

Learners of the Week

Ash Class: Olivia, an amazing new member of Ash Class
 Oak Class: Sebastian, a super Author Reader
 Beech Class: Tahny, an amazing Scientist
 Chestnut Class: Lauren, a fantastic Author Speaker
 Sycamore Class: Dan B, a wonderful Author Speaker



Statutory Results

Today the children are bringing home letters including their statutory test scores. This includes the Phonics Screening results for Year 1 and any children in Year 2 who took it. There are also results for Year 4 for their Multiplication Timetable Check. Well done to all of our pupils - we are extremely proud of the hard work they put in throughout the year and the progress they have achieved. Also home today are the summary reports for our Early Years Children, celebrating their outcomes for the year.

Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	HOT HONEY CHICKEN NOODLES Chicken tenders in a honey glaze with soft noodles	BEef TACO PASTA Beef mince, tomato, nacho sauce, shredded cheese and black beans	HUNTERS CHICKEN Chicken Breast Stuffed with Chicken, Bacon and Mushrooms	SAUSAGE GNOCCHI Chicken sausage & cheese in our 100% 0% fat sauce	FISH FINGERS AND CHIPS
SIDES	GREEN BEANS	CUCUMBER & BEAN SALSA Cucumber, Tomato, Onion, Red Pepper	SAWTOOTH GARLIC FOCACCIA SLICE	BAKED BEANS OR GARDEN PEAS KETCHUP	
HEAT-FREE	VEGGIE HOT HONEY NOODLES Veggie hot honey in a honey glaze with soft noodles	VEGGIE TACO PASTA BAKE Veggie mince, tomato, nacho sauce, shredded cheese and black beans	PESTO, PEA AND MINT GNOCCHI	QUOOSH HUGGETS AND CHIPS	
DESSERTS	JAM AND COCONUT CAKE	CHOCOLATE FUDGE BROWNIE	WIBBLE WOBBLE FRUIT JELLY	OVERNIGHT OATS Oatmeal, milk, apple & fresh fruit toppings	SHORTBREAD
AVAILABLE DAILY	FRESH BAKED BAGUETTE 100% wholemeal flour, yeast, salt, water	HOMEMADE FRESH BREAD ALSO AVAILABLE READY FROM THE BREAD STATION	OUR MEAT IS RED TRACER APPROVED	WEEK TWO Date: 20th, 21st, 22nd, 23rd, 24th, 25th From 20th July 2026	
NOT PASTA BAR Veggie hot honey, veggie taco pasta bake, chicken hot honey, chicken taco pasta bake	OVEN BAKED SWEET POTATO Whipped, roasted & seasoned	ALLERGENS & INTOLERANCES Allergens are the most common food allergens and intolerances are usually of your child's own body. Allergens are substances that can cause an allergic reaction in some people. If your child has any food allergies or intolerances, please inform the school of these and we will ensure that your child's lunch is safe to eat. Please refer to our website for more information on allergens and intolerances.	WHISKED by Clearlife		

Warm Weather

Please ensure that your child has a sun hat and water bottle with them at school every day. It looks as though the warm weather is here to stay in to next week. Please apply sun cream before school - children will have the chance to reapply if necessary.

Summer Fayre

Thanks to The GPA team who have made our fayre work in the only way possible this week. Were you one of the lucky raffle winners? We endeavour to find the chance for our Year 6 to run their stalls before the end of term. Look out for more communications on this.

Year 6 parents will know from previous communications that there is a delay from the Department for Education with the Year 6 SATs tests. As soon as these are released to school we will share them with you.

Arbor Communications

As many communications as possible will take place through Arbor. Please do check your junk emails regularly for Arbor communications. Several parents still have issues moving their email traffic to inbox.

Meet the Teacher

It was lovely to see so many of you yesterday, learning about new classes and having the chance to meet our newest members of staff. We hope it was useful!

