



LOVE IS IN THE AIR
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KEEPING KIDS BUSY
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SUFFOLK



MAGAZINE & WEBSITE

THE GO-TO GUIDE FOR YOU AND YOUR CHILD

raring2go.co.uk

JANUARY 2021

School's Out Activities

For ages
4-16
(SCHOOL GOING)



FEBRUARY HALF TERM CLUBS FOR KIDS

Ofsted Covid-Safe Camps

Exempt from closure in Tiers 1-4 as a registered childcare provider

Dates

Mon 15th - Fri 19th Feb 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

All Week

5 days for the price of 4!

£140

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

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- Drawing
- Creating
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- ... and more!



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



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- Mario Kart
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www.SchoolsOutActivities.co.uk



Welcome to the Winter issue of Raring2go!



Thankfully 2020 is behind us and whilst things remain tricky, there does seem to be light at the end of what has been a very long tunnel, with brighter times ahead.

We have updated our winter edition to help give you some family-friendly ideas and inspiration. We have been searching for ideas to keep everyone entertained, as no matter what restrictions come our way, there is still (safe) fun to be had.

Of course, there will also be plenty of

ideas available on our social media pages, and our website, plus we also have our monthly newsletter so do keep checking back regularly.

Stay safe, here's to a better year!

With love,

Emily

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



Look out for our icon to let you know there is more information available online!



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kumon.co.uk

Winter with Suffolk Museums

The perfect remedy for your lockdown blues



STEPS

Suffolk Steps is a great way to keep active and explore your local area. There are 16 historic trails to choose from. The walks are free and designed to help families uncover the fascinating hidden history of the Suffolk towns and countryside.

Hunt for buried treasure in Moyses's Hall's Pirate Treasure Hunt trail. Pirates have fled up the River Lark and hidden treasure in the town of Bury St Edmunds – can you find where its hidden? Follow the route around the largest Millennium Green in the country in Halesworth along the historic Malt trail or go off the beaten track with Orford Museum's Elizabethan map of the village. Whatever your taste and wherever you're based, Suffolk Steps has a broad appeal. Trails can be easily downloaded to your phone or can be printed if you have access to a printer.

What's On

We are sorry to announce that Suffolk Museums are closed in line with the national lockdown that came into effect on the 6th January. We look forward to welcoming you through our doors in the near future.

Exercise is important to maintaining a level of physical wellbeing and what better way to keep your brain and body stimulated than to explore your local heritage with Suffolk Steps. Exercise should be with your household (or support bubble) or one other person. We also encourage you to follow the government advice and only travel outside your local area if you have a permitted reason to do so.



suffolkmuseums.org

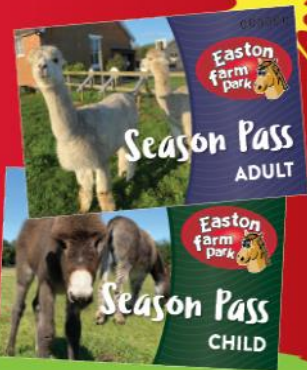
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 Hollow Trees Farm, Semer, Ipswich, Suffolk, IP7 6HX

Our Farm Trail & Café are currently CLOSED

#HollowTreesFarm #GreatDayOut

Martial Arts in Ipswich

Interested in taking up a sport? Not sure where to go or what to do? Why not come along to Mamba Martial Arts Ipswich?

We have Mini Mamba classes for ages 3-5 years old where they learn karate, discipline, self-confidence, and have a bit of fun along the way. As well as the Mini Mamba classes, we have classes for the whole family which include, Karate, Kickboxing, Ju-Jitsu (self-defence) and boxing.

We also do circuit training for an all over workout where everyone can join in and go at their own pace and we also have a ladies only Kickboxing class taught by our top female instructor.

These are suitable for all levels whether it's just to get fit or to compete, we cater for all. Come and enjoy the family friendly atmosphere at Mamba Martial Arts.

The first session is FREE so why not pop in and see us at 12 Wharfedale Road, Ipswich, IP1 4JP.

First session FREE!

MINI MAMBA'S 3 to 5 years old
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KICKBOXING
BOXING
JU-JITSU

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 Choose your day
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Where does your journey start? —


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Big
Garden
Birdwatch
29-31 January 2021



What will you see?

Join in the Big Garden Birdwatch and
discover the drama on your doorstep.

To take part – and for top tips on garden
birds – visit [rspb.org.uk/birdwatch](https://www.rspb.org.uk/birdwatch)

The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654.
366-0315-20-21 Starlings by Ray Kennedy (rspb-images.com)



Make a

recycled bird feeder

Make a bird feeder from the bottles you would throw away.

