



WHAT'S ON
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SUFFOLK



MAGAZINE & WEBSITE

THE GO-TO GUIDE FOR YOU AND YOUR CHILD

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SPRING 2021

School's Out Activities

SUMMER HALF TERM CAMPS FOR KIDS!

For ages
4-16
(SCHOOL GOING)



Designed by Primary School Teachers to aid in the development of children in Early Years.

- Singing
- Creating
- Dancing
- Baking
- Drawing
- Building
- Painting
- ... and more!



Must be school-going 4 year old i.e. 5 by the 31st Aug 2021



For GIRLS and BOYS to indulge in their creative side, be active, yet have time to chill.

- Arts & Crafts
- Music
- Fashion
- Textiles
- Performing
- Dance
- ... and more!



An action-packed week jammed full of 30+ team sports and adventurous activities!

- Nerf Wars
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- KinBall
- RC Cars
- ... and more!



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- Working Journal
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Choose to assist on Early Explorers, Creative Crew or Adrenaline Adventure.

Dates

Tuesday 1st - Friday 4th
June 2021

Times

Drop Off

9am-9:30am

Lunchtime

12:30pm-1:30pm

Pick Up

4:30pm-5pm

Early Bird
8am-9am

Extended Fun
5pm-6pm

Early Bird & Extended Fun each charged at £3 per session

Prices

Single Day

£35

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Ipswich High School

Woolverstone, Suffolk IP9 1AZ
Ofsted Number: EY551272



Woodbridge School

Burkitt Road, Woodbridge, Suffolk IP12 4JH
Ofsted Number: EY556142



South Lee School

Nowton Road, Bury St Edmunds, Suffolk IP33 2BT
Ofsted Number: EY2593837



Welcome to the Spring issue of Raring2go!

Spring is often seen as a sign of a new life and hope – and I think it’s fair to say that we all need this!



Currently there are lots of baby lambs being born at Easton Farm Park and many clubs & classes are re-opening this week, with many accepting new members, so there really is lots to look forward to.

Now that the roadmap is taking shape and places are starting to open up, despite a staggered start with some venues and events commencing before others, a little bit of ‘normality’ is in sight.

Before we know it, May half term will be here, so do keep checking the website for the latest information and up to date events.

Stay safe and we can’t wait to be back in print to bring you your Summer guide.

Best wishes

Emily

Editor of Raring2go!
Ipswich, Felixstowe,
Woodbridge & West Suffolk

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as you discover Markshall Estate.

What will you do first?
Build a den in the Wild Wood,
explore a whole world of trees
or feed fish in our giant lakes?

**With so much to do
here, it's easy to have
a fun family day out!**



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ESTATE

www.markshall.org.uk



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@HollowTreesFarm #GreatDayOut

The poster features a central illustration of a farm scene with a cow, pig, and chicken on rolling green hills under a blue sky with birds. It includes a circular logo with farm tools, a photo of a brown cow, and a photo of a family sitting on a log. A wooden signpost points to the right with the text 'BOOK NOW'.

Become a family of nature trailblazers at Markshall Estate



What will you do first?
Build a den in the Wild Wood, explore a whole world of trees or feed fish in our giant lakes?

With so much to do here, it's easy to have a fun family day out!

THE WILD WOOD

Let your imagination run wild in our hands-on play area. Made from wood from across the estate have fun jumping over stepping logs, playing on see-saws and building giant dens.

EXPLORE THE WORLD

Become explorers as you enter our Arboretum planted with trees from faraway places like North America and Asia. Find our rare 'dinosaur trees' and pretend to be on the hunt for a T-Rex. Ok, you might not find one, but you

will see sculptures of woodland creatures dotted throughout the Arboretum.

DISCOVER 1,000 YEARS OF HISTORY

Explore our woodlands and uncover the last reminders of our Second World War air base, or travel back further as you look for signs of the old Hall. Bring the dog and your bikes and explore miles of ancient woodlands.



