



St Catherine's School & College

Specialists in Speech, Language and
Communication Needs

St Catherine's
Grove Road
Ventnor
Isle of Wight
PO38 1TT

Tel: 01983 852722

Email: general@stcatherines.org.uk

Website: www.stcatherines.org.uk

Summer Term Week 13

17th July 2026

ACHIEVEMENTS & AWARDS



The Reader of the Week award has been
presented to:

Emilia

The Principal's Praise award has been
presented to:

Gracie

The Behaviour For Learning award has been
presented to:
Kayan



The Behaviour For Character award has been
presented to:

Eli

Caiden

Selene



Well done to all students who received
awards this week!



ATTENDANCE

6AMD - 100%

6ILP - 95.83%

6JG - 98.44%

Austen - 97.78%

Bloom - 100%

Branson - 85.56%

Burton - 100%

Goldberg - 95.56%

Hopkins - 95.24%

Newton - 94.23%

Oliver - 100%

Packham - 61.11%

Radcliffe - 96.3%

Watson - 82.46%



Well done to all classes who were here
everyday this week!

DATES FOR YOUR DIARY

July

20th Sports Day

22nd Virtual End of Term Consultations

24th Coffee Morning, End of Year

Assembly and In-Person End of Term
Consultations



THE GROVE AFTER SCHOOL CLUB

We are holding 'The Grove' after school club every Tuesday 3:30pm - 5:00pm.

July

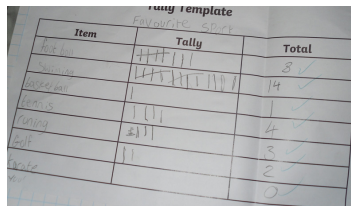
21st - Summer Activity

All activities are weather dependent. If the weather is not suitable for an outside activity, an indoor alternative will be arranged. Sessions have to be booked in advance and parents/carers are able to book block sessions. If you have any queries or would like to book, please contact The Grove Team on: the-grove@stcatherines.org.uk
Transport must be arranged by parents. £2 per week.



BLOOM CLASS

In PSHE this week, we explored the difference between real and fake online content. We had the challenge of identifying which images were genuine and which had been manipulated. It was a very tricky task, but it helped us to understand just how difficult it can be to spot misleading content online! In Maths, we started our new topic on statistics. We created our own tally charts and used the information to make pictograms, developing our skills in collecting and presenting data. In English, we began our new poetry unit using the book 'Moon'. We explored the text and identified verbs, thinking carefully about how they help to create vivid imagery and bring the poem to life. We all thoroughly enjoyed our orienteering trip on Wednesday. The children demonstrated excellent teamwork, perseverance and problem-solving skills throughout the day. Once again, they were a real credit to the school and represented us brilliantly while out in the community.

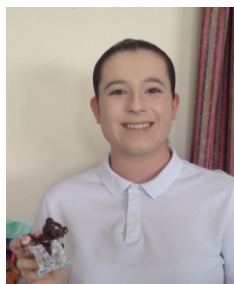


Item	Tally	Total
Apple		4
Banana		4
Orange		4
Apple		4
Banana		4
Orange		4
Apple		4
Banana		4
Orange		4
Apple		4
Banana		4
Orange		4



RADCLIFFE CLASS

Our PSHE this week was focussing on what is real and fake. It was really interesting discussing that what the students see and hear may not be totally true. We looked at photos of the same image to see what had been altered. In English, we continued to change our story of The Rainbow Fish by changing not only the character but also the setting. We are working on addition and subtraction in Maths, using number lines to help adding on and taking away from a number. Our pottery pieces were ready to collect from Goose Studios, where we went on our class trip. The students were delighted with their pieces. They all look so amazing. Hopefully the pottery piece will remind everyone of their time in Radcliffe class. We had an amazing day at Brighstone Forest on Wednesday. The picnic was such fun.



