

Wednesday 9 July 2025

Dear Parents and Guardians,

Mental Health and Wellbeing During the Summer Holidays

As we approach the summer holidays, it is important to ensure that our children remain mentally and emotionally healthy during this break. At Habs Prep we are committed to supporting the holistic development of our students, and we recognise the crucial role that parents and guardians play in this journey.

The summer holidays are a wonderful opportunity for children to relax and recharge, but it is also important to maintain a balance that supports their mental health. Here are some tips to help:

- **Screen Time:** While technology can be a great source of entertainment, it is important to monitor and limit screen time. Encourage your child to take regular breaks from screens and engage in offline activities. Setting boundaries around screen use, especially before bedtime, can help improve sleep quality and overall mental health.
- **Maintaining Routines:** Even though the holidays are a break from the usual school routine, having some structure can provide a sense of security and stability for children. Establishing regular schedules for meals, bedtime, and some daily activities can help children feel more organised and less anxious.
- **Socialising:** Social interactions are vital for children's emotional development. Encourage your child to spend time with friends and family for example, through playdates and family gatherings. Positive social connections can boost self-esteem and provide a support network for your child.
- **Reading:** Reading is not only an excellent way to improve literacy skills but also a great way to relax and unwind. Encourage your child to read regularly, whether it's books, magazines, or comics. Reading together as a family can also be a wonderful bonding activity.
- **Exercise:** Physical activity is essential for both physical and mental health. Encourage your child to participate in regular exercise, for example, playing sports, including team sport or activities such as swimming or going for walks. Exercise helps reduce stress, improve mood, and increase energy levels.

We understand that every child is unique, and their needs may vary. If you have any concerns about your child's mental health or wellbeing during the summer holidays, please do not hesitate to get in touch with me, I will be checking my email regularly over the break.

Thank you for your continued partnership in supporting the wellbeing of our students.

Together, we can create a nurturing environment where every child can thrive.



Yours faithfully,

P. A. Swindell

Paul Swindell
Deputy Head Pastoral