Internet Issues

Our broadband provider is changing which will impact our service at school on Friday 17th July. During this time we will not have access to the internet.

Library Books

A reminder that all library books should be back in school. Please can everyone have a final hunt around and ensure they are returned for us to collate the library ready for next year!

Well-being

Please see attached for helpful parent information

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



In partnership with...

#WakeUpWednesday

The National College



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@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

Gomeldon dates for your diary

Please note that some dates may be subject to change

13.7.26	Sports day take 2
14.7.26	Year 4, 5 & 6 Production
16.7.26	End of Year Disco and Y6 Leavers party
15 & 17.7.26	Wessex Water visitors & experience
20.7.26	Year 6 Leavers assembly @ 2:40pm
21.7.26	Last day of school for pupils
22.7.26	TD Day – no school for pupils

3 SIMPLE WAYS TO BUILD CONFIDENCE

THIS SUMMER

At The Warrior Academy, we teach our students that confidence isn't something you're born with it's something you build.

Here are three simple ways children can develop confidence over the summer holidays.



1 START THE DAY WITH A WIN

One of the daily habits we encourage our students to practice is exercise.

This doesn't need to be complicated. It could be:

- 10 press-ups
- 10 sit-ups
- 20 star jumps
- 10 squats
- A short exercise routine



The important thing is that they complete it themselves.

By achieving something challenging before the day has even started, children begin to build confidence and self-belief.

2 STEP OUTSIDE YOUR COMFORT ZONE

At The Warrior Academy, we often say:

"Courage earns confidence."

Confidence grows when we try new things, take on challenges and do things that feel a little uncomfortable.

This summer, encourage your child to:

- Try a new activity
- Learn a new skill
- Visit somewhere new



Every small act of courage helps build confidence.

3 PRACTICE POSITIVE SELF-TALK

Children can be their own biggest critics.

Encourage your child to notice their successes and focus on what they are doing well.

Take five minutes each day to:

- Celebrate a small achievement
- Think about something that went well
- Give yourself a mental high-five



The way we speak to ourselves shapes the way we feel about ourselves.

THE SUMMER CONFIDENCE CHALLENGE



For the next 6 weeks, try to:

- ✓ Complete a small exercise challenge each morning
- ✓ Do one thing that pushes you outside your comfort zone each week
- ✓ End each day by recognising something you've done well

Small actions,
repeated consistently,
can make a
BIG DIFFERENCE.



Email us:
contact@warrioracademy.co.uk



Visit our website:
www.warrioracademy.co.uk



WhatsApp us:
07715 556056

To find out more...

Dear Parents/Guardians

Growing up today brings more pressure and distraction than ever before. As parents, you want your child to feel confident, capable, and supported while learning how to navigate challenges, friendships, and expectations in a healthy way.

At **Matt Fiddes Martial Arts**, we provide a structured and supportive environment where children build confidence, discipline, and life skills while having fun and feeling part of a positive community.

We work closely with local schools and families to deliver a proven programme that supports both academic focus and personal development. Our curriculum is designed to complement your child's education and help them develop skills that carry through into everyday life.

For nearly **three decades**, we have helped thousands of children grow in confidence, focus, and resilience. Martial arts is not just about physical ability. It is about mindset, behaviour, and learning how to make positive choices.

Through our classes, your child will:

- Build confidence and self belief
- Learn respect for themselves and others
- Improve focus, discipline, and behaviour
- Develop teamwork and social skills
- Build strength, coordination, and fitness
- Learn how to manage challenging situations
- Enjoy learning in a positive, encouraging environment

Regular physical activity also plays a key role in supporting a child's health, energy, and emotional wellbeing. Our classes provide the right balance of structure, movement, and enjoyment.

All instructors are fully DBS checked and follow strict safeguarding procedures to ensure a safe and professional environment at all times.

We are currently running new beginner classes in the area, with limited places available. If you would like to give your child a confidence building experience that supports their development now and in the future, we would love to hear from you.

