

# Parents' Essential Summer Guide

2020

8  
page  
pull-out



## Summer success

Helpful tips for a great  
time with the kids –  
whatever their age!

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for all parents for  
children of all ages

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ISLINGTON





## Welcome!

As a mother myself, I know the summer break can be a great chance for family fun but it can also be difficult and stressful at times. This year the Covid-19 pandemic has changed everything and touched all our lives in some way, bringing a new set of challenges.

For us, safety will always be our top priority, and we've been working hard to ensure your children can make the most of this summer's many opportunities, while remaining safe.

Our well-loved Heatwave, Summervarsity and Launchpad programmes are back – with a few changes – and we'll keep a close eye on evolving official guidance. I hope you'll find this guide useful, and remember to check online regularly for the latest updates if you can.

**Cllr Kaya Comer-Schwartz**  
Executive Member for Children,  
Young People and Families

## Vaccinations and healthcare for children – don't delay



Immunisations for young children and baby checks after birth are essential for your child's health and are still being delivered by your GP. Please contact your GP to book an appointment.

## Free food and fun with Lunch Bunch



Good news – Lunch Bunch is back again this summer, offering a range of free activities for children and young people of all ages with a free, healthy and nutritious lunch provided. The activities will be held at various locations around the borough and are open to all.

We are working hard to ensure Lunch Bunch activities are safe and meet all current Government guidelines, so for the latest information on sessions and venues, visit [islington.gov.uk/lunchbunch](https://islington.gov.uk/lunchbunch) or call Islington's Family Information Service on **020 7527 5959**.

The Government has also introduced a Summer Food scheme which will provide food vouchers over the

six-week holiday period to families whose children are eligible under the national free school meals programme.

Food vouchers worth £90 per child have been ordered by schools and are available as physical gift cards and as eGift cards. Vouchers can be spent at a local supermarket – parents and carers can select the supermarket from a range of options. For up-to-date information on free school meals and the Summer Food scheme, see [islington.gov.uk/freeschoolmeals](https://islington.gov.uk/freeschoolmeals)

There is also more information and guidance on those pages if you think you have recently become eligible for benefits-related free school meals and the Summer Food scheme. If your family is struggling, remember you can call the We Are Islington helpline on **020 7527 8222** or email [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk)

## Getting a school place

If your child is due to join a primary or secondary school in September 2021, it will soon be time to apply for a place.

If your child was born between **1 September 2016 and 31 August 2017**, you will soon need to apply for a primary school reception class place for them. And if they were born between **1 September 2009 and 31 August 2010**, the same applies for securing a secondary school place.

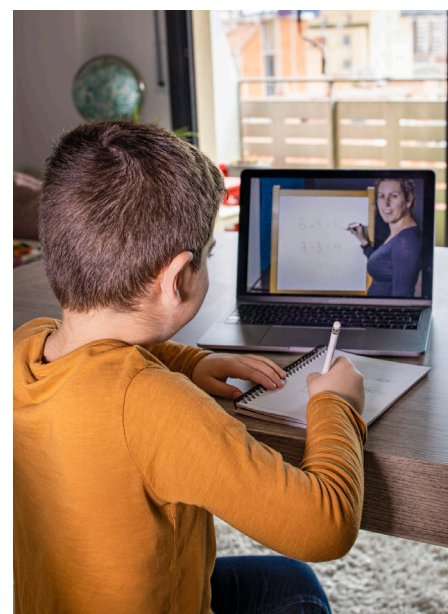
The application process opens on **1 September 2020** and if you live in Islington, you will need to apply using our online application form, which

will be available alongside copies of our new primary and secondary school admissions brochures. The two brochures are your go-to guide that explains what to do, when and how. All these documents will be available on our website at [islington.gov.uk/admissions](https://islington.gov.uk/admissions)

Although there is a lot to think about before you decide which schools to apply for, there is no need to panic. Our School Admissions team is on hand to guide you through the process. Give them a call on **020 7527 5515** if you need help, especially if this is the first time you are applying for a school place.

## Support your child's learning this summer

As we start the school holidays, some of you may be wondering how to keep your children busy and support their learning through the summer.



Islington Council has developed a home learning website full of resources and activities for pupils of all ages. There is also a weekly e-newsletter to support the website and additional resources for children with special educational needs (SEND). Summer learning is also

designed to support families with English as an additional language.

