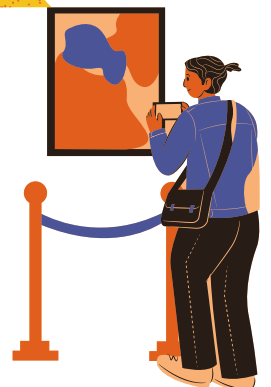
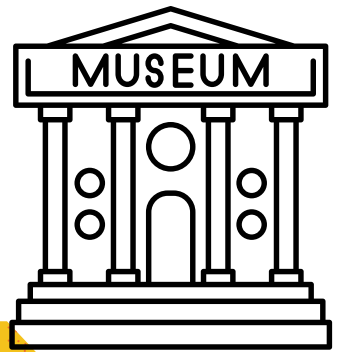
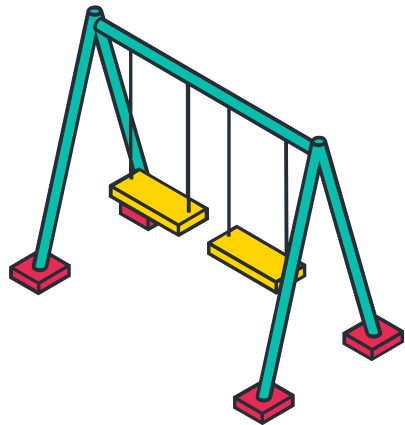
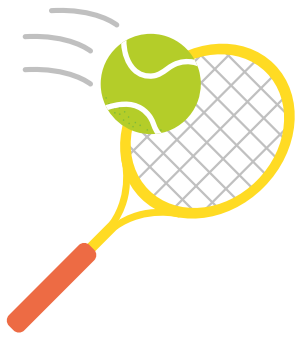


Mile Oak Primary School

ACTIVE SUMMER!



Did you know...?

The average child is capable of walking 1KM for every year of their age and should have at least 60 minutes per day of exercise.

Age	Walking ability
4	4K (2.48 miles)
5	5K (3.10 miles)
6	6K (3.72 miles)
7	7K (4.34 miles)
8	8K (4.97 miles)
9	9K (5.59 miles)
10	10K (6.21 miles)
11	11K (6.83 miles)

The sea is around a 2.5 mile walk from Mile Oak so is accessible for **FREE** to most families and the South Downs is even closer.

Walks with children can be made fun by adding in a scavenger hunt, treasure hunt or Geocaching! Here are some ideas for scavenger hunts

www.woodlandtrust.org.uk/blog/2020/01/nature-scavenger-hunts/

If you don't have a car then the free Citymapper app is great tool which tells you exactly what you need to do to reach a destination.

We would love to see every child at Mile Oak have an active summer.

We're very aware that sometimes it's hard to think of things to do or find activities that don't break the bank, so we have done the thinking for you.

We hope it helps you and your family to have a fun and active summer.

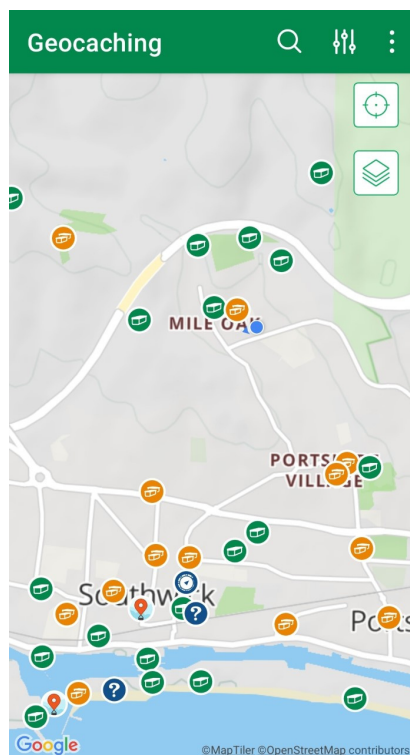
Sunny Days

Rockpooling - You need it to be a fairly low tide to take part in rockpooling, luckily there are two low tides a day. You can check the tides using this website: www.visitbrighton.com/plan-your-visit/tides