Matt Fiddes

WWW.MATTFIDDES.COM



SOUTH WILTS
GRAMMAR SCHOOL

YEAR 5 TALK AND TOUR

We look forward to welcoming Year 5 girls and their families from our in-catchment schools to our Year 5 Talk and Tour events:

Wednesday 30 September | Monday 12 October | Friday 6 November
Monday 16 November | Thursday 10 December
10:00–11:30

All sessions include a welcome from a member of the Senior Leadership Team, a talk from the Admissions Officer and a pupil-led school tour.

Spaces are limited. If you would like to attend, please email admissions@swgs.wilts.sch.uk.

Please note that there is no parking available on site.

For more information, please visit www.swgs.wilts.sch.uk

Braeside Education Centre



£45
per day

Summer Activity Days!

Adventure - Challenge - Fun

For ages:8–12years

(Siblings up to 14 years)

Drop Off - 8:30am – 9:00am

Pick Up - 4:30pm – 5:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday
w/b 3rd August 2026	Mixed Archery Lifeline Rocket Launch Body Zorbing	Survival Fire Lighting Shelter Building Survival Craft	Climbing Climbing Wall Zip Wire Abseiling Low Ropes	Watersports Canoeing Kayaking Paddleboarding	
w/b 10 th August 2026		Canoeing Problem Solving Orienteering			
w/b 17 th August 2026	Watersports Canoeing Kayaking Paddleboarding	Mixed Body Zorbing Fencing Circus Workshop Rocket Launch	Mixed Archery Lifeline Fire lighting Problem Solving	Climbing Climbing Wall Zip Wire Abseiling Low Ropes	High Ropes Leap of Faith Crate Stack High All Aboard Parallel Poles

Activities will run in groups, in rotation, throughout the day.

Please book online by visiting
www.braeside-education.co.uk/holiday-club



Contact us for more details;
01380 722637
info@braeside-education.co.uk



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- ✓ FUN SEASONAL ACTIVITIES



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Sports & Skills Courses



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Play



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Courses



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Cookery

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NOW



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SPECIAL DIETS



At Cleverchefs, we understand that food allergies, intolerances, and dietary restrictions are a serious matter. Whether your child has a medically diagnosed allergy, a lifestyle-based dietary requirement, or a cultural food need, we are committed to working closely with you and the school to ensure every child is served a safe, suitable, and nourishing meal every day.

To do this well, we need your help. Registering your child's dietary needs is quick and straightforward – simply follow the steps below.

How to register:

Complete the Special Diets Form (details at the bottom of the form)

Fill in all sections – student details, allergy/intolerance information, and dietary restrictions. Incomplete forms may delay your child's diet plan from being put in place. Please allow a 10 day turn around during busy times.

Obtain a Medical Professional's Confirmation

For medically diagnosed allergies or intolerances, the form must be accompanied by a referral letter or written confirmation from a GP, consultant, or dietitian. This helps us ensure the safest possible menu for your child.

Sign & Submit

Once completed and submitted, the Special Diets team will be notified. If the paper version has been completed, please email the form (and supporting medical letter) to our Special Diets team at diets@cleverchefs.co.uk – or hand it in at the school office.

Our Team Reviews Your Form

Our Special Diets team will check the information, liaise with the school's catering manager, and build a personalised daily menu for your child. You'll be notified once this is in place. If your child's dietary needs change at any time, please notify the school and us immediately so we can update their plan without delay.

Get in Touch

Questions about your child's diet?
Email our Special Diets team: diets@cleverchefs.co.uk

Scan this QR Code to complete the form OR Scan to download



(this is the simplest and quickest method)





Superstrings present

Ahoy there!