Teams working on our 11 by 11, Work of Work and Music Education programmes have provided ideas and activities for families over the summer, including online music making, arts and crafts and inspiring career activities. Teams have also handpicked their 'website of the week' featuring the best resources to support learning.

There are also links to the Summer Reading Challenge, which is a great way to share and talk about books. Don't miss our Summer Reading Challenge activities on page 5!

Schools are providing a range of learning activities for pupils to access at home. Some are also planning activities during the summer holidays. Contact Family Information Service for further details at [fis@islington.gov.uk](mailto:fis@islington.gov.uk) or call **020 7527 5959**.

Find out more at [islingtoncs.org/home-learning](https://islingtoncs.org/home-learning)

## Keeping children safe

Since lockdown began, most children have spent more time at home and aren't being seen as often, nor by as many people, as before.

Some children will be spending more time online as a result – putting them at greater risk of online grooming

and abuse. There is also a greater risk of neglect and/or domestic, physical, emotional and sexual abuse in the home, and fewer chances for neighbours, grandparents, teachers or others to spot these signs.

We all have a responsibility to keep

## Supporting children and young people's mental health

At this time, many young people, their parents and carers are seeking advice and support. In Islington, our Social, Emotional, Mental Health (SEMH) Services are available to support any young person who may be struggling with their emotional wellbeing or mental health. Our friendly team can offer advice both virtually and in person, and can help children and young people access appropriate support from a range of services.

You can request a service at [islington.gov.uk/children-and-families/worried-about-a-child](https://islington.gov.uk/children-and-families/worried-about-a-child) or, if you need further advice or a more urgent response, call the Children's Services Contact Team on **020 7527 7400**.

With Kooth, you can access free, safe, anonymous, online wellbeing support, or talk to a counsellor, 365 days a year from the comfort of your own home. So, why not check out **Kooth.com** today?

children safe. If you are worried about a child you can call **020 7527 7400** at any time, or visit [islington.gov.uk/children-and-families/worried-about-a-child](https://islington.gov.uk/children-and-families/worried-about-a-child)

Remember, always call **999** in an emergency.



# A Bright Start to your summer!



We have lots of exciting opportunities for you to meet other families online this summer as part of our Bright Start programme for young children. Our experienced staff can offer plenty of outdoor play ideas to explore with your children.

Wellbeing workshops and other activities will be added to the programme over the coming weeks, and we hope to run some face-to-face sessions in our parks, if Government restrictions allow them.

Here is a flavour of the activities already arranged – for full listings, times, locations and booking information, see [islington.gov.uk/](https://islington.gov.uk/)

**brightstartonline** or call Islington's Family Information Service on **020 7527 5959**.

## Online sessions

### Song and Movement (Under 1s, 0-5s)

Fun, interactive activities that offer tips on supporting your child's learning and development, inside and out.

### Extra Boost and SENSory Adventures (SEND)

Small group sessions using interactive activities to engage children with additional needs and support their learning and

development. SENSory Adventures supports 2 and 3-year-olds with social and communication needs.

## Health and wellbeing sessions

### Family Kitchen

'Cook along' with your child to learn new skills and exciting recipes, and get tips for making healthy meals and better choices for you and your family

### Introducing Solid Foods

Workshops for parents of babies aged 4-6 months, offering information and tips on starting your baby on solid food, and answers to any questions you may have.

### Antenatal and postnatal yoga and Zumba

Helping mothers prepare for the birth, and improving their physical wellbeing after birth and beyond.

### Family Support Surgeries

Speak to a family engagement worker on a dedicated phone line Monday to Friday, 9am to 12noon:

**Bright Start East 020 7527 8376**  
**Bright Start South 020 7527 8512**  
**Bright Start West 020 7527 8531**

# Islington Family Information Service

Islington's Family Information Service, FIS, helps parents and carers find fun, low-cost and free activities for children in the holidays and after school. You can also contact the FIS for help with finding and choosing suitable childcare and free early learning places with nurseries and childminders.

The friendly team of advisors provides information and advice on the full range of support services, including services for children with disabilities and special educational needs, available for families with children and young people from birth right up to 25 years old.