Crabbing - This can be done on a harbour wall or at the marina. Just pop a bit of bacon in your crabbing net, drop it in the water for a few minutes, pull it out and hopefully you will have caught a crab or two. Please be gentle with them, put them in a bucket of sea water to watch them and then return them to the sea. To pick a crab up safely hold it at the back with your thumb on top and one finger underneath, this way their claws can't reach you! You can buy a crabbing line for £1.50 at this website:

www.theworks.co.uk/p/water-toys/13-metre-crab-line-with-bait-bag---assorted/5033849075897.html

Geocaching - This is carried out using a free app called Geocaching. Geocaches are little (or sometimes big) pots of treasure which are located all over the world. They aren't buried, they're hidden, sometimes in plain sight! You find the pot, write your name on the paper inside, add a post on the app to say that you've found it (you get a smiley face on your map) and then pop the pot back where you found it. Sometimes in larger pots there are 'swappables'. These are usually small toys or items which you can take and put in one of your own in return. There are lots of geocaches in and around Mile Oak, as you can see below (although some of these won't be visible on the free version of the app)



Sunny Days

Walks on the downs

We are lucky to be surrounded by the beautiful South Downs. These can be accessed from Mile Oak on foot from the end of Mile Oak Road or from the twitten between the houses near the Co-Op/Mile Oak Pub.

Can you find the Mile Oak and Hangleton dew ponds? www.brighton-hove.gov.uk/libraries-leisure-and-arts/parks-and-green-spaces/dew-ponds.

Mile Oak Farm - Visit the animals right on our doorstep and on the way to the Downs!

For more information take a look at their website:

www.mileoakfarmshop.co.uk/aboutus

Devil's Dyke - Devil's Dyke is great for kite flying!

Do your children know the Legend of Devil's Dyke?

The legend says the devil was furious at the conversion of the people of the Weald to Christianity and decided to dig a dyke through the South Downs, so the sea could flow in and drown their villages. To make sure his efforts were not discovered until it was too late, he decided to dig it over a single night. However his work woke an old woman, who lit a candle. This then woke her cockerel, who began to crow. Seeing the light and hearing the cockerel, the devil was fooled into thinking it was dawn, rushed off with his work uncompleted and the Weald was saved.

The number 77 bus will take you there if you need to use public transport.

<https://bustimes.org/services/77-devils-dyke-brighton-pier>

The Chattri - A little bit further afield and close to Patcham you could walk to the The Chattri memorial. The Memorial commemorates 53 men of the Indian Army who died and were cremated at Patcham Down ghat during the First World War. More information can be found here: www.chattri.org/

Benfield Valley Nature Reserve - The Benfield Project are doing some great work to encourage people to visit this beautiful space right on our doorstep and have some free events coming up. On 30th July they have a Community Nature Day from 10am to 1pm at Greenleas Rec. Join them for nature walks, litter picking, children's activities and more. On 27th August they have a creative writing session.

Take a look at their website for more information:

www.benfieldvalleyproject.org/upcoming-events

Sunny Days

Shoreham Fort - This is located at the end of Shoreham Beach. From here you could also take a walk up the Adur River or spend some time on Shoreham Beach. For more information take a look at their website:

www.shorehamfort.co.uk/

Shoreham Lifeboat Station visitors centre - For more information take a look at their website:

www.rnli.org/find-my-nearest/lifeboat-stations/shoreham-harbour-lifeboat-station

Emmaus - This is right on our doorstep! Visit their greenhouse and gardens, find treasures in the emporium or have a snack in the cafe. On 23rd July Sussex Wildlife Trust will be visiting to talk about the work that they do and how you can help.

For more information visit their website: www.emmausbrighton.co.uk/

Pond dipping - buy a cheap net or just scoop into the pond with a jam jar. What can you find? Do you know what creatures you have collected?