Come and join the Superstrings team for a morning of sea related music making! This course is suitable for any primary school violin, viola, cello or bass player beginner - grade 3

MANOR FIELDS PRIMARY SCHOOL

SALISBURY, SP2 7EJ

9.00- 12.30

TUESDAY 28TH JULY

£25.00

More information contact

Sara Trenchard

superstringsclub@proton.me



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Kids SGC

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- ✓ Challenges
- ✓ Prizes



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golf@ccga.co.uk

Family and Community Learning Courses

Discover Opportunities - Develop Skills - Achieve Ambitions



Wellbeing Courses



For bookings scan the QR code or contact: 01225 770478
familyandcommunitylearning@wiltshire.gov.uk
<https://workwiltshire.co.uk/family-and-community-learning/>

Discovering Resilience



Friday 24 July

10:30am-1pm

Trowbridge Museum

Monday 27 July

10:30am-1pm

Salisbury - St Paul's Church

Thursday 13 August 10:30am-1pm

Chippenham Community Hub

Tuesday 25 August

10:30am-12:30pm

Online

Friday 28 August 10:30am-1pm

Devizes

Nursted Community Centre

Bookings close 7 days before the start of each course

Courses are no cost to learners who meet our eligibility criteria. Learners must be aged 19+ years, have a Wiltshire postcode, and meet residency requirements. Learners must also be able to tick **one** of the following criteria: individual income less than £25,750 a year; in receipt of benefits (other than child benefit); be a care leaver, foster carer or carer; be a military family or ex-armed forces personnel; have refugee or asylum seeker status; have a learning difficulty or disability; be looking to work, now or in the future.



Wiltshire Council

Family and Community Learning Courses

Discover Opportunities - Develop Skills - Achieve Ambitions



Wellbeing Courses



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familyandcommunitylearning@wiltshire.gov.uk
<https://workwiltshire.co.uk/family-and-community-learning/>

Discovering Confidence



Monday 24 August
10:30am-1pm

Salisbury - St Paul's Church

Tuesday 25 August
10am-12:30pm

Chippenham Museum

Tuesday 25 August
10am-12:30pm

Devizes

Nursted Community Centre

Thursday 27 August
10am-12:30pm

Trowbridge Museum

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familyandcommunitylearning@wiltshire.gov.uk
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Discovering Wellbeing



Monday 3 August
10:30am-1pm
Salisbury - St Paul's Church

Tuesday 4 August
10:30am-1pm
Devizes
Nursted Community Centre

Thursday 6 August
10:30am-1pm
Trowbridge Museum

Tuesday 25 August
1pm - 3:30pm
Chippenham Museum

Bookings close 7 days before the start of each course

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Wiltshire Council

Family and Community Learning Courses

Discover Opportunities - Develop Skills - Achieve Ambitions



Bookings close 7 days before the start of each course

Online Family Courses



Ideal for parents and carers of primary school-aged children

For bookings scan the QR code or contact: 01225 770478

familyandcommunitylearning@wiltshire.gov.uk

<https://workwiltshire.co.uk/family-and-community-learning/>

Helping My Child Prepare Positively for Change

Friday 17 July - 10am-12pm

Helping My Child Build Concentration and Resilience

Monday 20 July - 4pm-6pm

Helping My Child Build Positive Connections

Time for parents/carers and then children join to learn together

Thursday 23 July
10:30am-12pm

Monday 27 July
10:30am-12pm

Tuesday 11 August
10:30am-12pm

Helping My Child Develop Listening and Attention Skills

Time for parents/carers and then children join to learn together

Friday 24 July
10:30am-12pm

Thursday 30 July
10:30am-12pm

Thursday 13 August
10:30am-12pm

Helping My Child with Anxiety and Worry

Tuesday 28 July
10:30am-12:30pm

Friday 14 August
10:30am-12:30pm

Courses are no cost to learners who meet our eligibility criteria. Learners must be aged 19+ years, have a Wiltshire postcode, and meet residency requirements. Learners must also be able to tick **one** of the following criteria: individual income less than £25,750 a year; in receipt of benefits (other than child benefit); be a care leaver, foster carer or carer; be a military family or ex-armed forces personnel; have refugee or asylum seeker status; have a learning difficulty or disability; be looking to work, now or in the future.