## Need help?

Please call the FIS telephone helpline, open Monday to Friday, 9am to 4pm, on **020 7527 5959**. Alternatively, email [fis@islington.gov.uk](mailto:fis@islington.gov.uk) or use the Family Directory at [islington.gov.uk/fis](https://islington.gov.uk/fis)

# Keep your children active, healthy and engaged with our top tips

Whether you're looking for affordable childcare this summer, need your children to burn off some energy outdoors, or want to help your teenager find a new passion or learn a skill, we can help!

For children aged 5-12, holiday playschemes across Islington offer fun with friends, safe play and stimulating indoor and outdoor activities. Staff will help children to thrive in challenging times – perfect preparation for the return to school in September.

The council has ensured that all playschemes will properly protect

children and staff, and they will be happy to explain their measures to you. For example, children will play in smaller groups, and enhanced hygiene routines will be standard. Children should attend just one playscheme this summer, wherever possible.

Our Family Information Service (contact details at the bottom of p4) can also help you find holiday childcare for children of all ages.

Extra safety measures are in place at Islington's 12 adventure playgrounds, which are welcoming, social, fun and free for children aged 6 and

over. Indoor and outdoor sports and leisure activities will be laid on for all ages this summer, too. Some sessions will be online and others socially distanced, for safety – find the latest Heatwave listings at [islington.gov.uk/heatwave](https://islington.gov.uk/heatwave)

For teenagers, our free annual Launchpad and Summervarsity programmes are full of opportunities to make their summer break count, while staying safe – from kayaking to carpentry, go-karting to cookery, life skills to sport. See p7 for more, and keep checking [izzy-info.com](https://izzy-info.com) and [summervarsity.co.uk](https://summervarsity.co.uk) for the latest.

**heatwave**  
**is on – with**  
**a difference**

Some activities are taking place online and others socially distanced, to keep everybody safe.

Visit [www.islington.gov.uk/heatwave](https://www.islington.gov.uk/heatwave) to find out the latest.

**Lunch Bunch** ISLINGTON

The Reading Agency and Libraries Present

**SILLY SQUAD**

Summer Reading Challenge 2020  
[sillysquad.org.uk](https://sillysquad.org.uk)

Get your pens and pencils at the ready and colour in these Silly Squad characters!

Illustrations © Laura Ellen Anderson 2020

Check out Islington Libraries' special Summer Reading Challenge e-book collection at [www.islington.gov.uk/sillysquad](https://www.islington.gov.uk/sillysquad)

Sign up for Silly Squad – the 2020 Summer Reading Challenge to access loads of SERIOUSLY funny games and activities!  
[www.summerreadingchallenge.org.uk](https://www.summerreadingchallenge.org.uk)



# Get creative and have fun this summer!



Looking for new ways to keep the family entertained over the summer? You can find lots of free activities to do with your children on the Islington Home Learning website.

Thanks to our partnerships with Guildhall School of Music, some of Islington's world-class cultural venues and local employers, we're providing a range of fun things to do over the holidays.

## Make some music together

Access five free online music-making activities every week – try your hand at writing a rap or experiment with a music-making app. All carefully selected by the Music Education Islington team.

See [islingtoncs.org/home-learning/music](https://islingtoncs.org/home-learning/music)

## Explore your creativity

Our 11 by 11 partnership with more than 60 cultural organisations means

you can take your pick from activities and articles from the borough's finest theatres, museums, galleries and more.

See [islingtoncs.org/home-learning/creative](https://islingtoncs.org/home-learning/creative)

## Get a glimpse into the World of Work

Find a selection of ideas, videos and websites for careers-based activities to do at home. Discover the varied professions that are called on to make a film, or be inspired by people sharing their personal career journeys.

See [islingtoncs.org/home-learning/wow](https://islingtoncs.org/home-learning/wow)

Over the last few months, parents and carers have been doing an incredible job of keeping up their child's learning at home. Mum of two, Favour, has been a regular visitor to the site, which she described as "a really useful, engaging and inspiring range of enrichment resources," adding: "I would highly recommend parents to access these!"

We will continue to provide core home learning activities too, with a pick-and-mix of spelling, reading, writing, phonics and maths to keep up your child's learning over the break.