This activity is great fun!

5500

Stuff you need:



What to do:

- Plastic drinks bottles, yoghurt pots or milk cartons (make sure they're clean)
- wire or string
- bird seed
- scissors



1

Cut a hole in the centre of the side of the bottle large enough for birds to feed from.

2

Make a few small holes in the bottom of your feeder to allow any rainwater to drain away.

Be very careful!



3

Hang it with wire, or even strong string from a tree or your washing line.



4

If your feeder starts to wear out or the food in it goes mouldy, recycle it and make another one! Remember to keep your feeders full, especially in winter.

STAY SAFE!

- Don't do this if you are allergic to nuts.
- Be careful with scissors.
- Ask an adult if you need help.
- Remember to wash your hands after refilling your feeders or recycling old ones.



RSPB Wildlife Explorers is the junior membership of the Royal Society for the Protection of Birds

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www.rspb.org.uk/youth



Shrove Tuesday - 16th February

Mmmmmmm, we love pancakes here at Raring2go! Our website has tons of recipe ideas including gluten free, sweet and savoury ideas.



Are you Raring2grow?

Come and join our gardening club

At Raring2go! we wanted to do something that would engage, challenge, occupy and reward our children and youngsters during this time.

Our new Facebook group, Raring2grow!, is all about getting children outdoors, into the green and away from the screen for a few brief minutes everyday to 'grow' something and share their successes and also not so successes on this group. This green time could be the break from remote learning they and you need every day and you never know, they might blossom into a green-fingered supremo.

Children could choose to grow anything from a sunflower or a cactus and share their pics or amaze us with vegetables they've nurtured from tomatoes, green beans, lettuce or asparagus. The choices are endless but one thing is for sure, they'll love seeing their creations featured on here and on www.raring2go.co.uk and know that they could be encouraging other children to join in too.

Joining this Raring2grow! group is open to anyone and everyone and we'd love it if when you join, you share a pic or video of one of your flower, plant, vegetable or fruit creations. Make sure you also share any top tips so that other parents and children can do the same and follow your lead.

Click on the image below to visit the group.



www.raring2go.co.uk

Raring2grow!

HOME GARDENING IDEAS FOR FAMILIES

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

Audrey Hepburn

Valentine fun at home

For stay at home activities, you can count on our KidsZone for ideas. Click on the images to find out more.

CLICK HERE
FOR MORE
IDEAS



Colouring fun



**Make these
gorgeous Valentine
hearts**

**Cook up some treats in
the kitchen**



We are here to help keep you going over the next few weeks. Luckily there's lots happening so click below to find out more...

JANUARY

25th January Burns Night

Each year on his birthday celebrations take place to remember the Scottish poet. It is celebrated all over the world, with most celebrating by eating a traditional Burns Night Supper. Click here to find out more about the history and traditional fare.



29th-31st January RSPB Big Garden Birdwatch

Big Garden Birdwatch

29-31 January 2021

What will you spot in your garden? Join in this year and see what's unfolding on your doorstep. Click for more info and to get your FREE pack.

FEBRUARY

1st-7th February Children's Mental Health Week

Get involved this year whether you are at school or home! Grab an info pack for more details. Just click here for more information.

9th February Safer Internet Day

Join together to make the internet a safer and better place for all, especially for children and young people. Click through for more information of what you can do.



JOIN THE WINTER MINI CHALLENGE

Join the 'Everyone is a Hero' reading challenge until Friday 19th January 2021.

The Reading Agency has teamed up with award-winning inclusive children's publisher Knights Of to bring you an "Everyone is a Hero" themed mini challenge, celebrating heroes in all their forms and keeping children reading this winter. After the success of the Summer Reading Challenge's new digital challenge platform, the Winter Mini Challenge allows children to create a reading profile, log and review books, get book recommendations, access fun activities and games and gain digital rewards for taking part!

readingagency.org.uk

12th February
Chinese New Year -
the Year of the Ox

Chinese New Year, also known as Lunar New Year or Spring festival, is China's most important festival. It is time for families to be together and a week of an official public holiday. Click here for details of how you can join in with your own celebrations.



14th February
Valentines Day



[It's the month of LOVE and we have loads of ideas for you to help you celebrate in style. Have a look - you can make your own cards and decorate them, or choose from one of our fabulous family-friendly recipes to cook up a treat. There really is something for everyone.](#)



16th February
Shrove Tuesday

(aka Pancake Day!) Lots of fun for all the family to be had in cooking up these tasty treats. Whether you prefer them sweet or savoury there are lots of options on our website to help you.



