

How can students make the most of the summer holidays... so that they're refreshed and ready for the autumn term?

EXPERT ADVICE

Spending time outdoors getting fresh air and having fun with friends is important



Eddie Falshaw, Acting Head, Leighton Park School, Berkshire

The summer holidays are a perfect time for students to unwind in the sun and recharge for the autumn term. It's crucial to get fresh air and make the most of the good weather by spending time outdoors, engaging in activities like reading, enjoying hobbies, and being with loved ones.

These activities help relieve the stress accumulated over the school year and build overall health and wellbeing.

Additionally, the break is an opportunity to catch up on sleep and establish healthy routines, including balanced eating while enjoying occasional treats.

Halfway through the holidays, I'd recommend students reflect on the previous term and set personal and academic goals to inspire and prepare themselves for upcoming challenges, ensuring they start the new term energised and focused.

It's also important to minimise screen time, as excessive use can negatively impact mental health and academic performance.

A balanced summer helps maintain physical and mental wellbeing, setting the stage for a successful autumn term and beyond.

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Exercise, especially fun sports that can be enjoyed with others, is good for all-round wellbeing

Rachel Owens, Headmistress, St George's College, Weybridge, Surrey

Start with the joy of doing nothing. This is not 'wasting time'. When your mind is totally uncluttered, it is free to wander, to really think and come up with some great ideas. Ditto your body – when you can move, or not move, it has time to grow, regenerate and just breathe, after the hurly burly of the term.

Phase two is the joy of doing something – perhaps outside your usual experience – it's exercising yourself either mentally or physically. What you do doesn't actually matter – it might be one of your great ideas from your time doing nothing.

Finally, the joy of being prepared – taking time to buy new pens and new shoes. Try to do it in an unhurried fashion; really enjoy the final week or two, so that you aren't dreading going back to school, but instead are totally prepared for the new term ahead.

Dr Pamela Edmonds, Head, Parsons Green Prep, west London

Summer holidays for prep school children should be a time for relaxation and enjoying family life. It's a wonderful opportunity for families to spend mealtimes together, talking and relaxing in each other's company.

Encouraging children to enjoy the outdoors is important, whether through organised events or simply at the local park. They should be free to play imaginatively, participate in

sporting activities with friends or just enjoy nature. Encourage your child to read regularly, fostering a lifelong habit that will bring them great pleasure now and in the future. Reading is also a key skill that will aid them in the next stage of their education.

Lastly, ensure that they're ready for the new academic year. Help them understand what to expect and provide support both at school and at home, enabling them to be the best they can be. ☺