

# Education Inclusion Family Advisor Newsletter

## July 2023

### A Message from Me

Hello everyone and welcome to a new week!

If you would like to chat to me, please contact me on the details below.

### Top tips to stay cool this summer

Stay out of the sun and avoid going out between 11am and 3pm (the hottest part of the day).

If you go outdoors - wear loose, cool clothing; a hat and sunglasses; and plenty of sunscreen.

Drink cold drinks regularly, especially water. Avoid alcohol, caffeine or drinks high in sugar.

Have cool baths or showers, and splash yourself with cool water. Use a fan, if you have one.

Shut windows and close shades/curtains when it's hotter outside (open windows when it's cooler).

Use shades or light-coloured curtains (metallic blinds and dark curtains can make rooms hotter).

Plan ahead to make sure you have enough supplies, such as food, water and medications.

### Activity Idea - Rainbow fruit skewers



Full of colour and nothing but fresh fruit, these vitamin-packed skewers lend lunchboxes a bit of rainbow cheer. Children like helping assemble them, and you can vary the colours and fruit varieties.

### Summer Support

During the Summer holidays, the EIFA team will be available to offer support.

We have **Drop-in sessions** that you can attend to talk to someone about your child/children.

<https://forms.office.com/e/yLmDMYR6En>



(Drop ins)

We will also be running a selected set of **workshops** which you can attend.

<https://forms.office.com/e/fmxZTzB3yy>



(Workshops)

Please use the links/QR codes above to book your place.

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice, and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



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