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Wiltshire Council



Employment Skills Courses

Bookings close 7 days before the start of each course

For bookings scan the QR code or contact: 01225 770478

familyandcommunitylearning@wiltshire.gov.uk

<https://workwiltshire.co.uk/family-and-community-learning/>



Planning for Work

Thursday 30 July
9:30am-11:45am
**Chippenham
Community Hub
SN15 3BS**

Tuesday 11 August
10am-12:30pm
**Salisbury - St Paul's
Church, SP2 7QW**

Thursday 13 August
10am-12:30pm
**Trowbridge Museum
BA14 8AT**

Applying for Work

Thursday 30 July
12:15pm - 14:30pm
**Chippenham
Community Hub
SN15 3BS**

Tuesday 11 August
13:00-15:30pm
**Salisbury - St Paul's
Church, SP2 7QW**

Thursday 20 August
10am-12:30pm
**Trowbridge Museum
BA14 8AT**

Communication for Work

Tuesday 11 August
10:00am-12:30pm
**Chippenham
Community Hub
SN15 3BS**

Tuesday 18 August
10:00am-12:30pm
**Salisbury - St Paul's
Church, SP2 7QW**

Thursday 20 August
13:00 -15:30pm
**Trowbridge Museum
BA14 8AT**

Budgeting for Work

Tuesday 11 August
13:00-15.30pm
**Chippenham
Community Hub
SN15 3BS**

Tuesday 18 August
13:00-15:30pm
**Salisbury - St Paul's
Church, SP2 7QW**

Thursday 27 August
13:00-15.30pm
**Trowbridge Museum
BA14 8AT**

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AND MUCH MORE!

THIS IS NOT JUST FOOTBALL!



DATES:
27th July to 28th August



DATES:
27th July to
28th August



TIMINGS:
8:30 - 3:30PM



LOCATION:
St Peter's
Primary School
Salisbury,
SP2 9LF



YEAR GROUPS:
YEAR 1 - YEAR 7



PRICE:
£15
PER DAY



FREE BREAKFAST
FOR ALL CHILDREN
WHO ATTEND



FREE LUNCH
FOR CHILDREN IN
RECEIPT OF FSM



To book please message 07714021366

Family and Community Learning

Discover Opportunities - Develop Skills - Achieve Ambitions



Free Online Courses



Bookings close 7 days prior to the start of each course.

Supporting My Teen with Anxiety

Tuesday 21 July 10am - 12pm

Monday 17 August 10:30am-12:30pm

Supporting My Teen to Understand their Skills

Tuesday 4 August 10:30am-12:30pm

Supporting My Teen with Wellbeing

Friday 7 August 10:30am-12:30pm



For bookings scan the QR code or contact: 01225 770478

familyandcommunitylearning@wiltshire.gov.uk

<https://workwiltshire.co.uk/family-and-community-learning>

Courses are no cost to learners who meet our eligibility criteria. Learners must be aged 19+ years old on 31 August 2025, have a Wiltshire postcode, and meet residency requirements. Learners must also be able to tick **one** of the following criteria: individual income less than £25,750 a year; in receipt of benefits (other than child benefit); be a care leaver, foster carer or carer; be a military family or ex-armed forces personnel; have refugee or asylum seeker status; have a learning difficulty or disability; be looking to work, now or in the future.

