



# Aston Fields Middle School

Striving for Excellence: Learning for Life

July 2025

Dear Parents/Carers,

## Support and Opportunities for Families during the Summer

As we approach the end of term, we wanted to inform you of some opportunities and support that is available to you and your family during the Summer holiday period.

**Restaurant/Café food offers** - A lot of cafes are offering special offers to families during the summer period, including free main courses or kids' meals for as little as £1. Please see the attached poster which details all the places where families can benefit from the special offers.

**Sanders Park free events** - Throughout August there are a range of free activities including circus skills, a natural history travelling museum, a bubbleologist, arts and crafts and drumming workshops at Sanders Park. More information can be found at the website address in this link.

[Fun-Filled Summer in Sanders Park](#)

**Summer 25 for Teenagers** - Worcestershire County Council have produced a booklet with lots of helpful advice and links to support our teenagers to have a happy and healthy holiday period. It contains guidance on being active, sun and water safety, socialising, online safety and much more. Please see the attached booklet for more information and links.

**Family Hubs** - The Family Hubs are available for you to connect with community groups, local support and activities. The Pear Tree Family Hub in Bromsgrove offers a range of services which will be able to support families in a variety of ways including parenting support, parent groups, food parcels or budget advice. Please see the leaflet attached to this for further information.

**Safeguarding Concerns** - While we are on the summer break, we want to assure you that there is still support available if you are concerned about the welfare or safety of any child or you need some support yourself. During this time, there is an email address that you can contact us through to share any concern. This will be monitored by a small number of key staff, once every 2-3 days during the holiday period. You can make contact by emailing [safeandwell@astonfields.worcs.sch.uk](mailto:safeandwell@astonfields.worcs.sch.uk) if you need to seek some advice.

/continued over



ACE School of  
**CHARACTER**

**Headteacher:** Mrs A. Hales *BSc (Hons), PGCE, NPQH*  
**Deputy Headteacher:** Mrs J. Birrell *BSc (Hons), QTS, SLE*  
**Deputy Headteacher:** Mr G. Hall *BA (Hons), PGCE, NPQSL, SLE*  
**Drummond Road, Bromsgrove, B60 2ET**

Email: [office@astonfields.worcs.sch.uk](mailto:office@astonfields.worcs.sch.uk) Website: [www.astonfields.worcs.sch.uk](http://www.astonfields.worcs.sch.uk) Tel: 01527 876026

**If you have concerns that need addressing immediately, please contact through these channels:**

- **Family Front Door** : 01905 822666 (core working hours) 01905 768020 (Out of hours or at weekends)
- To submit an online referral to **Children's Social Care** visit [Refer to Children's Social Care | Worcestershire County Council](#)
- **Police** - Call 999 in an emergency, e.g. when a crime is in progress, when there is danger to life or when violence is being used or threatened. For less urgent issues call local police on 101.

We hope these opportunities will be helpful to you but please also share with other friends and family if you feel it would be of interest to them. Can we take this opportunity to wish you a safe and relaxed summer holiday period and we look forward to welcoming you back in September.

Kind regards,



Mrs H Mynott

Assistant Headteacher/Designated Safeguarding Lead



## PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### **ANGUS STEAKHOUSE**

Kids under 8 eat FREE daily, 12pm to 5pm

### **ASDA**

Kids eat for £1 daily, with no adult spend

### **ASK ITALIAN**

Kids under 10 eat for £1 during school holidays

### **BEEFEATER**

Kids Eat FREE with Newsletter Voucher this Summer

### **BELLA ITALIA**

Children eat for £1 with any adult main

### **BILLS**

Kids Eat Free weekdays, 21st July - 29th Sept

### **BREWERS FAYRE**

Kids Eat FREE with Newsletter Voucher this Summer

### **BREWDOG**

2 Kids eat free with 1 adult, 19th July - 31st August

### **BURGER KING**

From 28th July - 31st August, Kids Eat Free (via app)

