

# Children's Newsletter

## June 2025

Hello and welcome to your June newsletter!

As you read you will see our monthly news, some pictures of our recent carer event, some safety tips and book recommendations, and even a preview of the puzzle you have all been working on!

Make sure to have a look into our British Explorers and Duke of Edinburgh opportunities on page 4 and our Independence Awards and Youth Council on page 7 as we would be really excited to see you there. We hope you enjoy reading and have a lovely June!

### Events, Celebrations & Special Days in

# JUNE

2<sup>nd</sup> - 8<sup>th</sup> - Child Safety Week

4<sup>th</sup> - Youth Council Meeting

5<sup>th</sup> - Sausage Roll Day 

5<sup>th</sup> - World Environment Day

6-7<sup>th</sup> - Eid ul-Adha\*

7-15<sup>th</sup> - Great Big Green Week\* 

8<sup>th</sup> - World Ocean Day

9-13<sup>th</sup> - Healthy Eating Week

14<sup>th</sup> - The King's Official Birthday

15<sup>th</sup> - Father's Day

21<sup>st</sup> - Summer Solstice\*

25<sup>th</sup> - National Writing Day

30<sup>th</sup> - 13<sup>th</sup> July - Wimbledon 

Fortnight

There are two solstices every year: one in June and one in December. The June solstice marks the longest day of the year for countries north of the equator (like us!) and the shortest day of the year for countries south of the equator.



### Star of the month



**TG**

For receiving the Head Teachers Award for being kind and thoughtful!



**WELL DONE TG!**

Please keep your nominations coming! Send an email into [adminsouth@fosteringsolutions.com](mailto:adminsouth@fosteringsolutions.com)

We send each winner a certificate!



# Childrens & Carer News



The Cultural & Diversity Pride Festival originally scheduled for 17<sup>th</sup> May has been RESCHEDULED and combined with our summer party, now taking place on Saturday 5<sup>th</sup> July at the Otterbourne office. We hope to see you then! Ask your foster carer to let Casey know you're attending.



Our CRO Tracy organised a walk around Exbury Gardens with some of our foster carers. It was a beautiful sunny day and they all enjoyed meeting with one another and experiencing the stunning scenery pictured below!



If you have any news you would like to see here please let us know at [adminsouth@fosteringsolutions.com](mailto:adminsouth@fosteringsolutions.com)!

## Staff News



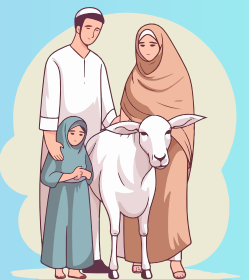
Congratulations to Tracy who is celebrating her 1 year anniversary of working here at FS South!



Have a look at this wonderful note our social worker, Lucy, received from one of her foster carer's birth children!

## Calendar News

**Eid-ul-Adha** - Eid ul-Adha ('Festival of Sacrifice') is one of the most important festivals in the Muslim calendar. The festival remembers the prophet Ibrahim's willingness to sacrifice his son when Allah ordered him to. Muslims might celebrate by eating sheep or goat which is shared between family, friends and the poor. Eid usually starts with Muslims going to the Mosque for prayers and thanking Allah for all the blessings they have received.



**Great Big Green Week** - Great Big Green Week is the UK's biggest celebration of community action to tackle climate change and protect nature. During the week, communities, schools, businesses, churches, mosques and more join together in a wave of support for action to protect the planet. Taking action to swap together for good shows our support for a safer, greener, fairer future.





# Spotlight on: Nika

Each month, we will shine the spotlight on a different member of staff, and ask them a bunch of questions so you can get to know us better. This month we are shining it on Nika!



## **1. What's your name?**

Nika Sabolova-Singh

## **2. What's your job role and what do you do on daily bases?**

I am Office Manager and my main responsibilities are health and safety of office, ensure all paperwork is recorded in system on time and helping out with events for FC and children.

