



**'Learning for Everyone'**

# Monthly Newsletter

## Update from Archie

I am loving life, every day brings the excitement of my routine - the morning walk is never boring and Caro has now got some fun tug toys which we play with in the meadow by the river, and I always get a splash in the water too, which I particularly LOVE.

Caro and I have had some gun dog training sessions, and now we have started our PAWS dog therapy training - this seems to involve Caro watching lots of videos and then when we go out, we sometimes practice things she has learned. I have starting to go with Caro into schools and to meet children - this is fun! I love meeting people - sometimes Caro says I am a bit too enthusiastic!



*The CSGA team x*

## Surviving Summer: live discussion

More tips to those Bex has highlighted in this month's article. Join our free information session on surviving (and maybe even thriving!) this summer. This free live session **14th July 8pm** is your chance to ask questions and hear our tips. sign up [here](#):

**Social Media Ban** - This needs discussion! A huge change and lots to think about prior to the Spring legislation. We will be inviting you to share your thoughts with ours', alongside our evidence based articles in future newsletters

In this newsletter you can expect:

Updates

Online Consultation information

This month's Hot Topic: **Surviving the summer holidays**

Team Spotlight

A chance to ask the team

## Surviving summer: our tips

For many families, the summer holidays bring mixed feelings. Relief from the pace of the school term and excitement about spending more time together can quickly be overshadowed by worries about childcare, sibling conflict, financial strain, increased screen time, and that dreaded chorus of "I'm bored." Boredom is often treated as something adults must immediately fix. Yet boredom can be developmentally useful. When children are not constantly entertained, they are more likely to initiate their own play, experiment, negotiate with siblings, invent games, and discover what holds their attention. These are not trivial skills; they are part of developing independence, frustration tolerance, creativity, and self-regulation. In practice, boredom is often the uncomfortable doorway between adult-led stimulation and child-led engagement. There is much evidence of the benefit and importance of unstructured play (Allport, 2026).

In the past, families could often rely on their "village" to help plug childcare gaps. But when we need to work, and there is nobody to call on, that can feel far from reality. One way to create a modern village is to connect with other parents and see whether you can support one another - the year group chat can be a good place to start. If you need use holiday clubs, do so without guilt.

**...continued on page 2**



There is growing evidence that summer provision can support wellbeing when it includes opportunities for play, movement, and social connection. You can search for Ofsted-registered holiday provisions here: [gov.uk](https://www.gov.uk)

Here are some of our top tips for surviving the summer holidays. You can find out more by joining our free webinar on 14 July at 8pm. Sign up [here](#)

- Keep a loose routine. Regular wake-up times, mealtimes, and bedtimes help children stay regulated, even if summer is more relaxed than term time.
- Protect unstructured time. Not all boredom needs solving. Open time can support imagination, independence, and self-initiated play.
- Plan for movement every day. Physical activity supports mood, attention, and sleep, and may counter the drift towards sedentary habits seen during long breaks.
- Use light-touch learning. Reading, audiobooks, conversation, games, cooking, outings, and everyday problem-solving can all keep minds active.
- Be screen-aware. Screen use often rises in the holidays, especially when structure drops away. Clear boundaries can help, such as no screens in the bedroom or after a set time.
- Lower the perfection bar. A "good enough" summer is more realistic than a magical one. Families need support, not another standard to fail.
- Look after yourself. As parents, we often neglect our own needs, yet we would never allow our children to skip their basic needs. Put your own lifejacket on first.

A great summer is not one filled with exciting activities every day. It is one in which children feel secure, connected, active, and able to enjoy being children. If families can hold onto the idea of routine around the edges and freedom in the middle, they may do more for their children's wellbeing than any packed schedule ever could.

*Best wishes,  
Bex*



## In the spotlight: Millie

My experiences in schools have strengthened my interest in how psychology can support children holistically, in school and beyond. I am passionate about keeping children's strengths, interests, and motivations at the centre of support; I believe wellbeing and development are closely interconnected.

I enjoy walking my dog and riding my horses in the countryside and am interested in the positive impact animals can have on wellbeing. I regularly take my dog into school, where she is always warmly received.

## Testimonials:

"We just wanted to say a heartfelt thank you for the quickness with which you saw our son and for how thorough Rosie was. She made him feel relaxed and engaged."

## Online Consultation

To help solve problems and talk through any concerns, with practical suggestions and recommendations.

Find out more about online consultation [here](#)

**Assistive Technology for Learning CPD**  
Tuesday 20<sup>th</sup> October 2026 9am-3pm  
Bradfield College RG7 6AU  
£150 per delegate  
£142.50 per delegate if 2 from the same school (discount of £15 overall)  
9-9.30 Arrival coffee and pastries  
9.30-10.30 CSGA - using Assistive Technology  
10.30-11.15 Campus XR  
11.15-11.45 Break  
11.45-12.45 Crick Software Team  
12.45-1.30 Lunch  
1.30-2.15 Hands on and Primary/Secondary groups  
2.15-3pm Q&As, Feedback and conclusion  
[Sign up here](#)  
Limited spaces available!  
Any queries please contact:  
Mary Barr  
Assistant Educational Psychologist  
m94barr@gmail.com

Join us for our **training day 20th October**. Open to educators and parents. Click the poster for more information.