Play table tennis - There are free tables dotted around Brighton and Hove. This map will show you where to find them: www.tabletennisengland.co.uk/table-finder/

Hove Park - This is a great open space for ball games, climbing, visiting the play park or even taking a trip on the mini railway. Rail information can be found here:

www.hoveparkrailway.com/open-days/

Brighton Seafront - (It doesn't have to cost a fortune) - Visit Brighton fishing museum for free <https://www.seafrontheritage.co.uk/>, visit the Old Time Amusement Arcade and have a go on some of the old penny slot machines. You could team this up with a free visit to Brighton Museum or a walk to the Marina for some crabbing. There is also the upside down house to visit www.upsidedownhouse.co.uk/brighton/

Preston Park and The Rockery - There's loads to do at Preston Park, a huge green space, a play park, basketball courts, walled gardens, a church, Preston Manor and the rockery. You can get there on the number 5 or 5A bus. The 5B bus also stops close by.

Stanmer Park - You could get lost here for hours and still not see it all! The number 25 bus runs here regularly. All information can be found here:

www.brighton-hove.gov.uk/libraries-leisure-and-arts/parks-and-green-spaces/stanmer-park

Falmer Pond - Close by to Stanmer is also the beautiful Falmer Pond and church. You can walk here by crossing the footbridge which is found just past the university opposite the pub in Falmer village. Some history on Falmer can be found here

www.falmervillage.co.uk/history.php

Rainy Days

Swimming - Swimming is FREE for children under the age of 16 at King Alfred, Prince Regent and St Lukes pools. Children under the age of 8 must be joined in the water by an adult age 18 or over with a maximum of two children under 8 per adult.

To register for free swimming, you will need to be with your child, take along their birth certificate or passport and fill in an application form which is available at the pool or from this website:

www.brighton-hove.gov.uk/libraries-leisure-and-arts/sport-and-activity/free-swimming

Booth Museum - Admission is FREE! This lovely little museum has been in Brighton for years and is opposite a huge park on Dyke Road. The 27 or 77 bus stops close by. For more information take a look at their website:

www.brightonmuseums.org.uk/booth/

Brighton Museum - Admission is FREE with proof that you live in Brighton (council tax or utility bill) for £3.50 per adult you can also visit Goal Power which looks at the history of Women's football. For more information take a look at their website:

www.brightonmuseums.org.uk/brighton/

Hove Toy Museum - Are you old enough yet for your toys to appear here?

Admission is FREE and the museum is located on New Church Road and can be reached on the following buses 1, 1A, 6, 49 and 49A. For more information take a look at their website:

www.brightonmuseums.org.uk/hove/

The Royal Pavillion - Admission is £10 per adult with up to 4 children free with proof that you live in Brighton (council tax or utility bill) . For more information take a look at their website:

www.brightonmuseums.org.uk/royalpavilion/visiting/

Preston Manor - Located at Preston Park. Admission is £6 per adult with up to 4 children free with proof that you live in Brighton (council tax or utility bill) . For more information take a look at their website:

www.brightonmuseums.org.uk/prestonmanor/

Roller Disco - This is held at Portslade Leisure Centre every Saturday as well as others in the area. For more information take a look at their website:

www.gysoleisure.co.uk/

Take a trip to a Garden Centre - A lot of children love garden centres, especially if they have an animal section!

Rainy Days

Hobbycraft Workshops - Hobbycraft which is based in Lewes Road run workshops for children from £5. Hobbycraft can be accessed on the 25 and 49 buses. For a list of Brighton events take a look at their website:

www.classbento.co.uk/hobbycraft/home

Brighton Toy Museum - Located just under the bridge by Brighton Station, this little museum is packed with toys. For more information take a look at their website:

www.brightontoymuseum.co.uk/

Paradox Place Brighton - A place of optical illusion. Take a look at their website for more information: www.paradoxplace.co.uk/

Visit the Library - The Summer Reading Challenge 2022 launches on 9th July across Brighton & Hove Libraries!

