

# St Mary's Summer Toolkit for



## Parents

The summer holidays are nearly upon us and many of you will be looking forward to spending time together as a family and (hopefully!) enjoying some summer weather. We have put together some information designed to keep everyone safe, happy and entertained during the holidays.

### Sun safety advice for parents

We know children love spending time outdoors, whether in the garden, park, or beach, however, their skin is more delicate than adults and can easily be damaged by the sun, even when it doesn't seem strong.

Skin damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life. Therefore, it is extremely important to protect their skin.

However, there is lots of information, including various myths, around sun protection, so the British Skin Foundation has put together some [materials for you to download](#) to equip you with the knowledge you need to protect your child(ren) from the sun. Remember! Set your child(ren) a good example by also following this advice so your whole family can have a sun safe summer.



### Staying Safe Online Over The Summer



As the summer holidays approach, many children may be looking forward to spending their free time socialising or gaming with their friends online, so we feel that this is an appropriate time to highlight some [simple online safety tips](#) to help parents/ carers engage with and support their children online.

#### Talk to your children:

In order to protect children online, it is vital that we take an active interest in their online lives and engage in the digital world with them.

### **Be 'Share Aware':**

If your children love to socialise online, it can be difficult to monitor who they are talking to and what they post all of the time. However there are some simple steps you can take to help minimise the risks.

- Talk to your child about what is and isn't appropriate to share online
- Make sure your child understands how their privacy settings work
- Ensure that you role-model positive behaviour online
- Have a look at the advice produced by the NSPCC and watch the 'Share Aware' videos with your children: [www.nspcc.org.uk/ShareAware](http://www.nspcc.org.uk/ShareAware)

### **Managing screen-time:**

Some parents feel guilty about the amount of time their children spend looking at a screen, but you can help your child maintain a healthy balance between online and offline activities.

- Set boundaries for children online the same way you do in the 'real world'.
- Don't try to ban the internet; instead agree as a family how long tech should be used for and what the limits, expectations and consequences are.

### **Make it enriching:**

As adults, it is important that we acknowledge the many wonderful and positive opportunities the internet provides for our children; we just need to steer them in the right direction.



Online games can be a great way for children and young people to keep busy and stay in touch with friends and family, but it's important that they play safely. The NSPCC has some helpful information for parents about Online Gaming which you can find [here](#)

## **Water Safety this Summer**



The child accident prevention trust has information for parents about keeping children safe in the water (including in baths and paddling pools), as well as a range of safety advice covering things such as road safety, cycle safety, garden safety & dog safety. All information can be accessed through their [website](#)

## Support with rising living costs

We know this is a challenging time with increasing costs for everyone. [This page](#) from Kingston Council has lots of advice and support that might help - if you do need help, please ask.

## Free and Low-Cost Activities to Keep the Children Busy this Summer!

The team at St Mary's have been busy putting together a list of activities that we hope will help to keep your children entertained during the holidays without breaking the bank. We hope there is something for everyone!



Local residents can get 4 free tickets for Chessington World of Adventures.

All the information you need about how to book your tickets can be found [here](#).

Reduced price tickets from as little as £3 per person

### Universal Credit Tickets to London Zoo

BOOK UNIVERSAL CREDIT TICKETS

INFORMATION FOR ORGANISATIONS

London Zoo has made reduced price tickets available for those receiving Universal Credit, Working Tax Credit, Child Tax Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance. Tickets can be booked online [here](#).



### Kew for one pound

A new low-cost entry has been introduced for a visit to Kew Gardens and its sister site, Wakehurst in Sussex, for people in receipt of Universal Credit or Pension Credit. The new ticket will allow anyone who is in receipt of Pension credit or Universal credit to pre book online at [www.kew.org](http://www.kew.org) or to walk up and pay their £1 on the gate.





# london transport museum

Our annual passes are valid for 12 months from the date you purchase your pass and you can visit as many times as you like throughout the year.

We offer three kinds of Annual Passes - see the options below.

Kids go free so don't need an annual pass, but do need a free entry ticket which you can add to the basket during checkout.

| Unlimited Annual Pass                                                    | Off-Peak Annual Pass                                                                                   | Annual Pass Plus                                                                                                                |
|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Unlimited daytime entry to the Museum in Covent Garden for a whole year. | Entry to the Museum on weekdays after 2pm (term-time and summer holidays only) for a discounted price. | Unlimited daytime entry to the Museum in Covent Garden plus free entry for you and two children at our Depot Open Days in Adon. |
| <input type="checkbox"/> Unlimited Annual Pass                           | <input type="checkbox"/> Off Peak Annual Pass                                                          | <input type="checkbox"/> Annual Pass Plus                                                                                       |
| Adults £21                                                               | Off peak Annual Pass £13.50                                                                            | Annual Pass Plus £50                                                                                                            |
| Concessions* £20                                                         |                                                                                                        |                                                                                                                                 |
| Local Resident** £15                                                     |                                                                                                        |                                                                                                                                 |
| Universal Credit and Pension Credit*** £1                                |                                                                                                        |                                                                                                                                 |



## Entertain the whole family for less

There's no better way to entertain the kids than with a trip to the cinema. Bring them to our special ODEON Kids screenings to see the most spellbinding fairy tales and animated films. Best of all, the grown-ups pay kids' ticket prices, which means you can enjoy more big-screen adventures together at ODEON.

