



THE  VENUE INFANT SCHOOL  
Mental Health & Wellbeing Newsletter

July 2025



When asking parents about their feelings towards the summer holiday period, there can be a sense of dread, some shared their anxiety about the extra stress the six week break would bring (keeping our little ones occupied, safe & happy) while others about the challenges of juggling

childcare with work.

Sadly, it can feel like we don't have the right balance between work or taking holiday to spend quality time with our children. Or sometimes simply feeling guilty that our jobs mean our children aren't getting the fun summer holiday that they deserve.

Keeping everyone entertained can impact on our finances and emotional as well as physical (affecting sleep) wellbeing so it's important that, as parents, we are mindful of this. It may seem selfish or self-indulgent to focus on yourself but you have to reflect on things, to be kind to yourself and be your own best friend.

Allow friends and relatives to be supportive, and don't be embarrassed to tell them what you need. You may need someone to listen, or an outlet for how you're feeling or a helping hand to look after your children. Seek out and use support helplines. Below are a few websites you can access for support or guidance:

[Supporting parents during school holidays | Mind](#)

[Managing children over the summer holidays - Family Action](#)

[Resources and Support for Children Over the Summer Holidays](#)

Wishing you all a wonderful summer and looking forward to welcoming you back on 3rd September!

Look after all of you and all of you look after yourselves!

# Activities locally

North Northamptonshire Council is launching a vibrant Summer Holiday Programme from 23 July 2025, offering a wide range of activities for children and families across North Northamptonshire.

With events taking place in parks, leisure centres, community spaces and parks across NN, the programme encourages young people to stay active, creative, and connected during the school break. While some sessions are free, most are low-cost, making them accessible to a broad range of families.

Highlights include Active Family Fundays and Explorer Events, family swimming, holiday clubs to promote movement and engagement and our 'FREE' Movement & Explorer Journal 'Pirates & Princesses' theme for children to complete over the school holidays.

[NNC Summer Holiday Activities Campaign 2025 | Wellingborough Town Council](#)

[Families & Children | Events in and around Northamptonshire](#)

[Summer Holiday Camp with MiniMe Mindfulness | Wellingborough Town Council](#)

Wellingborough Town Council is delighted to announce the return of our exciting programme of sporting activities for children aged 4-11. This initiative is designed to welcome children of all abilities to join in and have fun.

Dates: Monday, 29th July to Friday, 2nd August and

Monday, 5th August to Friday, 9th August.

Time: Daily from 11 AM to 3 PM.

Activities: Football, cricket, and mindfulness techniques incorporating dance, drama, and games.



For further information, please email [deputyclerk@wellingboroughtowncouncil.gov.uk](mailto:deputyclerk@wellingboroughtowncouncil.gov.uk) or call 01933 832 820.

[Summer Holiday Activities | Wellingborough Town Council](#)

Please note that The Avenue Infant School do not endorse any activity listed—this is purely for information-sharing purposes only.



Let's look out for and support one another