Are you ready to get exploring? Find out everything you need to have a great day at www.markshall.org.uk





Children's Waffle Parties Starting in June 2021

(COVID RESTRICTIONS APPLY)

**WE HAVE A DESIGNATED PARTY ROOM
WHICH SEATS 8 CHILDREN**

PARTY PACKAGE

£12.50 PER HEAD INCLUDES:

- ★ 90 minutes Party Room hire
- ★ Children designing and creating their own waffle with a choice of toppings, ice cream and sweets
- ★ Cobblers balloon per child

EXTRAS

- ★ Add a Cobblers Crazy shake - £4.95 per child
- ★ Add pass the parcel - £15 per party
- ★ Add a Cobblers Waffle House personalized Hoodie with the child's name in pink or blue - £25 per child
- ★ Add a cobblers party bag - £5 per child including a free ice cream voucher

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Cobblers, 1 Maiden Way, Hadleigh IP7 5EH

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information

Hip Hop

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6 – 11 years

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CLASSES**

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Contemporary

11.30 – 12.15pm
14 – 18 year olds

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dance at school but needing to make
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build technique, strength, alignment
and performance quality.

Classes also at the Ascension Hall, Larchcroft Rd
and Landseer Road Methodist Church
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Musical Theatre Dance**



Class sizes limited, places will be issued on a
first come, first served basis

Covid Secure

APRIL

16th April Primary School Notifications

Today is the day when primary school placements are notified to parents across the country. Good luck everyone!



23rd April Shakespeare Day

Many fans and enthusiasts of William Shakespeare, who was one of England's greatest poets and dramatists, celebrate National Shakespeare Day, also known as Shakespeare Day, on April 23 each year. It is also the United Nations' World Book and Copyright Day, so it's a natural choice to pay a worldwide tribute to a writer such as Shakespeare.



23rd April St Georges Day Patron Saint of England

a day to remember St George, England's patron saint. The anniversary of his death, which is on April 23, is seen as England's national day. According to legend, he was a soldier in the Roman army who killed a dragon and saved a princess.



MAY

1st May National Walking Month

Many of us are appreciating the chance to get out for a walk more than ever. Click here for some ideas to help you keep your daily exercise fresh, interesting - and most of all - safe! Their #Try20 tips and resources can help you, whether you're walking as a family, trying to fit in some exercise whilst working from home, or if you're restricted to indoor exercise.



3rd May May Day Bank Holiday

Let's hope that the sun is shining for the early Bank Holiday weekend. Keep an eye on the Government updates so you can see what options are available local to you. We will be keeping our website updated with all the latest information for you raring2go.co.uk

10th May National Foster Care Fortnight

Foster Care Fortnight™ is the UK's biggest foster care awareness raising campaign, delivered by leading fostering charity, The Fostering Network. Established in 1997, the campaign showcases the commitment, passion and dedication of foster carers. It also supports fostering services to highlight the need for more foster carers. Thousands of new foster families are needed every year to care for children.



17th May

Walk to School Week

This fun and engaging week-long activity aims to help children experience first-hand the importance of walking to school. They will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates and it will set them up for a positive day in the classroom and help create healthy habits.



29th May

National Children's Gardening Week

celebrates the fun that gardens hold. Click here to find ideas for fun garden projects and activities that all the family can enjoy for this week and beyond in to the summer. What will your family do?



31st May

Spring Bank Holiday

Another opportunity to enjoy a bank holiday weekend - let's hope we get sunshine so we can get outside! Make sure you're aware of the Government updates so you can see what options are available local to you. We will be keeping our website updated with all the latest information for you raring2go.co.uk



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www.raring2go.co.uk

Raring2grow!

HOME GARDENING IDEAS FOR FAMILIES

"To plant a garden is to believe in tomorrow."

Audrey Hepburn

Your spring gardening tips brought to you by

GardenSite
www.gardensite.co.uk

April

April is the time to sow Sunflowers, or Helianthus, "helianthus" meaning sun and "Anthos" meaning flower in Greek referencing to its resemblance to the sun. Fruit and vegetables can include courgettes, melons and if you haven't already, strawberries...



