21 June 2017

BELL TIMES AT CHARLEVILLE STATE HIGH SCHOOL 2017

<table>
<thead>
<tr>
<th>BELL TIMES</th>
<th>Semester 1 2017</th>
<th>Semester 2 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>WARNING BELL</td>
<td>8.40am</td>
<td>8.40am</td>
</tr>
<tr>
<td>PERIOD 1</td>
<td>8.45am-9.55am</td>
<td>8.45am-9.55am</td>
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<tr>
<td>FORM/ASSEMBLY</td>
<td>9.55am-10.10am</td>
<td>9.55-10.15am</td>
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<tr>
<td>BREAK 1</td>
<td>10.10am-10.30am</td>
<td>10.15am-10.45am</td>
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<tr>
<td>PERIOD 2</td>
<td>10.30am-11.40am</td>
<td>10.45am-11.55am</td>
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<tr>
<td>BREAK 2</td>
<td>11.40am-12.20pm</td>
<td>11.55am-12.25pm</td>
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<tr>
<td>PERIOD 3</td>
<td>12.20pm-1.30pm</td>
<td>12.25pm-1.35pm</td>
</tr>
<tr>
<td>BREAK 3</td>
<td>1.30pm-1.50pm</td>
<td>1.35pm-1.50pm</td>
</tr>
<tr>
<td>PERIOD 4</td>
<td>1.50pm-3.00pm</td>
<td>1.50pm-3.00pm</td>
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PRINCIPAL’S REPORT

It is hard to believe that half of 2017 has already gone. It has certainly gone quickly, and what I continue to be so proud of is the number of students who have taken every opportunity presented to them to be involved in activities and experiences within the school.

This term has seen the School’s very first colour run held in conjunction with the School Cross country. There have been curriculum camps in the form of the Biology Camp to Salvatore Rosa, and the Agriculture Camp to Bundaberg. The Year 7’s were also involved in their year level camp to Emu Gully.

Students have trialled for a number of representative sports including Rugby League (boys and girls), Touch Football, Softball and Netball, as well as being involved in sporting tours for Volleyball (Toowoomba) and Netball (Brisbane).

Students have also been involved in a number of community events including the Charleville Show, catering at the Charleville Polocrosse event, mentoring students at the Primary Schools, the Trivia night and assisting at Healthy Aging with their clients.

All of this only happens through the effort and time put in by the fantastic staff of Charleville State High School as they continue to find innovative and engaging experiences for the students of this school.

As well as all of this, a significant number our senior students have taken on work experience (21 students) and school based traineeships and apprenticeships (24 students).

These opportunities are only made possible through the continued support of the business owners of the Charleville community, Thank-you to everyone who has given an opportunity to any of our fantastic students over this year. If there are any business owners out there that think they might be willing to take on a trainee or apprentice, please don’t hesitate to contact the school to discuss this.

And the opportunities for all students continue next term. Already on the calendar for next term are the opportunities of the NAIDOC week celebrations, Beyond Year 10 Camp, Athletics Carnival, Year 11 Camp, Agriculture Camp to the Brisbane Ekka, Rewards trip to Dreamworld and the Deadly Recruits camp.

I hope that parents can encourage their students to be involved in as many of these as they can next term, as they are great opportunities for students to experience different activities, meet different people and open their eyes to the possibilities
available in their futures. “The Sky is the Limit” for the students of Charleville State High School!

COMMUNITY INDIGENOUS EDUCATION
ACTION MEETING

On Thursday June 1st, staff of both the Primary School and the High School met with Indigenous community members to discuss ways to move forward around Indigenous student education. The evening was filled with robust discussion around this topic, and again, I was so impressed with the passion and desire of parents and community members to want to work with the schools in improving educational outcomes for students. Issues such as attendance, engagement, suspension rates and achievement levels were all vigorously discussed and a commitment to work together on all of these areas was made.

To assure that the momentum built from these meetings will continue and result in actions and positive outcomes for students, it was decided that a Community Indigenous Education Action Meeting would be held once a month, one for the Primary school, and one for the High School. The High School meetings are to be held at the school each second Tuesday of the month at 3:30pm. The first of such meetings took place on Tuesday 13th June in the Trade Training Centre at the school, where information about what has been happening in the school regarding Indigenous culture and student outcomes was discussed. It was suggested that a representative or two from this meeting would come along to the P & C meetings the following day to present the minutes of the meeting to the P&C. The representative selected by the group was Leonie Edwards.