### **CHIQUITO**

Kids eat FREE Daily Until August 31st

### **DOBBIES GARDEN CENTRES**

Kids eat for £1 with an adult breakfast or lunch

### **FRANKIE & BENNY'S**

Kids Eat Free from 14<sup>th</sup> July - 31<sup>st</sup> August 2025

### **FUTURE INNS**

Under 5s eat for free with any adult meal

### **GORDON RAMSEY RESTAURANTS**

Kids under 10 eat FREE all day, every day

### **HARVESTER**

Kids eat for £1, Mon - Fri via the App

### **HUNGRY HORSE**

Kids eat for £1 on Mondays

### **IKEA**

Kids get a meal from 95p daily from 11am

### **LAS IGUANAS**

Kids under 12 eat FREE with 'My Las Iguanas' App

### **MARCO PIERRE WHITE**

Kids under 12 Eat FREE daily with an adult spend

### **MORRISONS**

Kids Eat FREE all day, every day with a £5 spend

### **PAUSA CAFE @ DUNELM**

Kids eat FREE with every £4 spend after 3pm

### **PREMIER INN & TRAVELODGE**

2 kids eat for FREE with 1 adult breakfast

### **PRETO**

Kids up to age 10 eat free with 1 paying adult

### **PUREZZA**

Kids under 10 get free pizza with every adult meal

### **SA BRAINS PUBS**

Kids eat for £1 on Wednesdays

### **SIZZLING PUBS**

Kids eat for £1, Every Monday to Friday, 3 - 7pm

### **TABLE TABLE**

2 Kids Eat free breakfast daily with 1 paying adult

### **TESCO**

Kids Eat FREE with a 60p spend until Aug 31st

### **TGI FRIDAYS**

Kids Eat Free with any adult meal (Via App)

### **THE REAL GREEK**

Kids under 12 eat FREE Sundays with £10 spend

### **TOBY CARVERY**

Kids eat for £1 all day (weekdays) until Aug 29th

### **WHITBREAD INNS**

2 kids eat for FREE with 1 adult breakfast

### **YO! SUSHI**

Kids eat free all day (weekdays) in school holidays

### **ZIZZI**

Kids eat free this summer holidays (ex Saturdays)



**Covering top tips for staying well throughout the summer, including:**

- Being active
- Food & nutrition
- Sleep
- Sun & water safety
- Summer infection hazards
- Online safety
- Socialising
- Mental health & wellbeing

**SUMMER 2025**

**A parents and carers guide for:**

**Happy healthy holidays  
for teenagers**

[worcestershire.gov.uk](http://worcestershire.gov.uk)



**worcestershire**  
county council

Summer holidays are a time for rest and switching off from the day-to-day routine of school. Staying healthy through the summer is important. Here are a few suggestions to make this summer a good one.

Please visit your local library if you need access to the internet to visit the links in this guide.

## BEING ACTIVE

Being physically active releases happy hormones. Activity early in the day means better sleep and a self-confidence boost. It also helps manage stress and can be a positive coping strategy during difficult times.

Children and young people need to do two types of physical activity:

- Aerobic exercise (anything that makes the heart pump harder and breath faster)
- Exercises to strengthen their muscles and bones

Aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity every day and vary it throughout the week.

Holidays are a time to reduce the time spent sitting, lying down and screen time. So, break up long periods of not moving with some activity.

Find activities in your area:

[Activity finder on Active Herefordshire & Worcestershire](#)



## FOOD AND NUTRITION

A healthy balanced diet with all the nutrients and vitamins needed for growing is important.

Try to reduce or avoid energy drinks and caffeine which can interfere with sleep.

[Better Health food facts](#)

[Eating well for 12-18 year olds. A practical guide](#)

*If you have concerns about your teenager's diet contact your School Health Nurse (please see details in the 'Concerned section' at the end of this document).*

## SLEEP

As their brains develop, teenagers' sleep patterns can shift to later nights and later mornings.

Teenagers need between 8 to 10 hours of sleep, but many get much less and experience sleep deprivation. Maintaining a regular sleep pattern is important, especially as the new school term approaches.

Screen time and bright lights can impact on the quality of sleep. Avoid phone use at bedtime and install a night-time filter on devices.

[Teen Sleep Hub](#)

[Sleep problems.  
A guide for young people](#)

Avoid napping during the day, especially after 6pm.



## SUN SAFETY

When heading out or sitting in the garden, wearing sunscreen, minimum factor 30, is vitally important. Make sure you use sunscreen even on cloudy days, use natural shade, wear a sun hat and stay hydrated to avoid some of the effects of the sun and heat. Remember that sunburn is skin damage.

It is illegal for under 18s to use sunbeds.

[Find out more about sun safety on the NHS website](#)



## WATER SAFETY

In or out of the home it's important to consider water safety. Being by water is a great place to spend time with friends, but it's important to know how to stay safe and avoid accidents. Be water safe and get informed via the links.

[Water safety for teenagers and young people from the Canal and River Trust](#)

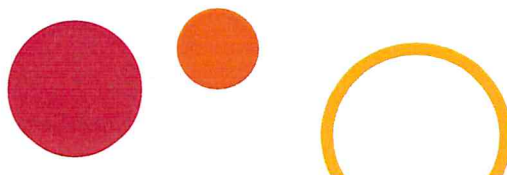
[Safety tips from RLSS](#)



## SUMMER INFECTION HAZARDS

As summer arrives, your teenager is likely to spend more time outdoors. It's worth being aware of some common seasonal infections to help you spot illness more easily.