HOPKINS CLASS

We have completed our shape poems in English and are really proud of what we have accomplished! In Maths we have been identifying money and what each coin is worth and we got to test out our purchasing skills with a visit to town. On Wednesday we went orienteering in Brighstone Forest and really enjoyed it.

PACKHAM CLASS

In Packham this week, we went to Blackgang Chine, a great time was had by all. From pretending to be Cowboys in Cowboy town to pirates on the Pirate ship. Everyone went on the water slides many times. On Wednesday we went Orienteering with the rest of the school. It was really fun to explore the forest with our friends and have lunch together in the forest under the tall trees.

OLIVER CLASS

In OT the students got to make chocolate brownies. It showed how their independence had come on and team work has developed. The brownies were very yummy. We have been busy putting the finishing touches to our model river this week and we hope to be able to share it in the end of term sharing assembly. There have been a few timetable changes this week due to the exciting end of term events going on and I must say, as their class teacher, how proud I am of Oliver class for supporting each other whether that has been reminding each other about what they should be doing, reassuring each other that change is ok or by offering supportive strategies.

AUSTEN CLASS

In PSHE we have been looking at self-reflection. We have been thinking about our year at St Catherine's what has been good, what we are proud of and what we would like to say to the next class moving up. Moving forward with our final lessons in English we have read all of "The Highway man" and answered some questions on metaphors and what we thought of the book. We progressed with 'Dungeons and Dragons' in SALT and our imaginations were on fire as usual. Eric astounds me with his stories and transformations. I can honestly say I couldn't be more proud of Austen and the work they have all put in to make this year a magnificent one.

GOLDBERG CLASS

This week in Goldberg we have looked at art exhibition posters and what stands out, to find inspiration, some of the children have been looking at sculptures around the world and doing research on the meaning to create their own. On Wednesday we went over to Brighstone Forest with the rest of the school to do orienteering, it was a challenge to use the map to find we were on the right path, we all had lunch in the forest and headed back to school where there were a selection of Forest School activities on the field.

BURTON CLASS

On Tuesday, we had a fabulous day on our class trip to Amazon World. We managed to see lots of different animals such as Matamata Turtles, Wallabies, Red Pandas and different varieties of monkeys. We also walked around the Lemur Enclosure where we managed to see the Lemurs really close. In Music, we continued with our topic of Chinese Music by watching a film about it and learning about how it is performed. In English, we continue to rehearse our poem, 'I took the moon for a walk' and have started to write our own poem about walking on the Moon. In Humanities, we discussed the different ways rivers are used. We learnt that they are used for industry, tourism and transport. In Science, we looked at the different ways plants disperse seeds so that they continue their lifecycle.

NEWTON CLASS

Newton has had a very busy week. On Wednesday the whole school travelled over to Brighstone Forest for an afternoon of orienteering, even in the heat the students really enjoyed it. On Thursday some of the students travelled to Ventnor Cricket Club for a Cricket Festival, they learnt some new skills and Fletcher excelled in all areas. Another hot but great week.

BRANSON CLASS

It has been a great, but exhausting week in Branson. It was our class assembly on Monday, in which we had a chance to share some of the memories from our time at school. Darcy, Sean and Raph were incredibly brave, standing in front of the school to share theirs and their classmates' memories. Charlie did an excellent job providing us with tech support. Wednesday saw us all go to Brighstone Forest for a day's orienteering. Everyone persevered well in the heat and had a great day out. On Thursday, some of us had another day out at the Ventnor Cricket Club festival. It doesn't feel like we have really been in school that much, but we still have had time for some 'normal' lessons. In Science, we have continued with our garden designs and started building a robot. In English, we have been looking at poetry, using the beautiful nature poems of 'The Lost Words'.

