

We're all going on a summer holiday!

Please find below some resources that may be useful to you over the summer break

Children eat free or at a reduced price



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING SUMMER HOLIDAYS 2025

about a week ago

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm	LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App
ASDA Kids eat for £1 daily, with no adult spend	MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend
ASK ITALIAN Kids under 10 eat for £1 during school holidays	MORRISONS Kids Eat FREE all day, every day with a £5 spend
BEEFEATER Kids Eat FREE with Newsletter Voucher this Summer	PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend after 3pm
BELLA ITALIA Children eat for £1 with any adult main	PREMIER INN & TRAVELODGE 2 kids eat for FREE with 1 adult breakfast
BILLS Kids Eat Free weekdays, 21st July - 29th Sept	PRETO Kids up to age 10 eat free with 1 paying adult
BREWERS FAYRE Kids Eat FREE with Newsletter Voucher this Summer	PUREZZA Kids under 10 get free pizza with every adult meal
BREWDOG 2 Kids eat free with 1 adult, 19th July - 31st August	SA BRAINS PUBS Kids eat for £1 on Wednesdays
BURGER KING From 28th July - 31st August, Kids Eat Free (via app)	SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm
CHIQUITO Kids eat FREE Daily Until August 31st	TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult
DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch	TESCO Kids Eat FREE with a 60p spend until Aug 31st
FRANKIE & BENNY'S Kids Eat Free from 14 th July - 31 st August 2025	TGI FRIDAYS Kids Eat Free with any adult meal (Via App)
FUTURE INNS Under 5s eat for free with any adult meal	THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend
GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day	TOBY CARVERY Kids eat for £1 all day (weekdays) until Aug 29th
HARVESTER Kids eat for £1, Mon - Fri via the App	WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast
HUNGRY HORSE Kids eat for £1 on Mondays	YO! SUSHI Kids eat free all day (weekdays) in school holidays
IKEA Kids get a meal from 95p daily from 11am	ZIZZI Kids eat free this summer holidays (ex Saturdays)

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Places Where Kids Eat Free (or for £1) During The 6 Weeks Summer Holidays! Full List & Updates  <https://moneysavingcentral.co.uk/kids-eat-free>

The company registration number is 77504.

Registered office address: 21 Callywith Gate, Launceston Road, Bodmin, Cornwall, PL31 2RQ

www.bridgeschools.co.uk

Time2Move

The Time2Move Holiday Programme provides fun physical activity and healthy food for children aged between 5 and 16 years old during the school holidays in Cornwall.

The programme is fully funded by the Department for Education and is for children that are eligible for benefits related free school meals. It is known nationally as the Holiday Activities and Food Programme.

Here you'll find everything you need to know – whether you're a parent or carer, looking to book a session or request SEND support; or an activity provider, looking to register for the programme.

[click here for more information](#)



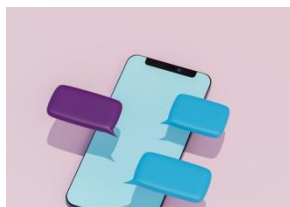
There are many resources to support with children's and adults' wellbeing
Please look [here](#) for some suggested ideas



If your child is starting or leaving primary school,
please look at some top tips for you in supporting their move
[here](#)



Feel empowered, listen [here](#) to some podcasts that may help with sleep, feeding infants, coping with sibling fallouts and much more.



Staying safe online: [This](#) newsletter has lots of good advice and food for thought when communicating with your child at home

Worried about a child?

Who to contact if you have concerns about a child:

Multi-agency Referral Unit (MARU): 0300 123 1116

Out of Hours Service: 01208 251300

NSPCC

If you're worried about a child:

0808 800 5000
help@nspcc.org.uk
www.nspcc.org.uk



SAMARITANS

Call free day or night on

116 123

Email
jo@samaritans.org

CORNWALL COUNCIL
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Together
 for Families

Cornwall's Early Help Hub offers family support to help with common family matters (i.e. parenting support, health visiting, school nursing) for children and young people.



Crisis Care Award (Cornwall Council)
 0300 1234 121

Housing (Cornwall Council)
 0300 1234 161

First Light (Domestic Violence Support)
 0300 777 4777

Citizens Advice Cornwall
 0800 144 8848

Remake Cornwall
 07480 135818
remakecornwall@gmail.com

St Austell Foodbank
 01726 65313
info@staustell.foodbank.org.uk

Lots of information is available on the Family Information Service should you need any help over the break.

You can find the link [here](#) This includes support on housing, food and other such services.



If you are looking for SEND (Special Educational Needs and Disabilities) activities and services, you can contact the local authority on 0800 587 8191 or click [here](#).



