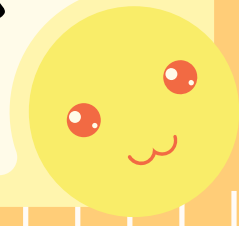


LIGHTHOUSE NEWSLETTER

Summer 2025



Summer Fun!

With the summer holidays fast approaching we wanted to give some ideas for fun and free activities you can do to fill some time. Follow our Instagram page below as we will share all the free events we spot going on around the area!

- Use some magnetic tiles to create an L shape and roll a tennis ball at them to see how many you can snap shut
- Draw a vase on some cardboard, poke holes above it and then go to pick some daisies and dandelions to thread through the holes as if sitting in the vase.
- Place stencils onto a dry outdoor surface, spray generously with water and then lift off to reveal the image on the ground.
- Using the same water spray bottles- draw some fires on the ground in chalk and have them 'put out the fires' with the spray.
- Using a poppit toy, take it in turns to pop down either 1, 2 or 3 bubbles. Whoever has to press down the last bubble loses!
- 'Paint' the fence, ground or outdoor walls with a pot of water and a paint brush.
- Give them some ice cubes, paints (watercolours work well) and brushes and paint the ice.
- Gather up toys they haven't played with for a long time and create a 'shop' where they can come in and buy them with pretend money.
- Design and create your own board game, write the rules to go with it and play as a family.
- Find a good size rock, paint it to resemble an animal, name it, craft it some toys and food and house it in a decorated shoe box!
- Let them be bored and find their own fun too- boredom often leads to creativity- we don't have to fill every minute of their day!

The Lighthouse Team

We have had a great year and we are pleased to have met and supported more families than ever before! We look forward to continuing our work with the Blue Kite Academy Trust schools and families in September. Keep an eye on our newsletters and Instagram page for updates on our Lighthouse events in the new academic year. Thank you to those who have worked with us this year and a huge thank you for the ongoing support we receive from our wonderful schools and families. We hope you have an enjoyable summer!

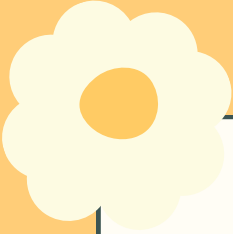
From,

The Lighthouse Team

(Helen, Siobain, Torz, Becky, Gayle, Jacqui, Dani and Matt)

Follow Us

For regular family life tips, links to useful posts and dates for your diary please follow our instagram page:
[@lighthouse_bluekitetrust](https://www.instagram.com/lighthouse_bluekitetrust)



Supporting Transitions

As we near the end of term, children often feel a mix of excitement and worry about moving up to a new class, or on to a new school. You can support this transition by talking positively about what's ahead- new opportunities, routines and things to look forward to. If your child is feeling unsure, remind them that its normal to feel nervous, talk through any worries and, if needed, work with them to create a plan of what they could do if these worries happened in real life, such as who they might go to for help.



The Power of Positive Words!



We know mornings can be rushed and, sometimes, we want to share our concerns or frustrations when we hand over our child to their teacher. But try to avoid talking about worries or challenges in front of your child, especially during drop-off. Even if it seems like they're not listening, children often pick up on more than we realise. Hearing negatives, even those said in jest such as, 'Good luck with her today!' can affect their confidence and start their day on the wrong foot. If it is something you feel is important to be shared, wait until they are out of earshot to discuss it. But feel more than free to big them up and share their successes in ear shot- this will be a huge boost to their self-esteem!