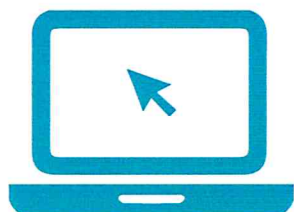
[A guide to summer infections hazards](#)



## ONLINE SAFETY

Many children and young people spend time online. Ensure your teenager is safe online. Having oversight of their social media accounts and online gaming platforms can minimise the risk of online grooming and bullying.

Ripple is a free online interceptive tool designed to ensure help and support is offered to individuals making searches related to self-harm or suicide.



[Find out more about online safety](#)

[Ripple Tool](#)



[Got concerns about your teenager's safety online? Report online abuse here.](#)



[Parent Carer Online safety](#)

## SOCIALISING

Staying connected with friends (beyond social media) over the summer is important for mental wellbeing.

During teenage years, people are more prone to risk taking behaviours, even more so when with their friends.

Find out more about risk taking and how the brain develops during teenage years through free online courses for Worcestershire parents and carers.

[Holiday Activities and Food \(HAF\) Programme](#)

[Free Course: Understanding your child](#)  
[Password: PARENTSROCK](#)

## MENTAL HEALTH AND WELLBEING

### Behaviours To Watch Out For

If you start to notice changes in your teenager's behaviour and are concerned, seek help or guidance from your school nursing service, even in the holidays.

Behaviour changes you may notice include:

- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves (e.g. not eating, personal hygiene)

[Find out more and get help and advice about young people's emotional and mental health on Worcestershire County Council's website](#)



## TALKING ABOUT MENTAL HEALTH

Getting teenagers to talk openly about what's bothering them can be hard. Having calm and non-judgmental conversations can keep the door open to conversations about how they are feeling and some of the bigger issues.

[Click here to find out more on the 'talking to your teenager' page of the NHS website](#)

[Medication safety](#)

## CONCERNED? WHERE TO GET HELP

**If your child's life is at risk or they have taken an overdose call 999 or go to A&E immediately.**

Being a parent can be difficult at times, but you are not alone. If you are concerned, there is lots of help out there:

- Worcestershire School Health Nurse Service or call **01905 520032**, even in the school holidays
- Young people can use the confidential texting service ChatHealth by texting **07507 331750** (ChatHealth is available 9am to 5pm, Mon-Fri) As parents you can access the confidential texting service for parents via our Chat Health Parent Line **07312 263547**
- Free confidential 24/7 text support for young people and you. Text "SHOUT" to **85258**
- Young Minds has support for parents, carers and young people
- Worcestershire's Melo service provides a range of support, around emotional wellbeing and mental health. It identifies what matters for each child or young person and where appropriate, their family
- Free, safe and anonymous mental health support for your child on Kooth (online 12pm to 10pm weekdays and 6pm to 10pm weekends)
- For children aged 7-12 years with worries and anxieties, e.g. moving to a new school, register for the Lumi Nova App
- PAPYRUS, prevention of young suicide, call **0800 068 4141** or text **07860 039967**
- Urgent help from Herefordshire and Worcestershire Health and Care NHS Trust or call **NHS 111**
- Childline website or call **0800 1111** anytime
- Contact your GP
- Contact Samaritans 24 hours a day, 365 days a year. Call **116 123** for free or email Jo@samaritans.org
- Child and Adolescent Mental Health Services (CAMHS) provides support for parents and carers

### Parenting Groups & Workshops:

- Birth & Beyond: FREE antenatal Preparation for Parenthood, 4 week group for 1st time parents.

Our relaxed and fun groups will help you to explore topics like: Developmental needs, communication, sleep, behavioural difficulties and family fun. Book your place on one of the following:

- Understanding Your Baby: 6 week course for new parents & their baby - book on before your baby is 16 weeks old
- Understanding Your Child: Suitable for parents of children 2 - 19 years
- Understanding Your Teen: Suitable for parents of teens 11 - 19 years
- Talking Teens: Suitable for parents of teens 11 - 19 years

**We use other venues in the community to run groups - so please contact the hub for more info.**

### Online Parenting Support:

Did you know Hereford and Worcestershire Health and Care Trust have pre-paid for every parent and carer in Worcestershire to access a FREE course for parents/carers/grandparents about children from bump to 19+ years? [www.inourplace.co.uk](http://www.inourplace.co.uk) (access code PARENTSROCK).

### Childcare Funding Support:

For help with your application, finding childcare near you or to find out more about funded childcare for 2 year olds, call **01527 835775**.