Thank you to Leonie for accepting this position and thank you to everyone who came along on the afternoon.

STUDENT ACHIEVEMENTS

This week Report cards will be sent home to parents regarding student achievements for Semester 1 2017. These reports are the final results for students for Semester 1, building on the interim reports sent out at the end of Term 1. For most students in most subjects, they will continue to study these subjects in Semester 2. Therefore, it is really important that parents and teachers have the opportunity to sit down with each student to discuss their progress and determine some strategies and goals for further success in Semester 2.

This opportunity occurs at our Parent/Teacher evening in Week 1 of Term 3 on Thursday July 13th.

Research and reports constantly point to the fact that parent engagement is a big part of student success in school. One example of this is an excerpt from a report from the Southwest Educational Development Laboratory:

“When schools, families, and community groups work together to support learning, children tend to do better in school, stay in school longer, and like school more.”

The report, a synthesis of research on parent involvement over the past decade, also found that, regardless of family income or background, students with involved parents are more likely to:

- Earn higher grades and test scores, and enroll in higher-level programs
- Be promoted, pass their classes, and earn credits
- Attend school regularly
- Have better social skills, show improved behavior, and adapt well to school
- Graduate and go on to postsecondary education

So please take the opportunity to be involved in your child’s education and future by booking into meetings with your student’s teachers on this day.

This can be done by either using the information provided with the report cards to book online using SOBS, or by ringing the school office and asking our helpful office ladies to book a time for you.

SCHOOL ANNUAL REPORT

The 2016 School Annual Report has now been uploaded to the school Website. This report gives statistical data regarding the school in 2016. Most of the data is automatically uploaded into a template that is sent to the school, with a small amount of information added by the school. Please take the time to view this on our website.

P&C

This week I received the unfortunate news that our long serving P&C President, Mrs. Julie Frousheger, has had to step down from her position. Julie has done a great job in this position, filling this over the last 4 years. Since arriving at the school, I have been so impressed with the support the P&C gives to the school and its students, which is undoubtedly a direct reflection on Julie’s leadership of this committee over her time as President. Thank you Julie for volunteering so much of your time and effort over the last four years into this role, it has been very much appreciated.

Thank you to Mrs. Virginia McDonald, the current P&C Vice-President, who has accepted to preside over the committee moving forward this year.

STAFF NEWS

This week we say goodbye to one of our amazing teachers, Ms Jemma Day. Jemma had put in a transfer for the end of the year, but an opportunity has come up now to move to a school near her home in Brisbane, so rather than risk the transfer Russian roulette, Jemma has determined her own destiny and secured a placement at Pimpama State College commencing in Semester 2. The good news is that Jemma will be staying in the State School system and I know we will hear great things regarding her progression in the system over the years to come. Good luck Jemma, thank you so much for all of your work here at Charleville State High School!

Have a great break with your students. School will return on Monday 10th July,

Matt Samson
Principal
Indigenous Student Ambassador Network – Indigenous ANZAC Tour 2017

Earlier this year, two of our outstanding students, Sophie Saffy and Anastasia O’Neill, were selected to be part of the Indigenous Student Ambassador program. As part of this program, they were also invited to apply to go on the 2017 ANZAC Indigenous Cultural Study Tour to New Zealand to Canberra and New Zealand. Sophie and Anastasia had to complete a very complex application, which included a speech and Powerpoint presentation. Both of them should be commended on the application they submitted.

I am extremely proud to announce that Sophie Saffy is one of five Queensland Students who has been chosen to represent our school and Queensland, when the 2017 ANZAC Indigenous Cultural Study Tour to New Zealand happens in September. Sophie has also received an automatic position on the ‘Black Diggers’ Leadership Camp in August. Anastasia’s application was also highly commended and she has received a personal invitation to apply to go on the ‘Black Diggers’ Leadership Camp, as well.

2017 Next Step survey

The Queensland Government is conducting its annual state-wide survey of all students who completed Year 12 in 2016. The Next Step survey is a brief, confidential survey that gains a comprehensive picture of the employment, study and life choices made by Queensland school completers in the year after they finish Year 12.

Between March and June, all our students who completed Year 12 last year can expect to receive instructions to complete a web-based survey or a telephone call from the Queensland Government Statistician’s Office to complete the survey. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can participate.

Thank you for your support of the Next Step survey in 2017.

Further information on Next Step is available online at the link below or on toll free telephone 1800 068 587.