New SEND Discount Card

The Family Information Service is excited to announce a brand-new SEND Discount Card launching soon for children and young people in Cornwall with special educational needs or disabilities (SEND). The card

The name of the card is currently being chosen with the help of the Parent Carer Panel and wider community — and we'll keep you updated as it develops!



Caring in Cornwall - your views matter

Whether you're caring for a family member full-time, helping a neighbour with shopping and cleaning, or anything in between, we would like to hear about your experiences.

Our aim is to ensure that we are co-designing services with the people who need them, so everyone can access the right support, in the right place, at the right time.

Your feedback is crucial in shaping the future of carer services. By sharing your thoughts, you can help us create better support for everyone. Please provide your feedback by 31 August 2025.

[Find out more here](#)



Home to School Travel Assistance

If your child is attending school for the first time or transitioning to a new educational setting in September 2025, you may be eligible for Home to School Travel Assistance. If you wish to apply it is really important you do this ASAP. Applications that come in late in the summer term, may result in travel arrangements not being in place for the start of the Autumn Term.

[You can find further information here](#)



Cornwall Parent Carers Forum

The new Cornwall Parent Carer Forum website is now live.

It is a space made by parent carers for parent carers, with helpful information, updates, and ways to get involved or just feel a bit more connected.

Kooth

Kooth is an online platform to help young people with their mental health and wellbeing. It's a welcoming space for your child to safely explore their feelings. They can anonymously talk to other people their own age on moderated discussion forums, and chat to mental health professionals via messaging. We're a BACP-accredited digital mental health service, and provide free services through the NHS. Our team of professionals are trained to offer clinically-safe advice while lending a supportive ear for whatever your child's facing.

Kooth does not require a GP or school referral. There are no waiting lists or thresholds to meet. All your child needs to do is register with an anonymous username to get immediate access to support.

All of Kooth's services are free, and support is available 24/7, 365 days a year.



Kooth have created a range resources to help families get to know the service and how, working with Kooth, can help support the young people. We run a regular calendar of free webinars for families to provide useful advice and guidance for families supporting young people with their mental health and wellbeing.

[Use this link to find out more](#)



Courses to support transition

Nurturing New Beginnings – Step into primary school: This is a free 90-minute in-person workshop for parents and carers to attend with their child. The workshop is designed to help parents and carers support their child's smooth and confident transition from nursery to reception. The workshop will explore:

- How to prepare your child emotionally
- Practical tips for building independence
- Strategies to boost your child's confidence

[You can book a Primary School session here](#)

Nurturing New Beginnings – Step up to secondary school: Starting secondary school is a big step - and we're here to help make it a smooth one. Join us for an engaging and informative free, in-person workshop designed to help parents and carers support their child's smooth transition from primary to secondary. The workshop will explore:

- How to prepare your child emotionally and practically
- Tips for building confidence and independence
- Ways to support your child through change

[You can book a Secondary School session here](#)

[For anyone struggling in school, you can find out more here](#)

Booking a holiday for next year?

Please avoid booking when your child is at school.

Please see below Bridge Schools Term Dates for 2025/26, to help with planning time off, childcare and forthcoming family events.

Autumn School Term - 4th September to 19th December 2025

INSET 3rd September 2025, INSET 24th October 2025

Spring School Term – 6th January to 2nd April 2026

INSET 5th January 2026, INSET 13th February 2026

Summer Term – 20th April to 22nd July 2026

INSET 22nd May 2026, INSET 5th June 2026, INSET 23rd July 2026

Should an absence be unauthorised, we are likely to request that Cornwall Council issue a Penalty Notice. A Penalty Notice is issued to each liable parent/carer of each child taken out of school and that this carries a fine of £80 if paid within 21 days, increasing to £160 if paid within 28 days. If parents do not pay the fine, it may result in legal action being taken against me. Parents have a duty to ensure their child's regular attendance at school and failure to do so is an offence under Section 444(1) and Section 444(1A) of the Education Act 1996.

This information has been shared with parents since July 2024 and is available on school websites ([reminder](#)).

Other activities happening over the summer break that you may find useful

<https://www.blackbirdpie.co.uk/>

<https://www.primarytimes.co.uk/cornwall/listings>

Mid Cornwall

Free and under £5 activities:

<https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/freeandunder5midcornwall.aspx>

Summer activities: <https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/Whatsonmidcornwall.aspx>

East Cornwall

Free and under £5 activities:

<https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/freeandunder5eastcornwall.aspx>

Summer activities: <https://fis.cornwall.gov.uk/synergyweb/CornwallFIS/Whatsoneastcornwall.aspx>