WATSON CLASS

Watson had an active week with the whole school orienteering trip on Wednesday, students enjoyed a double decker bus ride to the forest and used maps to find routes through the trees. Lunch was in a woodland shaded area which was very peaceful. In the afternoon students enjoyed a rotation of Forest School activities on the school field, including den building, games and craft. On Thursday many of the class joined the Cricket festival activities at Ventnor Cricket club. We have been completing some projects including our English animation, pillows in tech and t-shirt designs in art.

6JG CLASS

This week we completed a music workshop with Jess Ong to create some of the soundtrack to our film. We all played a part playing different instruments including keyboard, drums, bass, guitar and percussion. We will be recorded completing our individual parts to our composition next week. On Wednesday we all completed some orienteering. We began the day at school completing a rotation of Forest School activities including den building, craft and games. On Monday afternoon we all walked down to town to see a printmaking exhibition focussed on cats.

6AMD CLASS

It has been an incredibly busy week! On Monday, we had our Leavers' Trip where we spent the day in Ryde. First, we went to Puckpool Park, then we walked along the seafront and went bowling. We had planned this all and did very well to keep on track and deal with hiccups along the way (we showed great maturity and independence). On Tuesday, those of us moving on to the Isle of Wight College in September went to visit and have a tour of the campus. It was useful to see where we would be going and have our questions answered. Wednesday was Orienteering Day. We experienced a lot of changes to the schedule. We all managed this really well, stayed calm and adapted. On Thursday, some of us attended the Ventnor Cricket Festival at the cricket club in town; this was a great opportunity to engage in the local community whilst enjoying a bit of sport. Friday was a well-earned rest day, but still busy with planning the Leavers' Lunch next Tuesday. Overall, a busy week with lots of challenges that we rose to with maturity and confidence. Well done, guys!

Parents, please look out for an email from the college if your young person is enrolled on Foundation Learning, as there is now a choice of programme structure for the September 2026 cohort.

6ILP CLASS

6ILP took part in a very thought provoking STEM activity during assembly. The students were able to problem solve in basic games design. What was particularly pleasing was their positive approach to group work. The students were able to engage with a number of off campus activities this week. Some enjoyed cricket in Newport and others enjoyed bowling in Ryde. 6ILP thoroughly enjoyed the orientation day which encouraged engagement with the wider student school community. Students were able to get down and boogie to the tunes at the prom, and of course enjoy good food. We were able to consider functional skills as we made decisions in the community and discuss what would be the most suitable and healthy food choices in the high street. A very busy week for all.

PARENT/CARER QUESTIONNAIRE

We will be sending out a parent/carer questionnaire to gain feedback on our School and College. Please take the time to complete it - your feedback is invaluable to us.

AMAZING VOLUNTEERS

We would like to extend our heartfelt thanks to the wonderful team from British Gas, who generously gave their time to support St Catherine's through their volunteer programme.

The team worked incredibly hard to transform the outdoor space behind St Anne's, revitalising the flower beds and giving the area a fresh new look. They also painted our Forest School building, helping to create an even more welcoming and inspiring environment for our pupils to enjoy.



We are incredibly grateful to everyone from British Gas for their hard work.

Breakfast Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Pancakes	 Scrambled Eggs	 Pancakes	 Scrambled Eggs	 Pancakes
 Toast	 Toast	 Toast	 Toast	 Toast
 Cereal	 Cereal	 Cereal	 Cereal	 Cereal
 Yogurt	 Yogurt	 Yogurt	 Yogurt	 Yogurt
 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
 Boiled egg	 Boiled egg	 Boiled egg	 Boiled egg	 Boiled egg
 Porridge	 Porridge	 Porridge	 Porridge	 Porridge
 Milk	 Milk	 Milk	 Milk	 Milk
 Water	 Water	 Water	 Water	 Water

SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta/Quorn Bolognese or Jacket Potato with choice of filling	Jumbo Sausage/Cheese & Onion Roll or Tomato Pasta	Roast Lamb/ Vegetable Burger or Jacket Potato with choice of filling	Pizza with Wedges or Tomato Pasta	Battered Cod/ Fish Fingers/ Quiche with Chips or Jacket Potato with choice of filling
Salad Bar Tuna or Mackerel	Salad Bar Cheese & Egg or Mackerel	Salad Bar Ham or Mackerel	Salad Bar Tuna or Mackerel	Salad Bar Cheese or Mackerel
Fresh Fruit Platter	Rice Pudding	Fresh Fruit Salad	Fairy Cake	Pudding of the Day

Fresh vegetables and salad are available with all main meals. Fresh fruit and yoghurt are always options for dessert.