This year's Summer Reading Challenge theme 'Gadgeteers' is all about science and innovation. Developed in partnership with the Science Museum Group, the Challenge will inspire children to use their curiosity and creativity to discover the science behind the everyday and celebrates the role of the imagination in both reading and the sciences.

Find out more: www.summerreadingchallenge.org.uk/

The Mile Oak library is located at PACA. To enter, turn left at the main PACA Reception desk. The library offers far more than books now, you can take out audio books, e-books, DVDs and often there are events taking place.

For information on joining the library please take a look at their website:

www.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries/join-our-libraries

Take out the book "Cheeky Walks in Brighton & Sussex" for some great walking ideas.

Learn to play snooker - Portslade Sports Centre have junior snooker lessons running for children aged 6 to 16 for only £1 per session. For more information call the centre or email:

olly.stewart@freedom-leisure.co.uk.

Visit the Book Nook – The Book Nook is located on 1st Avenue in Hove, not only is it a great children's book shop but it also has a child friendly café as well as events during the summer. For the list of events taking place and to book, please take a look at their website:

www.booknookuk.com/events

Further Afield

Raystede - This is located just past Lewes and has loads of animals to visit for FREE. You do need to book free tickets in advance though. For more information take a look at their website www.raystede.org

The number 28 bus from Brighton stops close to Raystede

Highdown Gardens - This is located in Worthing and is FREE to visit. For more information take a look at their website:

www.highdowngardens.co.uk

You can visit by train from Portslade Station followed by a short walk

Peacehaven Big Park - This really is a big park! There is lots of equipment for children to play on, a bike track, a skate park and a cafe with toilets.

You can access the park on the 12 or 12A buses, followed by a short walk.

Rottingdean - There is lots to do in Rottingdean. Rockpooling, visit the pond, walk to the windmill and nature reserve and visit Kipling Gardens which used to belong to the Author Rudyard Kipling.

The number 2 bus from Old Shoreham Road goes to directly to Rottingdean or you can get a bus into Brighton and change.

Barcombe Mills - A lovely stretch of river with some great walks and places to paddle. Boat hire is also available, please see the Anchor Inn website for more information:

www.anchorinnandboating.co.uk/boating

You can access Barcombe Mills on the number 29 bus followed by a short walk

Southwater Country Park - There is plenty for do here for FREE. Walk, spend time swimming or paddling at the lake 'beach' or visit the huge play area. You can also hire kayaks and paddleboards. For more information please check out their website:

www.horsham.gov.uk/parks-and-countryside/southwater-country-park/find-southwater-country-park

You can access Southwater on the train from Portslade Station followed by the number 23 bus from Broadwater Bridge, it's then a 5 minute walk from the bus stop.

Roundstone Pick your own - Pick your own fruit and veg at Roundstone. For more information take a look at their website: www.roundstonefarm.co.uk

You can access Roundstone on the train, followed by a 30 minute walk.

Sussex Wildlife Trust - Sussex Wildlife Trust maintain a whole host of places to visit. Take look at their website for more information: www.sussexwildlifetrust.org.uk

Once you've decided on a location, use the Citymapper app to plan your transport.

Further Afield

The Macs Farm - Apart from selling delicious free range eggs in their egg shack. Macs also offer a variety of family activities. If you follow their Facebook page you may also hear of meet the chickens events. For more information please take a look at their website:
www.themacsfarm.co.uk/activities/activities-booking-page

You can access The Macs Farm by train from Brighton station followed by a 40 minute walk.

Tilgate Park - Tilgate is located in Crawley and although you now have to pay to enter the animal centre there is still a vast open space, gardens, lake and a play park. For more information take a look at their website:

www.crawley.gov.uk/culture/parks-and-open-spaces/gardens-and-parks/tilgate-park

You can access Tilgate by train followed by a 20 minute walk.

Worthing's Active Beach Zone - Take a walk along Worthing seafront and you will find their free splash pad. For more information take a look at their website:

www.adur-worthing.gov.uk/regeneration/active-beach-zone/

You can access Worthing by train from Portslade station or on the number 2 bus followed by the number 9.