Deadly Recruits Camp 2017

The camp is a collaboration between St. George, Cunnamulla and Charleville schools, the HOPE Project, Cunnamulla Council and reflects our community’s genuine desire to provide every opportunity to our young people.

The camp will run this year from Sunday 16th July to Friday 21st July. The camp is open to both males and females, from Year 10 – Year 12. These students will spend a week camping at Tinnenburra and undertaking various army activities, such as using night vision, orienteering hikes and standing and marching military style.

If you are interested in this camp, please see Jenny, Jolene or myself.

VET News

In 2018, the school will be offering a brand new certificate course to our Year 11 students. The Certificate III in Sport and Recreation is a comprehensive certificate that gains the student up to 12 QCE points, their First Aid qualification and a coach’s qualification in their chosen sport. While the course costs $260, most students will be able to access VETis funding to cover this amount. The course is being provided to the school by Binnacle Training, by training our own teachers to provide the course. Some of the skills the students will gain are:

- Officiating games or competitions
- Coaching beginner participants to develop fundamental skills
- Communication and customer service in sport
- Critical and creative thinking
- Facilitating groups
- Using social media tools for participant engagement


Traineeships

We have a number of traineeships and apprenticeships available at the moment, including Certificate III Hospitality and Meat Processing. Please see Ange Vetter for more information on how to apply.

Thank you to all our local businesses that support our students with Work Experience, Traineeships and Apprenticeships. You offer our students valuable time and experiences within the workplace.

Have a happy and safe holidays and I will see everyone next term.

Cheers
Vanessa Moller

DEPUTY PRINCIPAL JUNIOR SCHOOLING AND STUDENT SERVICES NEWS

WELCOME TO WEEK 10

It is amazing how quickly Term 2 has passed. Your junior student would no doubt be looking forward to the two week break.

Junior School Reporting

Reports cards will be sent this week.

How can you help your student use the Semester One report to improve their learning?

As a parent:

- Carefully read the report and pay initial attention to the Behaviour and Effort grade before focusing on the academic.
- Praise the positive aspects of the report. If your student is getting A’s and B’s in Behaviour and Effort
this indicates that they are working to the best of their ability.

- If the student has a disappointing report and tries to blame others for their poor result, try to focus on what the student can do to improve in the future.
- Consider: Homework Club, Speaking to the teacher or the Head of Department.
- Work collaboratively with your student and the school to focus on improvement. Learning is a team effort: Student/ Parents / Teachers/ School.
- Attend the parent/teacher interviews. You will gain valuable information on your child as a learner.
- Contact the school if you have any concerns

### Timetable

Your student will receive a new timetable at the beginning of term 3. There are minimal changes in times and subjects for Years 11 and 12 (except for a few teacher changes). However, Year 7 students will have a new timetable structure to accommodate the new electives being offered of ITD and Art.

### Who can support your student at CSHS?

There are many people who can help your student if they need it. Below is a list of some options should students not know who to see for help.

### Class Teachers

Have a list of emails to be able to contact staff or ring the school to have a chat or organise a meeting.

### Head of Departments

- **Science/ Maths/Ag/Senior Secondary** – Mr Sebastian Kohli (acting Mr Barry Wastie)
- **HPE/Junior Secondary** – Mrs Sabrina Goodingham
- **Technology/ VET** – Mr Bernie Matthews
- **English/ Humanities/LOTE/Art/Reading** - Mrs Cassandra Kohli (acting Miss Katherine Goulty)

### Year Level Coordinators

- **Yr 10-12** - Mr Leighton Webb and Miss Lauren Butler (acting Mr Daniel Baeck)
- **Guidance Officer** – Mr John Anderssen
- **Youth Support Coordinator** - Mrs Jenny Peacock
- **CEC** – Jolene Russell
- **School Based Youth Health Nurse** – Jen Sellin (on leave for the first 3 weeks in term 3)
- **Chaplain** - Mr Les Penrose (Chappy)
- **Deputy Principals**
- **Senior Schooling** – Ms Vanessa Moller
- **Junior Schooling and Students Services** – Mrs Narelle Webb
- **Principal** - Mr Matt Samson

### Reading Program

In term three we will welcome back to our teaching staff, Mrs Angela Stirton who has been on family leave. Angela will join Miss Lauren Butler in delivering the LLI program at the school. We are focusing on students significantly under the Regional reading benchmark. It is essential that if your child is part of this program that they fulfil all the criteria of the program- otherwise their progress will not be reflective of what could be achieved. The criteria include 100% attendance (except for extenuating circumstances) and the completion of the set homework. If you have any concerns or questions regarding the program please don’t hesitate to contact Miss Lauren Butler at the school. There is a long waiting list to enter the program and therefore students who fail to meet the criteria will be exited so as to ensure the best results for the students.