STAFFING UPDATE

Unfortunately, due to a change in circumstances, we currently do not have a Family Liaison Officer in post. During this time, please redirect all communication to our Vice Principal and DSL, Jenn Walker. Further updates will be provided when available. Thank you.

NEW SIGNING SONG

Follow the link to watch and learn our new signing song, 'This is Me' that students will be learning at school this term. <https://bit.ly/4dYqkau>

MESSAGE FROM THE NURSES



Stay ahead of Hay Fever



As we are half way through **Hay Fever** season
here are some helpful points to help manage symptoms

Top Tips:

- ✔ Start **Antihistamines** 2-3 weeks before your season begins, and continue daily until the end of the season.
- ✔ Wear Sunglasses outdoors.
- ✔ Shower and change clothes after being outside.
- ✔ Keep windows shut at peak times.
- ✔ Use Vaseline around the nose to help trap pollen

Avoid:

- ✗ Spending too much time outside.
- ✗ Walking through long grass, or sitting in large grassy or heavily wooded areas.
- ✗ Having fresh flowers in the house.
- ✗ Drying washing outside.
- ✗ Rubbing your eyes

Please be aware that pollen season can make Asthma and Lung Conditions worse therefore it is important to ensure that if you always have a Reliever Inhaler with you (and use it if your symptoms flare).

Charlie Panayi delivered the Sun Safe Campaign to St Catherine's School
As part of keeping our students safe we have signed up to SKCIN campaign along side Zoe's Law.

More information on SKCIN here: <https://www.skcin.org/>
More information on Zoe's Law here: <https://www.facebook.com/zoeapanayilaw>





HAF is back for Summer 2026!

The Holiday Activities and Food (HAF) programme offers free activities and meals to eligible school-age children during the main school holidays. With summer approaching we have included details below of our summer programme.

- Activities run from Monday 27th July- Friday 28th August
- Bookings open Tuesday 23rd June at 12pm
- All activities include a healthy nutritious meal for children and young people attending
- Free spaces are available to children who receive income-related free school meals
- Varied activity programme including horse riding, music, football, fun at the farm, youth clubs, multi activity holiday clubs, bushcraft, water sports and family days.
- Please share with families you are working with and encourage them to book on to activities should they be eligible.

We can also offer a limited number of discretionary-funded places for children who do not meet the criteria above but would benefit from attending. This may include, for example:

- Children assessed by the Local Authority as being in need, at risk or vulnerable
- Looked-after children
- Children under Early Help
- Young carers
- Children with an Education, Health and Care Plan (EHCP)

For more information on the programme and details on who can access discretionary funded places, please visit our [webpages](#).

How to book:

All bookings can be made through our [HAF Booking System](#) (QR code below)



Full details on all our activities can also be found on the Isle of Wight [Family Information Hub webpage](#).

Please contact the HAF Team on holidayactivities@iow.gov.uk if you have any questions.

**Abseil Down The Spinnaker
Tower For St Catherine's School
and College**
Abseil Dates available
May - June - July - August



Fundraising Target £300
Please email Tanya
smiht@stcatherines.org.uk
For more information

 **St Catherine's
School & College**
Specialists in Speech, Language and
Communication Needs

 **great south
run**

THE GREAT SOUTH RUN

**FUNDRAISE FOR
ST CATHERINE'S SCHOOL**

Run, make a difference
and help support children
and young people with
Speech, Language and
Communication Needs.