### Healthy Start Vitamins:

We stock Healthy Start Vitamins: (Cash only)

- £1.80 Children's drops
- £1 Pregnancy vitamins

You may be able to get vitamins for free. Apply now <https://www.healthystart.nhs.uk/how-to-apply>

### Volunteering with Us:

Please call 01527 61350 or email [ruth.harper@bromsgroveandredditch.gov.uk](mailto:ruth.harper@bromsgroveandredditch.gov.uk)

### Knowledge Bank:

Directory of local support and organisations available across Bromsgrove and Redditch. [knowledgebank.bromsgroveandredditch.gov.uk](http://knowledgebank.bromsgroveandredditch.gov.uk)

### Community Support:

Would you like to talk to someone who can connect you with local support, groups and activities? Contact your local Hub to speak to a Family Hub Navigator: **01527 835775**.

### Emergency Food Access:

Family Hub teams can guide you to local food banks and community pantries where you can access food for free or affordable prices.

### Breast Pump Hire:

You can hire Ardo Calypso breast pumps from your local Family Hub.

### Antenatal Quit Smoke Support:

Are you & your partner expecting a baby & would like support to quit smoking? Please email [wah-tr.smokingcessationteam@nhs.net](mailto:wah-tr.smokingcessationteam@nhs.net)

Do you have a communication or information support need? If so, please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

# What's On at Pear Tree Family Hub

## June 25 edition



Here to help  
**Monday to  
Friday, 9am -  
4.30pm.**

To request support,  
please call us or visit  
[www.bromsgrove.gov.uk/  
familyhubrequest](http://www.bromsgrove.gov.uk/familyhubrequest)



01527  
835775



@FamilyHubsBR



Pear Tree Family  
Hub, Broad Street,  
Bromsgrove, B61 8LW



[www.worcestershire.gov.uk/  
virtual-family-hub](http://www.worcestershire.gov.uk/virtual-family-hub)

# Pear Tree Family Hub Weekly Schedule

## Monday

### Midwife Clinic 9am - 4.30pm

Booked appointments for new & expectant parents & their babies with community midwives. **Turn over for contact details.**

### Groups for Parents

**12.30 - 2.30pm**  
Subject to change each term. **Call the Hub to book on the next available group.**  
Turn over for full list of groups.

## Tuesday

### Well Baby & Child Clinic,

**9.30am - 12pm**

Opportunity for parents/carers to talk through any child development questions with a member of the health visiting team, suitable for 0 - 5 year olds. Book an appointment via **01905 520 032.**

## Tuesday

### Midwife Clinic

**1 - 4.30pm**

Booked appointments for new & expectant parents & their babies with community midwives. **Turn over for contact details.**

### Stay & Play, run by Sidemoor Preschool

**1 - 2.30pm**

### term-time only

A brilliant opportunity for preschoolers to discover & learn through play & get used to socialising with others, suitable for 0 - 5 years old. No need to book, £2 per child, 50p per sibling. **01527 870828.**

## Wednesday

### Development

**Reviews 9am - 1pm**

These are completed by a member of the health visiting team & focus on your child's health, wellbeing & development. **By invitation only.**

## Wednesday

### Groups for Parents

**10 - 11.30am**

Subject to change each term. **Call the Hub to book on the next available group.**

Turn over for full list of groups.

### Breast Buddies

### Support Group

**10 - 11.30am**

2nd & 4th Wed of every month. Support for breastfeeding parents ran by Breastfeeding Support Workers. To book a place email **whcnhs.breastfeedingsupport@nhs.net**

### Groups for Parents

**12.30 - 2.30pm**

Subject to change each term. **Call the Hub to book on the next available group.**

Turn over for full list of groups.

## Thursday

### Bumps, Babies & You

**9.30 - 11am**

Opportunity for you to meet with other parents & children of a similar age. Suitable for 0 - 2 year olds, siblings welcome. **No need to book, just drop in.**

## Friday

### Midwife Clinic

**9am - 4.30pm**

Booked appointments for new and expectant parents and their babies with community midwives. **Turn over for contact details.**

### Own Space and

**Time, 10am - 12pm**

### term-time only

A parent-led support group for parents/carers of children and young people who have an additional need. Drop in, no need to book. **claire@ownspaceandtime1@gmail.com**

Please be aware that some groups are run by outside providers and are not provided by Worcestershire Family Hubs. Third parties, including their websites, privacy policies, and everything else they do, are not under Worcestershire Family Hub's control. While every attempt to ensure all information held here is accurate, we cannot accept any responsibility for third party services. Their inclusion here is for your information only and does not represent endorsement or recommendation by Worcestershire Family Hubs. Details in this booklet were correct at the time of going to print.