May

If you dream of being away on holiday, bring the beach to your garden with Delphiniums, also known as the dolphin flower. May is also all about the beans, with both French and runner beans being a popular option.

June

The start of the summer season and what a great time to get outdoors. Start off by sowing Bellis Perennis, these are in the Daisy family. While with vegetables, salad cucumbers and gherkins are a popular growers choice for June weather.



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How to Grow Tomatoes



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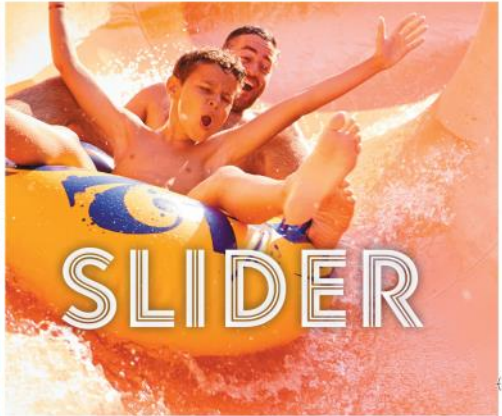
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Looking after our Mental Health

Prevention is better than cure and our mental health is something that we can look after every day not just when things get tough. CAMHS Professional is our new favourite resource for really straight forward tips on how to help your children's health and a lot of the information is great for adults too. If we practice these things daily maybe it can help us manage better when life throws us a bit of a curve ball. You can find loads more of these awesome infographics on their [Facebook](#) page or [Instagram](#).

THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water



6 BENEFITS OF MUSIC FOR YOUR MENTAL HEALTH



IMPROVE FOCUS

There have been numerous studies proving that listening to classical music helps the mind to focus. Music with a tempo of 60 bpm (beats per minute) increases the brain's ability to process information. There have also been studies suggesting that dance music helps sharpen focus while studying.

TO LIFT THE MOOD

Playing uplifting songs has a profound effect on the brain, stimulating it to increase feel-good hormones which boost our mood.

AS A FORM OF EXPRESSION

Music is a wonderful way of expressing emotion and creativity without having to say anything. Whether it's attending a concert with friends or strumming your guitar, music is the perfect non-verbal way of expressing emotions that are too complex to talk about.

TO BOOST CONFIDENCE

Subliminal and ambient music such as binaural beat music is proven to assist in anxiety and low-confidence. Using alpha waves from 8-14 Hz help the mind get into a more sharpened and confident state of mind.

TO RELAX

Meditative music has a cathartic effect on us, improving our mood and inducing relaxation of both the body and mind. Research has shown the calming sounds of piano, nature, and string-instruments are very effective in helping you to relax.

TO EXPRESS NEGATIVE EMOTION

Music is an incredible vehicle to help us process negative emotion. Listening to 'angry' music can be therapeutic when we're dealing with stress and anger.



FREE Covid-19 testing for families

Primary age children do not need to be tested but adults in their household, support or childcare bubble may wish to.

The tests give a result in 20-30 minutes and they're easy to access. Boxes of tests can be collected from your local centre or you can order your tests online.

If your test is positive you need to:

- Report the result to NHS Test and Trace online or call 119.
- Self isolate and book at PCR test to confirm the result.
- Follow the stay at home guidance for families with a positive coronavirus infection.

[CLICK HERE](#) for more details

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To enter any of our competitions, head to raring2go.co.uk and click the **competitions** tab





THE QUICK QUIZ ?



- 1 Which is the largest city in Wales?
- 2 Pharaoh is the title given to the rulers of which ancient country?
- 3 What is the nickname for the bell of the clock at the Palace of Westminster in London?
- 4 How many sides does a triangle have?
- 5 How many days are there in a fortnight?
- 6 What galaxy is Earth located in?
- 7 Who invented the telephone?
- 8 Which is the highest mountain in Africa?
- 9 What do you get if you boil water?
- 10 From what tree do acorns come?
- 11 Where did the Olympic Games originate?
- 12 What is the top colour in a rainbow?

Click here for answers

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get your details online straight away!