



CENTRAL FOUNDATION BOYS' SCHOOL

July 2024

Dear parents, carers and family members,

As we are nearing the summer holidays, many of you will be making plans for your young person's holidays. Our Local Authorities are offering a range of activities for the long summer break ahead. We've divided these in to activities and opportunities for each Local Authority:

Amongst the offer are a mix of different **activities** (canoeing, kayaking, basketball, etc) and **opportunities** (Barbering course, Barrista course, lifeguard course, etc).

Bookings for these activities has recently opened, so please do book early to avoid disappointment.

Islington:	Activities: https://www.summerversity.co.uk/events Opportunities: https://www.summerversity.co.uk/events#work-and-life-skills
Camden:	Activities: https://www.cmdn.co.uk/courses/ Opportunities: https://www.camdenrise.co.uk/education
Hackney:	Activities: https://drive.google.com/file/d/1yu1tpECGmqysV9HHWUCV3xM9R_FC9D1A/view Opportunities for 16+ in Hackney: https://opportunities.hackney.gov.uk/16-network/
Tower Hamlets:	Offer: https://www.towerhamlets.gov.uk/News_events/Events/Summer_events.aspx

Keeping safe:

We encourage our young people to stay safe during their summer break by planning their journeys, notifying their family where they are and keeping to busy, well-lit streets, walkways and paths which are more likely to be covered by CCTV when out and about.

If your young person has been a victim of crime you can get support :

<https://www.police.uk/pu/support-services/support-children-young-people-crime/>

<https://www.victimsupport.org.uk/help-and-support/young-victims-crime/>

If you would like to discuss any of the points above with our School Police Officer or Designated Safeguarding Lead, please email:

PC Hughes: hughesk@cfbs.islington.sch.uk

Ms Chawluk (DSL): chawluka@cfbs.islington.sch.uk

Mental Health support:

We know that during long breaks some of our young people may struggle with a lack of routine or structure and lack of contact with peers. Here are some useful resources to support them:

- **Kooth:** Free, online mental health support for your young person: <https://www.kooth.com/>
- **Good thinking:** Digital wellbeing service, providing a range of resources for your young person: <https://www.good-thinking.uk/>
- **Childline:** A host of resources and access to counselling for your young person: <https://www.childline.org.uk/>
- **Samaritans:** To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), visit the website <https://www.samaritans.org/>
- **SANEline:** If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day) <https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>

Further support:

Islington food banks: <https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=verXL0-lbWs>

Camden food banks: <https://www.camden.gov.uk/access-food>

Hackney food banks: <https://hackney.gov.uk/meals>

Tower Hamlets food banks: https://www.towerhamlets.gov.uk/lgnl/advice_and_benefits/cost-of-living/Help-with-food.aspx

Wishing you a very pleasant summer,

The team at CFBS