 **EVERY STEP
YOU TAKE
HELPS US MAKE
A BIGGER
DIFFERENCE.**

BOOK A SPACE!  To book your place
or find out more,
please email:
smiht@stcatherines.org.uk

 **St Catherine's**
Specialists in Speech, Language and
Communication Needs
School - College - Post 16

Ethel Dares
WINGWALKING

WING WALK EVENT

10TH AUGUST

**SIGN UP NOW
FOR THIS AMAZING
CHALLENGE!**

 **AT
SANDOWN
AIRPORT**

In partnership with
Ethel Dares

 stcatherines.org.uk  01983 852722  smiht@stcatherines.org.uk

 **YOU'RE INVITED TO A**

Teddy Bear's PICNIC

at
David's Café
RYDE, ISLE OF WIGHT

**SATURDAY
25TH
JULY**

**KIDS - BRING YOUR
FAVOURITE TEDDY
WITH YOU!**

**EVERYONE
WELCOME!**

 **BRING YOUR
TEDDY**

 **YUMMY FOOD
& TREATS**

 **FUN & GAMES**

 **BEARY SPECIAL
MEMORIES**

GOOD FOOD • GREAT COMPANY • BEARY SPECIAL TIMES



Specialist Support for Children with Additional Needs

Our personalised care addresses your child's specific needs while building practical life skills, communication abilities, and independence.

Professional, caring support tailored to children with additional needs. Our experienced Personal Assistants help develop skills, build confidence, and enjoy life to the fullest.

Over 20 years of trusted care for children and young people up to age 25 with

ASC/ASD, ADHD, PDA, SEMH, LD and other complex needs.



Personal Assistant Services

Dedicated one-to-one support and respite care



Building Independence

Developing confidence and life skills in line with EHCP and other desired outcomes



Tailored Family Support

Coaching, mentoring and buddy schemes, Respite



Experienced and Trained

Our staff are all experienced and trained to our mandatory standard, additional training can be sought as necessary.



Matched Support

Personal Assistants carefully selected to meet your child's specific needs and interests



Professional Team

Experienced consultants supporting families in Hampshire, Surrey, West Sussex, Dorset & Isle of Wight

Ready to learn more?

[Freedom Care Support for Your Child Attending a Special Needs School](#)

See our detailed brochure [HERE](#)

www.freedomcare.co.uk

0800 0851444

supportenquiries@freedomcare.co.uk



SATURDAY CLUB SAILING

FOR YEAR 6 STUDENTS

For young sailors with previous experience who want to take their sailing skills to the next level!

These sessions follow the same format as the Schools Sailing Programme. The aim is to further participants' sailing knowledge and skills.



FOR YEAR 6 STUDENTS ONLY

Due to the high demand, sessions are only open to Year 6 pupils.



PREVIOUS EXPERIENCE NEEDED

For children who have already completed, or taken part in, an official Sailing 1 course or equivalent.



LIMITED SPACES

Places are limited to just 34 participants per session. Book early to avoid disappointment!



HOW TO BOOK

Contact sailing@seaviewtrust.org.uk to book a place.



WE ARE FOR A £1 PER WEEK CONTRIBUTION towards the Seaview Sailing Trust charity that funds these sessions. (The first two dates are not shared with children.)



SEAVIEW SAILING TRUST

Registered Charity No. 109676

2026 SATURDAY CLUB SAILING SESSIONS

SESSION 1	0900 - 1200	SAT 6th JUNE 2026	SESSION 6	1300 - 1600	SAT 20th JUNE 2026
SESSION 2	1000 - 1300	SAT 6th JUNE 2026	SESSION 7	0900 - 1200	SAT 27th JUNE 2026
SESSION 3	0900 - 1200	SAT 13th JUNE 2026	SESSION 8	1300 - 1600	SAT 27th JUNE 2026
SESSION 4	1000 - 1300	SAT 13th JUNE 2026	SESSION 9	0900 - 1200	SAT 4th JULY 2026
SESSION 5	0900 - 1200	SAT 20th JUNE 2026	SESSION 10	1300 - 1600	SAT 4th JULY 2026