SUMMER TENNIS CAMP 2026

**WEEK 1: 3RD
-5TH AUGUST
0930-1500**

**WEEK 2: 10-
12TH AUGUST
0930-1500**

**WEEK 3: 17TH-
19TH AUGUST
0930-1500**

**FOR AGES 4-16!
GAMES, PRIZES,
HAVE LOADS OF
FUN! ALL
STANDARDS
WELCOME!**

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£74.50 FOR MORNINGS
ONLY WEEK.
£37.50 FOR A WHOLE
DAY
£104.50 FOR A WHOLE
DAY WEEK**

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F  **R**
S P O R T S

TENNIS CAMPS

**AT SALISBURY
LAWN TENNIS CLUB**


AGES 3-13
**ALL ABILITIES
WELCOME!**



DATES:

-  **26-28 MAY**
-  **28-30 JUL**
-  **11-13 AUG**
-  **18-20 AUG**



TIME:

09:30-15:30



**WRAP-AROUND
CARE:**

08:45-16:15



info@farsports.co.uk



07446841582



Rory



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YOUR GAME**



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FRIENDS**



**HAVE FUN
& STAY ACTIVE!**

PLAY. IMPROVE. HAVE FUN.





For families of children aged 5-10 yrs

Five To Thrive The Primary School Years

Join other parent/carers virtually where you can share ideas to develop the positive connection between you and your child.



Scan the code to express your interest or for more information or to book your space contact us on:

0800 970 4669

www.wiltshirefamilyhubs.org.uk

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Family Hub
Wiltshire Council





Time Out For Parents - Children with Additional Needs

Are you a parent/carer for a child (or children) with additional needs? This course was written for you!

Come and meet other parents/carers to support, help and encourage each other to share feelings and experiences about your child with additional needs.

Discuss and share ideas that support you to come up with solutions to problems and behaviours that challenge on the basis of what works - not what's meant to work!

(No formal diagnosis required)

Call us for more information or to ask for a space on: 0800 970 4669 or use the code opposite to sign up directly.

<https://wiltshiretogether.org.uk/alltogether>



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Time Out For Parents - Dads

Calling all dads!

Are you the dad/carer of a child or children aged 3 to 16? Do you ever wonder if you're 'doing it right'?

This short course is all about you as a dad/carer and how you can support your children to live their 'best' life.

Learn together how to increase your skills and confidence as a parent, and discover practical tools to make your relationships with your child(ren) even better.

Call us for more information or to ask for a space on: 0800 970 4669 or use the code opposite to sign up directly.

<https://wiltshiretogether.org.uk/alltogether>



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July 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Cannabis & Ketamine Awareness	6 July 10am
Anxiety Explained	6 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Decreasing Depression	13 July 10am
Raising Self-Esteem	13 July 7pm
Supporting Healthy Sleep	14 July 10am
Understanding the Teenage Brain	14 July 7pm
FREE - Supporting Healthy Screen Use	16 July 7-8pm
Autism-Improving Communication	20 July 10am
Improving Family Communication	20 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Understanding Anger	27 July 10am
School Anxiety	27 July 7pm
Facing Defiance	28 July 10am
Supporting Health Screen Use	28 July 7pm

Salisbury Bear Hunt



The Bear Hunt is back!

Sat 11th July - Sat 5th September 2026

Supporting Wiltshire children's hospice charity

Julia's House

Can you find 100 teddy bears hiding in shop windows across Salisbury?

Free entry forms at Julia's House charity shop,
Salisbury Information Centre, Salisbury
Library, and local bookshops

Every entry form posted in the 'Bear Post Box'
at Salisbury Information Centre will be
entered into a prize draw

juliashouse.org/Salisburybearhunt

Sponsored by [wessexfleet.co.uk](https://www.wessexfleet.co.uk) and [xcite.co.uk](https://www.xcite.co.uk)



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Ms Levoir's Art Academy

Summer Art Classes for 7 to 11 year olds

At

Old Sarum Community Centre, Pheasant Drive,
SP4 6GH

9 am to 3pm drop off

July 23rd & 24th £65

Aug 6th & 7th £65

Aug 13th & 14th £65

Aug 25th & 26th £65

July 27th & 28th £65

Aug 10th 11th & 12th £65

Aug 17th 18th & 19th £95

Aug 27th & 28th £65

Friend us on Facebook to see the work that we do
and book on

Whatsapp 07801 800 400

10% Sibling discount