The third level of intervention is another commercial program known as MultiLit (Making Up for Lost Time in Literacy). If your child is part of LLI and/or MultiLit you will be notified.

### Student Services

#### Positive Parenting course

We are currently discussing the possibility of working with CWAAATSIC in facilitating a Positive Parenting Group aimed at parents of High School students in term 3. More information will be given early next term.

### Mobile Phones at Charleville SHS

A large number of students have mobile phones at school. I would like to emphasise that at no time from 8:40 am to 3:00pm does a student require to use a phone at school. If urgent phone calls are needed to be made, students are allowed to call from the office. There is no subject that requires the student to use their phone. In fact, phones are not allowed in classrooms. It has been brought to our attention from the Police that there is an increased amount of inappropriate use of data being used and received by young people in Charleville. I would like to bring to the attention of parents/carers of students under the age of sixteen that you are responsible for what is stored on their phone. As a responsible parent/carer you should be checking the phone for what is being received and what is being sent via their phone. Should your child receive inappropriate material via their phone, it should be reported to the police immediately.

This week we will be having our Adopt-a-Cop, Liv Smith talking to the entire school about the correct use of mobile phones. Later she will be addressing all Year 7 students, because they are young people who have grown up with technology and need to be aware of the ethical use of information and data. I urge parents of Year 7 students to have conversations with their child about the correct use of data and encourage them to ask questions of Constable Liv when she addresses the students.

### Outside of School Hours on School Grounds

Unless supervised, children including students of Charleville State High School are not allowed on the school grounds outside of school hours. Dedicated staff are often at school outside of school hours and are concerned that these children are not adequately supervised. Staff are rostered on Bus Duty until 3:15 pm every afternoon. It is concerning that even primary aged students are left unsupervised at the bus stop sometimes until well after 3:30 pm. If you are unable to collect your child please make other arrangements for their supervision.
PBL Rewards Trip
Early in Term 3, students who reach the criteria for positive behaviour will be offered a subsidised trip to a Theme Park. Criteria for students participating include Starbucks cards, attendance and behaviour.

Bullying in any form is not tolerated at school. However, it can be difficult to monitor as at times it is not reported until the “victim”, has retaliated. Please urge your student to talk to a teacher, Year level coordinator or Head of Department should they feel they are being bullied in any form. I would also like to remind our school community that students are available to make anonymous reports via the stymie website to report any such issues.

http://www.stymie.com.au

Immunization for Meningococcal (Year 10 students) Forms have been be sent out to every Year 10 student. Please ensure the forms are returned to the school as soon as possible. The Year 10’s will be immunized at the beginning of Term 3.

Netball Trip
This week a number of students will be participating in a Netball tour. I would like to publically acknowledge the accompanying teachers, Miss Kelly, Miss Butler and Mrs Peacock who have dedicated their own time to train and then travel with the students to ensure that they have this wonderful opportunity.

Year 9 Camp
Students, parents and teachers are working hard to fund raise to reduce the cost of the Year 9 camp to Moreton Island towards the end of the year. It is very important that every family contribute in some form to the fund raising if you wish your student to benefit from the massive fund raising effort that has been conducted. If you have not been contributing and wish to please contact Miss Katherine Goult at the school (46568888). I would like to congratulate Miss Katherine Goult and her team for the amount of time and effort that has been put into ensuring that the cost of this wonderful trip has been reduced considerably. Permission forms and deposit was due by the end of Week 9. However, I am sure that the forms and deposits will be accepted this week.

Until next time,

Narelle Webb
Deputy Principal
Junior Schooling/Student Services

House Point Update

Congratulations to Kokoda House, the Term 2 House winners, on a whopping 635 points! Your house has worked very hard this term, with points being awarded in all ranges of our criteria: academic, cultural, sporting, community and behaviour.

Kokoda will celebrate their term win, with an entire House celebration Period 3, Wednesday 21st June. Remember to listen to your house mentors for more information.