We'd love to know what your favourite toppings are, be sure to let us know!

DON'T MISS OUT!

There are lots of ways to keep in touch and find out the latest information LOCAL to YOU!



Click to make sure you always
FIND OUT FIRST!

MARCH

1st March High School Notifications

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



8th March International Women's Day

A day to celebrate women's achievements and raise awareness of their #ChooseToChallenge message.



20th March First day of spring!

After the long dark nights of winter, spring is welcomed! After 20th the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing daylight hours and warming temperatures. Hurrah for lighter nights and longer days.

4th March World Book Day

A day to recognise all of our amazing authors with lots of fun activities for children whether they are at school or at home. Why not dress up as one of your favourite characters and learn more about them? Click here for more ideas and details of this year's £1 books.



14th March Mothering Sunday

Click here for crafty ideas and recipes perfect for your Mum!



28th March Clocks Change

On the last Sunday of March the clocks 'spring forward' - they go forward by one hour. There may still be a chill in the air but this marks the beginning of British Summer Time (BST). What will you do with your "extra" hour? I'm sure that you'll have little ones who need entertaining... why not click here and browse our Kids Zone for ideas?

19th March Comic Relief 2021

Are you ready to have a laugh and raise serious amounts of money to help change lives here in the UK and around the world?

Red Nose Day is coming. So get Friday 19th March in your diary and prepare to feel the power. Click for more details and to get a fundraising pack.

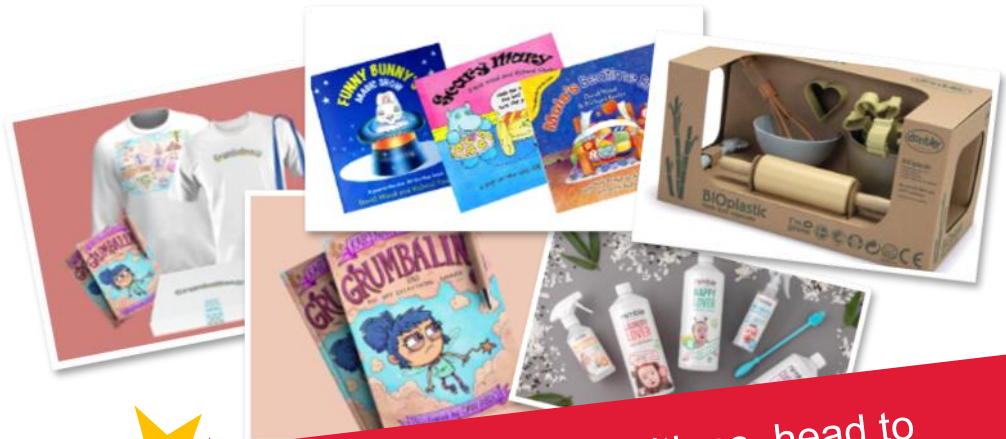


Win!



...with Raring2go! this winter

We have teamed up with a whole host of amazing businesses and have some amazing prizes up for grabs this winter.



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





Helping parents and children to cope with lockdown

Many parents and children are feeling more anxious and our mood has declined. We are faced with a threat to our survival and we are unable to engage in many of the positive social activities that we enjoy. Not only are we affected as adults, but our children are affected too, perhaps more than we may realise. Briefly, here are a few tips that you could use to help children cope:

Keep talking to your child about the situation and provide them with the basic facts.

Try to find out what they are thinking. It is important to fill in any gaps in their understanding. Children can pick up information that is incorrect, misleading and fear inducing.

If your child is asking questions, then try to deal with them. Do not go into too much detail but try to allay any fears and provide realistic reassurance.

Be mindful of your own behaviour. We can underestimate our children's understanding and sensitivity to our emotions. Children instinctively pick up on our feelings, noticing things such as our tone of voice, facial and body language. They look to us to assess the extent to which a situation is safe or dangerous. A calm, rational adult who can maintain a reassuring manner is what children need.

Coping with children being off school for a prolonged period is not easy! What can you do?

Try to create some structure to the day and as much as possible put a routine in place. Our brains like structure and routine. It helps us to feel safe and secure.

It is important to maintain a balance between work and play both for yourself and for your children. Not only do children learn through play, it will help them to release any feelings of stress or anxiety that they are experiencing.

Children are imaginative so it is likely that they will come up with suggestions for how they can maintain social contact with their friends. By taking the necessary and important steps to ensure your children are safe online, it is possible for them to stay in touch with each other.

Share time engaging in practical life skills such as cooking, gardening, housework, budgeting and planning.

Try to reframe this as an opportunity to connect with your children and spend quality time together.