MORE SAILING OPPORTUNITIES

There are also several local clubs and centres offering sailing for young people:

- Booding Haven Yacht Club (Bournemouth Harbour - 30 mins west)
- Bournemouth Sailing Club (Bournemouth Harbour - Bournemouth east)
- Royal Bournemouth Yacht Club (Bournemouth)
- Royal Weymouth Yacht Club (Weymouth)
- Solent Sailing Club (Solent)
- Solent Sailing Club (Solent)
- Solent Sailing Club (Solent)
- Solent Sailing Club (Solent)

NEW PARTNER



SEA SCOUTS

We have teamed up with the local Sea Scouts who can now support further sailing opportunities for us.

DEVELOP SKILLS. BUILD CONFIDENCE. ENJOY SAILING!

Parent and Caregiver Peer Support Sessions

11th June 2026 (9am – 11am) Cowes Family Centre

16th July 2026 (9am – 11am) Carisbrook & Gunville Church

16th September 2026 (9am – 11am) Ventnor Family Centre

16th October 2026 (9am – 11am) Sandown Family Centre

18th November 2026 (9am – 11am) Carisbrook & Gunville Church

13th January 2027 (9am – 11am) Carisbrook & Gunville Church

10th February 2027 (9am – 11am) Carisbrook & Gunville Church



Drop in for a chat, a cuppa and shared experiences

No booking needed



Cowes Family Centre –
Love Lane, Cowes PO31 7ET
Carisbrook & Gunville Church
Gunville Road, Newport
PO30 5LS
Ventnor Family Centre
Albert Street, Ventnor PO38 1EZ
Sandown Family Centre
The Fairway, Sandown PO36 9EQ

Isle of Wight
Neurodiversity
Team



St Catherine's

Specialists in Speech, Language and
Communication Needs
School - College - Post 19

Charity Shop

St Catherine's School Charity shop in Ventnor
is looking for good-quality clothes, books,
CDs, DVDs, games, jigsaws, bric-a-brac, and
toys to sell to raise vital funds for
St Catherine's School.

Please donate items to our Charity Shop
Church Street, Ventnor

Charity Number: 288148

Speech &
Language Therapy

Occupational
Therapy

Sign Supported
English

Residential and
Day School

Ofsted
Outstanding
Provider

Residential
School & College



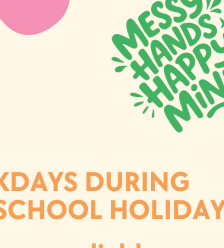
Ofsted
Good
Provider

Education
School & College



Summer Pottery Club!

- Pottery Wheel
- Model Making
- Pottery Painting



£27.50

MESSY HANDS
HAPPY MIND

WEEKDAYS DURING
THE SCHOOL HOLIDAYS

Sessions available
10am-12pm & 2pm-4pm

Book online

www.isleofwightpottery.com

Freshwater, Isle of Wight



TSA

CHEER TRYOUTS

JOIN THE TSA CHEER FAMILY!



LIFELONG FRIENDSHIPS

TEAMWORK

DEDICATION

LEADERSHIP

CONFIDENCE

PERSONAL GROWTH

27TH JULY

10 & UNDER
5PM - 8 PM
11 & OVER
6PM - 7PM

£5

COME BUILD
CONFIDENCE, MAKE
LIFELONG FRIENDS AND
SPARKLE WITH THE TSA
CHEER SQUAD!!

THE Starlight
CADEMY

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE



Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT



Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES



Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS



A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

5 CREATE SOCIAL PULL



For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE



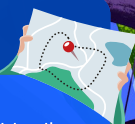
Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES



Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY



Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE



If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS



Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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#WakeUpWednesday

The National College®