House points can be earned in a variety of ways, you just need to let your house mentor or Mrs Goodingham know:

- School based apprenticeship or traineeship
- An award for exhibited work in a local or regional event
- Received Most Valuable Player in regional sports competition
- Selected for South West or equivalent regional team
- Involvement in charity work
- Placed in rodeo or barrel racing
- Completed a Certificate II, III or IV
- Completion of DARE program (mentor & participant)
- An entire semester of B’s or higher
- Plus many more

Point Update:

Kokoda: 635 points
Alamein: 565 points
Tobruk: 520 points

For any questions concerning the house point system please feel free to contact Mrs Sabrina Goodingham.

Charleville State High School/District Cross Country

Alamein Slays the Giant!

This year the Charleville State High School Cross Country was combined with the Charleville and District Cross Country and was conducted on the 26th May. Students from Charleville State School, St Mary’s, Morven State School, Augathella State School, Quilpie State College, Tambo State School and Charleville State High School competed in the district carnival and some then backed up for the colour run.

The event consisted of competitive 2km, 3km, 4km and 6km races, followed by the colour run. Aggregate points were collected for competing in the competitive events and the colour run. Tobruk were well represented in the competitive races and earned the most points for these, but sheer weight of numbers in the colour run ensured an aggregate victory for Alamein. Tobruk were gunning for five cross country victories in a row and eight straight carnivals, but Alamein were good enough to knock them off their perch.

The age championships were hotly contested in a number of age groups.

10 Years Female:

1st: Ellen Birchley (Tam)
2nd: Zanthea Iland (Tam)
3rd: Siara Mason (CSS)

10 Years Male:

1st: Matty Ahern (Mor)
2nd: Stirling Cameron (Aug)
3rd: Ned Schmidt (StM)
11 Years Female:
1st: Rhianna Webb (StM)
2nd: Malita Wolf (CSS)
3rd: Laquisha O’Neil (StM)

11 Years Male:
1st: Blake Johnson (Mor)
2nd: George Hobbs (Tam)
3rd: Hugo Schmidt (StM)

12 Years Female:
1st: Heidi Russell (Tam)
2nd: Isobel Martin (Tam)
3rd: Abby Percival (CSS)

12 Years Male:
1st: Jake White (CSS)
2nd: Liam Burns (Mor)
3rd: Ned Alexander (Aug)

13 Years Female:
1st: Taylah Graham (Tam)
2nd: Jasmin Woodman (Al)
3rd: Michelle King (Al)

13 Years Male:
1st: Hugo Hobbs (Tam)
2nd: Henry Upton (Tob)
3rd: Nathyn Jackson (Al)

14 Years Female:
1st: Sophie Heinemann (Tob)
2nd: Matilda Vaggs (Al)
3rd: Olivia Burke (Tob)

14 Years Male:
1st: Clay Fraser (Kok)
2nd: David Wakefield (Al)
3rd: Jack Burns (Kok)

15 Years Female:
1st: Mackenzie Ross (Kok)
2nd: Heidi Mair (Tob)
3rd: Lucy Frousheger (Tob)

15 Years Male:
1st: Nathan Couchy (Tob)
2nd: Nash Kennedy (Kok)
3rd: Harry Aspinall (Kok)

16 Years Female:
1st: Anastasia O’Neil (Tob)
2nd: Hope Autufuga (Kok)
3rd: Tahlia Ashford (Kok)

16 Years Male:
1st: Isaiah Shillingsworth (Kok)
2nd: Antoine Anderson (Al)
3rd: Patrick Graham (Tam)

17 Years Female:
1st: Alyssa Burns (Kok)
2nd: Charley Peacock (Al)
3rd: Zoe Aspinall (Kok)

17 Years Male:
1st: Harrison Alick (Tob)
2nd: Charles Aitken (Tob)
3rd: Ian Mackie (Al)

Congratulations to all students for their efforts on the day.

**Coming up in Term 3: Student Support Services**

**Autism Queensland.**

Autism QLD are visiting Charleville next term, Week 5. Parent consent forms have been sent home and forms need to be returned no later than Thursday 22/06/2017, should your child be included in this visit schedule. These visits aim to provide information, advice, support and individualised strategies to support the educational outcomes of children with ASD.

