



## Wellbeing Newsletter July 2022

As we head towards the end of the academic term, I am sure many families from South Hill School are thinking about the summer holidays and how you can entertain their children. I thought it would be a wonderful idea if this wellbeing newsletter focused upon how you could achieve this on a budget as I recognise that families have been hit hard by the cost of living crisis. Please do look at some of the ideas I have put together for you.

	<p>The Northridge Way Basketball Court has been completely refurbished. Why not try to achieve a slam-dunk or two with family or friends?</p>
	<p>There are four adventure playgrounds located in Hemel Hempstead (Adeyfield, Grovehill, Bennetts End and Long Chaulden). Two of these play parks have been recently refurbished with new multi-play equipment and sporting areas.</p>
	<p>Gadebridge Park has a large interactive play area suitable for a wide age range. It boasts a host of features including a climbing frames, slides, swings and balance beams. A sand pit is located close to this attraction too.</p>
	<p>Gadebridge Splash Park is now open for the season (everyday 10 am to 6 pm). There is no need to book.</p>
	<p>The skate park, also located in Gadebridge Park, is equipped with five quarter pipes, a jump box, half pyramid, midi ramp and a grind rail. Many younger children who have not yet mastered the art of skate boarding take their scooters along. Why not give this a try?</p>



The Grand Union Canal. Why not take a leisurely bike ride or walk down this picturesque waterway.



Dacorum Borough Council has kindly prepared a Hemel Green Walk map to help promote walking and cycling in the town to encourage healthy living and lifestyles. The green map links the best aspects of the town and beautiful green spaces.



Fun in the Sun 2022. Free inflatables in the park.

Date	Time	Location
Weds 27 July	11am-2pm	The Active Dacorum Hub, Hemel Hempstead, HP1 1JN
Weds 10 Aug	11am-2pm	The Hub, Kings Langley, WD4 8ET
Weds 17 Aug	11am-2pm	Canal Fields Park, Berkhamsted, HP4 2AL
Weds 24 Aug	11am-2pm	Pound Meadow, Tring, HP23 6HA
Weds 31 Aug	11am-2pm	Gadebridge Park, Hemel Hempstead, HP1 1DN



The main library in Hemel Hempstead is located in the Forum in the town centre. They have a fantastic range of books, papers and magazines to explore but if you are a library member you can also use

the internet **free** for an hour.



<https://www.hertfordshire.gov.uk/microsites/adult-learning/adult-learning.aspx>

**Out of the area: Free workshops from Step2skills.**

**Story sacks** - 2-day workshop Stevenage 25<sup>th</sup> and 26<sup>th</sup> July. Explore traditional tales and familiar stories through interactive games and activities, developing Literacy and creative skills.

**Nailing Numbers** - 2-day workshop Stevenage 25<sup>th</sup> and 26<sup>th</sup> July. Fun interactive maths activities. Helps parents to develop good money habits.

**Herts Hedgehogs** - 2-day workshop Stevenage 28<sup>th</sup> and 29<sup>th</sup> July. Taught by an expert in her field and will teach you all about the wonders of hedgehogs through fun activities and crafts.

I would like to wish all the children and families of South Hill School a wonderful summer break and do keep safe and well.

Mrs Albery  
Wellbeing Lead