**Can't wait to go?** Check your local cinema for ODEON Kids screenings, which happen every Saturday and Sunday and every day during the school holidays.

Between 17 July – 31 August, a child 17 and under goes free when accompanied by an adult paying full price to select performances. Plus an additional two children can attend for half price!

Further details can be found [here](#)





# CANBURY BANDSTAND CONCERTS

Summer Sundays by the Thames 3pm–5pm

|                           |                                                           |
|---------------------------|-----------------------------------------------------------|
| 7 <sup>th</sup> May       | Coronation Special - The Tony Heiberg Latin and Jazz Band |
| 14 <sup>th</sup> May      | Allegra Concert Band                                      |
| 21 <sup>st</sup> May      | NO WAY BACK                                               |
| 28 <sup>th</sup> May      | Rock Choir                                                |
| 4 <sup>th</sup> June      | The New MUG's                                             |
| 11 <sup>th</sup> June     | Richmond Youth Jazz Band                                  |
| 18 <sup>th</sup> June     | Soul Rites                                                |
| 25 <sup>th</sup> June     | Tiffin School Concert Band and Jazz Combo                 |
| 2 <sup>nd</sup> July      | Middlesex Yeomanry Concert Band                           |
| 9 <sup>th</sup> July      | Kingston Music Service Bands                              |
| 23 <sup>rd</sup> July     | South London Concert Band                                 |
| 30 <sup>th</sup> July     | Bilongo                                                   |
| 6 <sup>th</sup> August    | Linden Wind Orchestra                                     |
| 20 <sup>th</sup> August   | Pielarks                                                  |
| 3 <sup>rd</sup> September | Herd of Sax                                               |



The concerts this year have kindly been funded by the following organisations:



Enjoy free musical performances throughout the summer on Kingston's riverside. Every Sunday between 3pm-5pm from May 7th to September 3rd, you can enjoy free Music at Canbury Gardens! Organised by volunteers and funded by local organisations and businesses, the Canbury Bandstand concerts are a great way to have fun for free this summer.



From 19 June to 20 August 2023, an immersive experience celebrating diversity and art is coming to London. For 8 weeks, up to 70 sculptures of the much loved character, Morph, will form a fun, family-friendly art trail for residents and visitors to follow. You can download a Morph Map [here](#).



Playday

# National Play Day

## Wednesday 3 August

11.00am to 3.00pm

Dickerage Youth & Community Centre  
New Malden, KT3 3EQ


**A free family event brought to you by Kingston Children's Centres and Youth Service**

Featuring a children's farm, entertainment, face painting, glitter tattoos, football, children's sensory play activities, art and craft, baby corner, story time, police and fire brigade, lunch available to purchase from The Cheeky Pea and much more!

**For more info contact:**

**Sophie: 07849 305 143**

**Siobhan 07784 006 661**



**achieving  
for children**







# SUMMER READING CHALLENGE



CAN YOU COMPLETE THE 16 CHALLENGES IN THE HOLIDAYS?

**Who?**

Share a book with a family member

Read a book by a brand new author

Read a book recommended by a friend

Read a book and then recommend it to a friend

**What?**

Try a genre that you've not read before

Read a sequel or a prequel to a book you have enjoyed

Choose a book that you've never heard of

Read a book that was released before you were born

**When?**

Read a book when you would normally watch TV

Read a book as soon as you wake up

Secretly read a book past your bedtime

Read when you are supposed to be tidying your bedroom

**Where?**

Read a book set in another world

Read snuggled up on the sofa

Read outside

Read a book set in your country

**No Shelf Control**

Not sure which books to read? Check our monthly book newsletter!



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

### **ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### **TESCO**

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### **SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### **TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **TRAVELODGE**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### **HUNGRY HORSE**

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### **PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### **SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### **IKEA**

Kids get a meal from 95p daily from 11am

### **MORRISONS**

Spend £4.49 & get one free kids meal all day, every day.

### **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### **PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### **BILLS**

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### **WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

### **SA BRAINS PUBS**

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### **FUTURE INNS**

Under 12's eat for free with any adult meal. During the school holidays

### **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### **YO! SUSHI**

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### **TO BE CONFIRMED...**

M&S and Farmhouse Inns

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