## **3. If you could have any superpower, what would it be and why?**

I would like to have ability to touch or look at a photo and instantly relive that exact moment with full sensory immersion - sights, sounds, feelings, even the emotions of that time. Just imagine - watching your favourite memory come to life, anytime you want.

## **4. What's your favourite type of ice cream, and why is it the best?**

I like ice lollies or fruity ice creams, but also, I like pistachio ice cream. The best ice cream I ever had was when I visited little island called Simi island in Greece.

## **5. If you could be any animal for a day, which one would you pick?**

I would be a dog. I would get to run around outside, chase balls and get to nap anywhere I want and no one would think I am lazy 😊. Also, probably everyone would like to give me belly rubs and treats!

## **6. What was your favourite toy or game when you were a kid?**

I loved to play hide and seek with my friends and sister. When I was teenager, I learned how to skateboard and I would take skateboard with me everywhere.

## **7. If you could only eat one food for the rest of your life, what would it be?**

Pancakes – my favourite filling is jam, fruits and whipping cream on the top.

## **8. If you could give one piece of advice to your younger self, what would it be?**

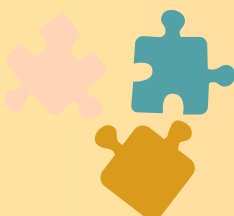
Don't be afraid to be yourself - being different is what makes you special! When we are younger, it is easy to worry about fitting in or making mistakes. But those things help us grow. Being true to who you are brings real happiness and helps you find people who like you just the way you are.



If there are any questions you would like to add, please let us know at [adminsouth@fosteringolutions.com](mailto:adminsouth@fosteringolutions.com).

## **Your puzzle!**

Have a look at what we have received from you so far for our power of relationships puzzle. Can you see the piece you designed?



# **\*\*British Exploring Society - NEW**

## **Opportunities!\*\***



British Exploring Society have recently released the details of 3 new exciting adventure programmes, which are available to young people from 14 to 19 years of age. There is one more left this year!:



**3. Adventure Week (wild camping)**  
**When?** Monday 28 July – Fri 1 August 2025 (5 days and 4 nights)  
**Where?** Cairngorms National Park, Scotland  
**Age Range?** 16 – 19  
**Meeting Point:** Edinburgh Train Station  
**Fundraising Challenge?** £35

**All kit and train travel to the meeting point is provided!**



“



The expedition was like finding a missing piece of my life, bringing peace, and comfort, and teaching me to step out of my comfort zone. I have become more determined, comfortable, and self-aware after the expedition. Getting out of my comfort zone was like opening a door to a whole new world of possibilities. When I stepped out of that cosy zone, it helped me to push myself to grow, learn, and experience things I never thought possible. It's all about expanding your horizons, taking on challenges, and discovering the best version of yourself.

”

If you are interested please ask your foster carer to get in touch with their Supervising Social Worker or email us at [adminsouth@fosteringsolutions.com](mailto:adminsouth@fosteringsolutions.com)

## **The Duke of Edinburgh's Award**



Fostering Solutions South are now delivering the world leading achievement award; The Duke of Edinburgh's programmes (the DofE) for young people, including Foster Carer's birth children who are aged 14-24.

Doing DofE helps you leave your limits behind. It's the perfect way to try new things, meet new people, discover new talents, learn new skills, give to your community, feel more confident, make a difference, recognise your potential, boost your wellbeing – and know that nothing can hold you back.

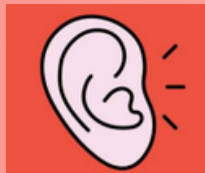
There are three levels of Award – Bronze, Silver and Gold. For each one you need to complete four sections – Volunteering, Physical, Skills and the Expedition. For Gold, you also need to complete a five-day residential. What you do is up to you - from surfing to salsa dancing, coding to candlemaking - it's your call.



For more information visit the DofE website: [www.dofe.org](http://www.dofe.org)  
If you are interested in taking part or you would like to know more please email [casey.bishop@fosteringsolutions.com](mailto:casey.bishop@fosteringsolutions.com)







# Safety Tips



The Department for Education has written a downloadable booklet and animation to help you understand safeguarding processes! It's called **A Guide to Safeguarding for Children and Young People**, and explains how professionals like social workers, teachers, doctors, and police work together to keep you safe.

