
UK Government



Derby City Council

Community Action

NHS



# SUMMER SESSIONS



Free snacks

For 11-19s

No need to book - just turn up!

## Mon 29 Jul

3pm-5pm Rosehill Family Hub

## Tue 30 Jul

1pm-3pm Mackworth Morley Family Hub

## Wed 31 Jul

1pm-3pm Osmaston Allenton Family Hub

## Mon 5 Aug

1pm-3pm Derwent Family Hub  
3pm-5pm Rosehill Family Hub

## Wed 7 Aug

1pm-3pm Sinfin Family Hub

## Tue 13 Aug

1pm-3pm Mackworth Morley Family Hub

## Wed 14 Aug

1pm-3pm Osmaston Allenton Family Hub  
3pm-5pm Becket Family Hub

## Mon 19 Aug

1pm-3pm Derwent Family Hub  
3pm-5pm Rosehill Family Hub

## Wed 21 Aug

1pm-3pm Sinfin Family Hub

## Wed 28 Aug

1pm-3pm Osmaston Allenton Family Hub  
3pm-5pm Becket Family Hub

## Fri 30 Aug

1pm-3pm Derwent Family Hub

**Range of activities including:**  
Art and Craft | Gaming bus | Boxing | Graffiti |  
Breakdancing | Climbing wall | Willow Craft



Scan for more information & a full schedule of activities



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UK Government