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5 Fun Indoor Activities

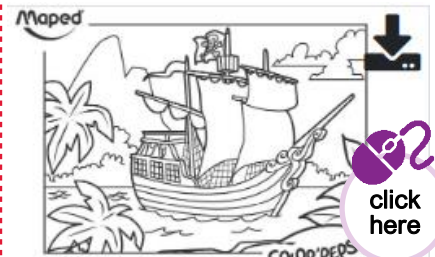


Crafty Fun for Everyone!



Have
Fun at Home
Spending all our time
at home can be tough
but we have some fun
ideas which we hope
will help!

Colouring Sheets



Get Your Little One Interested in the Kitchen...



Recipes!



A Good Night's Sleep

It can be tricky for our children to settle to sleep at the best of times, but many may be struggling more because of the changes lockdown and its restrictions have brought about: they may be anxious about the virus, missing friends and family, or finding a lack of routine and the familiar school environment difficult to manage.

If you need some ideas for helping your children to feel more settled at bedtime, I hope these are helpful:

1. Time: if your child is kept awake by troubling thoughts, try and provide a dedicated time for them to talk to you about their worries or fears (ideally earlier in the day, and not at bedtime itself). Our brains like to hold on to the important things, by making us think about them over and over (ruminating); by writing down worries, or talking them through, it allows our brain to let them go.

2. Routine: it can be easy to let our routines go, if we don't have to physically be up and out by a certain time. But to keep our sleep cycle regulated, it's important to maintain a regular sleep-wake cycle. So try and ensure your child is going to bed and getting up at their normal times.

3. Food for thought: what and when we eat can impact on our ability to transition to sleep. Try and allow an hour or two after eating a big meal before your child's bedtime. If they haven't had sufficient time to digest their food, they will find it more tricky to go to sleep. Also, having lots of sugar or processed foods or drinks will inhibit their ability to sleep.

4. Get comfortable: It's important that your child feels comfortable when going to sleep. Think about the temperature in their room (making sure it is not too hot), the lighting and the general atmosphere in the room. Too many stimulating toys, screen time before bed or clutter can make it hard to switch off.

5. Do what is right for you and your child: ultimately, it's important to do what is right for you and your family. It may be that your child was settling down to sleep by themselves but recently they need more reassurance and cuddles. That's to be expected with any big changes. Don't think too much about what you feel you should do: go with what feels right for you and them now. Listen to what they are trying to tell you with their behaviour, and be kind to yourself and to them. It's an unusual situation, and we are all just muddling through the best way we know how.

Please do remember that each child is an individual, and there is no "one size fits all" solution to better sleep. If your child struggles to sleep, and you are concerned, please do seek advice from your GP, Health visitor or school nurse.

Aislinn Marek The Calm Within

Aislinn is the author of The Sleep Book: Helping Busy Brains Settle for Sleep. Click here for more details.





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Ages 2–4

First Steps

Delight your toddler with fun games and activities that build alphabet knowledge and ready-to-read skills.



Ages 3–7

Learning to Read

Children follow structured, one-on-one lessons that teach phonics, sight words and reading skills.



Ages 5–10

Mastering Phonics

Fast-paced lessons cover key phonics skills, perfect for both emergent and struggling readers.



Ages 7–13

Building Confidence

Older children can continue building key literacy skills that will help them succeed in school.



Ages 3–9

Learning Maths

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This has been a hard time on family attractions, local businesses and event organisers, who need our help and support more than ever.

So, we are offering FREE listings on our website which is seen by more than **7,000** people a week.

emily.parker@raring2go.co.uk

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for a FREE
family event
listing



Get in touch for a
FREE business
listing

Get in touch to
advertise with
us online or in
print





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tired of working for someone else,
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Would you like to:

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- Become a key part of your local community by being the go-to guide for parents and children aged 0-11 years

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Raring2go! is a family friendly franchise business that's offers all of the above along with full training & support from the Head Office team.

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- A good relationship builder
- Self motivated but also able to work in a team
- Passionate about your local community

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to see what all the
fuss is about!



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not too far from here...

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Braintree

Bishops Stortford

Cambridge

Chelmsford

Colchester

Great Yarmouth

Harlow

Ilford

Norwich

Thetford

See short clips of our franchisees talking
about thier journey with Raring2go!

Sales experience can be an advantage, but isn't necessary, so if you feel you want to hear much more about our business opportunity, call us now on **01273 447101**, or email **franchise@raring2go.co.uk**.

BE PART OF PARENT'S GO-TO GUIDE



Book in to the magazine today and we'll
get your details online straight away!