**Whole School Hearing Screening**

Next term, all students will participate hearing screening. This is an integral tool in identifying children with hearing loss who were not identified at birth, lost to follow-up, or who developed hearing loss later. Without such screening, students with unilateral, less severe or late onset hearing loss may not be identified or will be misdiagnosed and managed. The screening will help ensure that children with hearing loss, are identified and managed in a timely manner, including referrals to audiology specialist, and thereby minimize negative academic consequences. A letter will be sent home with further information early next term. This is an opt-out visit. Should you NOT wish your child to participate in this screening process, please contact Mrs Georgia Grant – gcold3@eq.edu.au to notify the school of your request.

**Curriculum**

Term 3 is another busy term for curriculum development and support for students on alternative curriculum pathways. The Queensland Certificate of Individual Achievement (QCIA) will be drafted for approval and folios of evidence will be collated ready for verification in Week 7. This is an exciting time as we acknowledge the academic, participation and social successes for these students. Further, Individual Curriculum Plans (ICP)’s will be finalised in Weeks 3 and 4 for Semester 2. If your child is on an ICP, SEP staff will be arranging endorsement meetings early in the term.

**Ag Upskilling Again**

Ag Students have been working on the extension of the Ag Plot with some predator proof fencing and near completion of two more paddocks. We nearly talked one student into doing it by hand however his enthusiasm soon waned when the tractor came in.
Students took it in turn of job rotation. This taught about R.S.I (repetitive strain injury) and looking after yourself while doing physical labour. Tyson said “It’s all about sharing the load and having good rest breaks. The ground is really hard”. There were jobs for all skill levels and those willing to try had the encouragement of team mates helping them.

Crop rotation will begin this week as some students learn how to drive the tractor and plough the ground and others have had plenty of experience. Soil samples were submitted to a laboratory for testing and these given to a seed company for recommendations of crops and fertilisers for fodder to suit our local area and the livestock using it. This shows students it is not about guess work but being informed with what you have under your feet and get the best outcome and save money.

A tiny portion of our soil sample is shown in the table above. Blue numbers above are what has been measured and the green numbers are what is desirable in our soil. Students will be working through the laboratory test and understanding essential minerals, desirable levels and how one mineral in excess can effect another mineral.

As you can see in the picture below there is a lot to be done.

### Instrumental Music

**The function of music-creating a mood or atmosphere in film**

One of the most important functions of film music is to create a mood or atmosphere so as to prepare an audience for what they are about to see or, to put in another way, to create an aural frame of reference for viewing the visual images. This means that the music must perfectly complement the mood created by the onscreen elements- the size, shape, colour, brightness and texture of the images, their speed of movement, the physical qualities of the background, and so on. For example, to accompany a scene set in outer space a composer would probably write music with a wide range of sounds- from
very low to very high- to match the vastness of space; to accompany a desert scene the music would probably feature high- pitched discordant sounds to emphasise the harshness and heat of the sun’s rays.

Sometimes the timbre of an instrument or group of instruments can be exploited to create a mood, for example lower strings to create a dark mood or a style of music can create a mood, such as heavy rock for a harsh, brutal effect.

The music played at the very beginning of a film, often under the credits if they occur there, not only puts us in the right frame of mind to see the film but also gives us clues as to its essential nature. Thus a comedy film will have light-hearted music and a horror film will have tense, scary music. (Sometimes of course a cunning director of a horror movie can fool us by beginning with light- hearted music to create a false impression; this makes the sudden ‘shock’- accompanied by appropriately dramatic music- all the more effective.)

*Vincent Kwan- Instrumental music teacher*

**From the Guidance Officer: Holidays CAN be fun**

Holidays can be fun but they can be long. Keeping teenagers busy with a full timetable of activities makes their holiday something to look forward to. It will also make the holidays fly by. Plan activities during the week. Plan inexpensive things to do (free if possible).

Here are some tips:

- Picnics are always good. Get teenagers to teach the younger ones to fish or organize a game for them. For the young ones bring the dolls and teddy bears too.
- Have you visited the local tourist attractions? We often overlook them because we live here! Many people in London have never seen Buckingham Palace.
- Join the Regional Library and download the app for audiobooks. You can borrow up to four books at a time.
- Pack a lunch and go on a mystery walk – get the kids to organize it for you so it will be fun for the younger ones.
- Take the kids to a local nature spot – go fishing or walk or just to veg out.
- Go for a bike ride to a local park and play a game there.
- Do some art work – find a workshop being run for the holidays.
- Try something new (or old) – bowls or golf or darts or quoits.
- It is the season to cook – explore some new recipes.
- Google School holidays activities – you’ll be amazed what is happening around you.

*Remember just doing things with your kids will be fun and memories last forever.*