To find out more, see [islingtoncs.org/home-learning](https://islingtoncs.org/home-learning)

# Broaden your horizons with Summerversity



A Summerversity activity programme for teenagers is definitely on this summer, offering a range of options through July and August. Some activities are taking place online and

others will be socially distanced, to keep everybody as safe as possible.

Below are a few examples of the brilliant summer activities that

we plan to offer for young people aged 13 and over, but before leaving home please be sure to visit [summerversity.co.uk](https://summerversity.co.uk) to find out the latest details.

## Outdoor courses

### Boat Club Taster Days 13+

Come and see what Islington Boat Club has to offer and take part in some water sports taster sessions.

### Discover Kayaking 13+



A five-day course for beginners helping you to develop practical skills for a fun and safe time on the water, also at Islington Boat Club.

### Bicycle Maintenance 13+

Learn how to take bicycles apart, repair them, and put them back together again, including repairing punctures, replacing brake and gear cables, assembling wheels, seat tubes and more.

### Tennis Camp 13+

Improve your forehand, backhand and serve while you wait for Wimbledon 2021. With a small competition by the end of the course, you will have a chance to put what you have learnt into practice.

### Wood That Works 13+

Learn how to use a variety of carpentry tools and techniques to create your own wooden objects to take away.

### Summer Fitness with CYP 16+

Improve your fitness and make friends at the same time in a weekly summer fitness course with Copenhagen Youth Project.

### Sports Leadership Level 1 13+

Learn leadership skills through the medium of sport. Gain a nationally recognised qualification in sports leadership skills with Access to Sports.

## Online courses

### Carnival online 13+

Weekly online courses celebrating all things Carnival including Afrofusion dance, yoga and meditation, discussions around the culture and meaning of Carnival, spoken word, drama and more!

### Making Podcasts Online 13+

A series of online workshops on the basics of making podcasts on topics like crime, books, music and more.

### Soapbox Online: Creative Gallery 13+

Join up virtually with other young people who also love all forms of art including creative writing, drawing, painting, photography, music and more.

### Online Employability Skills Workshop 16+

A two-day online course to equip you with confidence and knowledge in building your professional online presence.

### Making Videos For Social Media 13+



Develop a channel and make videos in this week-long online course with Film Creatives.

### MNTR XL With Gain Ctrl 16+

Learn how to make money from your music and gain insider tips and tricks on the business side of the music industry

### First Aid for Heroes with Mary's Youth Club 14+

This course will teach you how to keep your cool in an emergency and take the right action at the right time.



# Results Day – and beyond!



**Exam results will come out as planned this year, with A-level on Thursday 13 August and GCSE on Thursday 20 August, but it will be a different experience for students receiving their grades.**

Some schools will be open on the day, but social distancing rules mean students may be given set times to attend to collect their results, while other schools have decided to send results via email. Check your school's website before results day to find out their plans, in case they change.

Naturally, those receiving their results will be thinking what their next steps will be. The council's Progress Team can help young people aged 16-25 to find places at college, training courses and job opportunities.

The team will be available throughout the summer, offering information, advice and guidance over the phone, Skype and email, and in person where possible.

The Progress Team's Lorraine Blyth said: "At this time of uncertainty over exam results and youth employment,

it is even more important that you or your child seeks advice if unsure of their next steps, and our experienced team can assist with careers guidance.

"Colleges are likely to ask prospective students to take some assessments before they enrol on a course – the Progress Team can help with this, and much more."

Contact the Progress Team at **[progress@islington.gov.uk](mailto:progress@islington.gov.uk)** or on **0207 527 7031**. Despite the challenges of the current situation, students are applying to schools and college courses and have firm offers in place.

Career advisors at City And Islington College and its partner colleges are also available all summer to answer enquiries online, via live chat, or via text message. All students are advised to apply and enrol online where possible. See **[candi.ac.uk/enrol](https://candi.ac.uk/enrol)** for full details.

## Five top tips for young people to get into education, employment and training this summer:



Check your emails daily to ensure you are staying up to date with any applications



Check school and college websites for virtual open events and updates



Seek advice from the Progress Team if you have not applied for a place, need advice and guidance on applications, or if you have had a change of plans



For apprenticeships and traineeships, register early on the National Apprenticeship web site at **[gov.uk/apply-apprenticeship](https://gov.uk/apply-apprenticeship)**



Stay positive – there will be a suitable pathway for you no matter what your results