Paradise Park - This is located inside a garden centre in Newhaven and has enough activities for a whole day out:

www.paradisepark.co.uk/admission-tariff/

You can access Paradise Park using the 12A bus from Brighton.

Go fishing 13th August (free and equipment provided) - All information as well as other events can be found here:

www.anglingtrust.net/events/get-a-get-fishing-award-at-hassocks-ac-badgers-wood-pond-hickstead-lane-haywards-heath-west-sussex-rh17-5np-4/

Jack and Jill Windmills - These are located close to Hassocks and are open most Sundays until September. For more information take a look at their website:

www.jillwindmill.org.uk/jjmap.htm

You can access the windmills on the 270 bus from Brighton followed by a short walk.

Middleton Butterfly Gardens - located in Ditchling, you will need to book ahead and tickets sell out quickly over the summer. www.sussexbutterflygardens.co.uk

Further Afield

Ashdown Forest - Play Pooh sticks at the famous Ashdown Forest, the place that inspired AA Milne's Winnie the Pooh books. For more information take a look at the Pooh Corner website:
www.poohcorner.co.uk/ashdown-forest/

Warnham Local Nature Reserve - There are family pond dipping and bird ringing events taking place during the holidays. Children have free entry and there is a cost of £3 per adult. For more information take a look at their website:
www.warnhamnaturereservefriends.org.uk/visit/

Clip and Climb - Located at the Triangle Leisure Centre in Burgess Hill. For more information take a look at their website:
www.placesleisure.org/centres/the-triangle/centre-activities/climb/times-and-prices/

Sky High Trampoline Park - Located in Peacehaven. For more information take a look at their website:
www.skyhightrampolinepark.co.uk/
You can access Sky High on the 12x bus from Brighton

Arundel - There are lots of free and paid for activities to do in Arundel. Take a look at their tourism website for more information: www.visitarundel.co.uk
You can reach Arundel by train from Portslade Station.

Littlehampton - Sandy beaches, lots to do and can be reached by train from Portslade station. Take a look at their tourism website for more information: www.visitlittlehampton.co.uk/
You can reach Littlehampton by train from Portslade Station.

Days at Home

Don't feel you have to cram the holidays with big trips out every day. Sometimes we just need a day at home, but it's still good to be active for some of the day.

YouTube Yoga (Always monitor your children's online activity) - Cosmic Kids Yoga has loads of yoga and mindfulness sessions aimed at a variety of ages (search for tweens for children over 9) www.youtube.com/c/CosmicKidsYoga

Joe Wicks workout - Have a go at completing a Joe Wicks workout.
www.youtube.com/playlist?list=PLyCLOPd4VxBtgalvUw_d_zeyYskGNn0mE

Get cooking - These websites all have family friendly easy recipes that you can do with your children. This is a great way to sneak in some reading for our reluctant readers!

www.bbcgoodfood.com/recipes/collection/kids-baking-recipes

www.bhfood.org.uk/category/resources/recipes/

www.instagram.com/fulltimemeals/?igshid=cengleadpa43

Gardening - You don't even need a garden and seeds can be bought fairly cheaply
Grow some microgreens www.gardenersworld.com/how-to/grow-plants/how-to-grow-microgreens/

Plant a herb window box

Grow some herbs to add to those packed lunch sandwiches

www.gardenersworld.com/how-to/grow-plants/how-to-grow-herbs/

Grow something from kitchen scraps

www.gardentech.com/blog/gardening-and-healthy-living/growing-food-from-kitchen-scrap

Disco - Pop on some tunes and have a living room disco! If you want to go for the full effect, how about buying a colour changing light bulb and some glow sticks?

Have a carpet picnic - Pop a blanket on the floor, you could even invite some friends to join you.

Paint the fence/shed/house - A great activity for younger children. Give them a bucket of water and a paintbrush and ask them to 'paint' the fence.

Painting - If you don't have a paint brush, you can cut shapes into vegetables and use them to print pictures.

Pasta crafts - How about stringing a necklace using pasta, you could even paint it to jazz it up a bit.

Days at Home

Mrs Bruce's Playdough Recipe

1 cup of flour

2 teaspoon cream of tartar

1/2 cup of salt

1 cup of water

1 tablespoon of oil

Food colouring

Food flavourings such as peppermint, Ginger, lemon/orange essence.

- Tip the flour, salt and cream of tartar into a saucepan and mix.
- Pour the water and oil in and mix well.
- Over a low heat, stir constantly, scraping the dough from the base.
- After 2-3 minutes, when it forms a dough, remove from the heat and leave to cool for five minutes.
- Knead for three minutes.
- Separate into sections and knead a few drops of food colouring into each

Oobleck

Oobleck - A liquid but solid! Made with cornflour and water.

This slime can be cleaned using water. www.instructables.com/Oobleck/

Challenges!

Here is a list of challenges. It would be great to hear how many our children have managed to complete over the Summer!

How many things can you complete from this 50 things to do before you're 11 list?

www.nationaltrust.org.uk/features/50-things-to-do-before-youre-11--activity-list

Challenges at home

- Play a board game
- Complete a puzzle
- Learn to use a skipping rope
- Learn to tie your laces
- Play a memory game (tray of objects, cover it up and see if you can remember everything that was on it)
- Make a pizza, salad or cakes
- Make a garden assault course
- Make a den (and perhaps sleep in it!)
- Spot the fairy doors at Benfield valley
- Play table tennis
- Have a game of the floor is lava using the living room cushions!
- Play dead beetles (wherever you are, whatever you are doing, if someone shouts dead beetles you all have to lay on your backs with your arms and legs in the air)
- Make a leaf rubbing
- Create some art using natural objects. This could be a drawing, painting, sticking activity, stone tower, leaf collage etc
- Play Simon says
- Play hopscotch
- Use a thoroughly cleaned spray bottle as a water pistol
- Pop some bubble wrap
- Limbo - how low can you go?
- Learn to play a card game
- Grow something
- Learn to knit, crochet or sew
- Make a pom pom <https://www.thesprucecrafts.com/how-to-make-pom-poms-2116513>
- Moon bathe and star gaze
- Write a diary or book
- Can you wash a car?

Challenges!

How many times can you do the following activities
in 3 minutes/how long can you hold them for?
Can you increase your number or time over the summer?

- Throw and catch a ball without dropping it.
- Hop on one leg.
- Bounce a ball with a racket.
- Juggle 2 balls (or oranges), can you manage 3?
- Bear walk across a room or garden (hands and feet on the floor, no knees on the floor!)
- Crab walk across a room or garden (bear walk but with tummy facing upwards)
- Keep a balloon in the air.
- Balance a boiled egg on a spoon and walk/run across a room or garden.
- Star jumps.
- Skip with a rope.
- Frog leap across a room or garden.
- Do 'keepie uppies' with a football.
- Keep a hula hoop up.
- Hold a handstand.
- Jog on the spot.
- Jump side to side over a shoelace on the floor.
- Touch your fingers to your nose with your eyes shut (start counting again if you miss!)
- Touch your head, shoulders, knees and toes.
- Walk a balance line chalked on the floor
- Hold a tree pose.
- Hold a plank pose
- Hold a child's pose

Tree pose



Plank pose



Child's pose



Other ways to Save

Download the Kids Pass App and sign up for a £1 30 day trial. Just make sure you cancel the subscription before the end of the holidays if you don't want to continue at £4.99 per month. www.kidspass.co.uk/

If you shop in Tesco you can use your Clubcard points to book activities and get 3 times your voucher value. That means if you have £5 of vouchers you can buy a £15 activity ticket. Take a look at their website for more information: www.secure.tesco.com/clubcard/spend-vouchers

Take a look at Groupon or other discount sites such as Wowcher to see if there are any days out offers. Currently Groupon have an offer on Butlins day passes: www.groupon.co.uk/