Below you'll find the links to the guide and a YouTube video or you can scan the QR codes.



## VIDEO:

<https://www.youtube.com/watch?v=G4ntSqMCSUI>



## GUIDE:

[https://assets.publishing.service.gov.uk/media/681b42043f1c73824ee3e4f0/Children\\_and\\_young\\_person\\_guide\\_to\\_working\\_together\\_to\\_safeguard\\_children.pdf](https://assets.publishing.service.gov.uk/media/681b42043f1c73824ee3e4f0/Children_and_young_person_guide_to_working_together_to_safeguard_children.pdf)



**SCAN ME**  
for the video

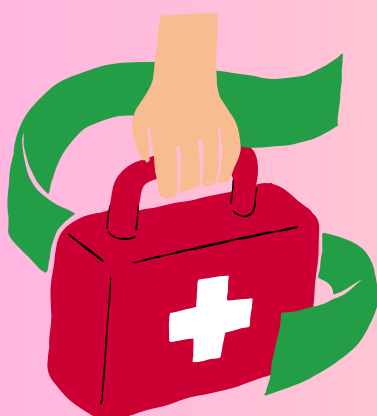


**SCAN ME**  
for the guide

Tip: if viewing on a mobile, take a screenshot and go to your camera roll to follow the QR code.

 **Fostering  
Solutions  
South**

# Challenge of the Month



## Learn a first aid skill!

Do you know how to apply a plaster by yourself, or how to put someone into the recovery position? Have a go and let us know!

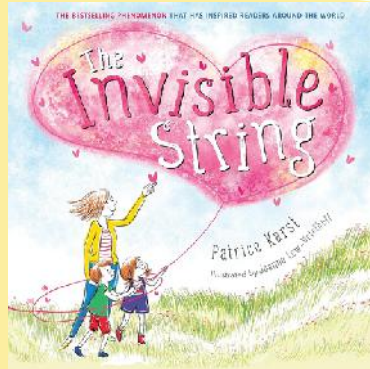
This is the first task in our new Junior Independence Awards! Ask your foster carer to contact Casey Bishop if you'd like to hear the rest and win a prize if you complete them all!



# Book Recommendations

## Ages 5-7

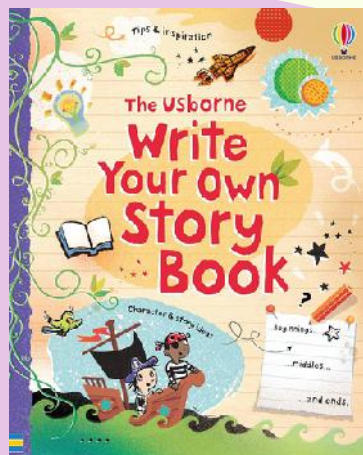
### **The Invisible String - Patrick Karst**



This is a story about a very special string - an invisible string made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.

## Ages 7-12

### **Write Your Own Storybook - Louie Stowell**



Did you know this month on Wednesday the 25<sup>th</sup> it is National Writing Day? This book includes lots of different writing activities to inspire your imagination with tips and prompts. You could write a fictional school journal, a comic strip, or form a story around a picture.

## Ages 12+

### **Girl, Missing - Sophie McKenzie**



**RECOMMENDED**  
by SH, aged 15! see her review below.

'This is a very good book, as it's relatable for kids in care and adopted and how the 'fake' parents are trying to protect you and how the truth will/sometimes become dangerous. I really enjoyed it as it felt as though I was looking in on it all happening, like I was looking through a window. I would 100% recommend for anyone who wants a good book to read while comfortable and engross themselves in it.'

# INDEPENDENCE AWARDS

Are you up for the challenge of completing yours?

Email: Casey.Bishop@fosteringsolutions.com



"It was really easy to follow. We have achieved a lot!" GHB

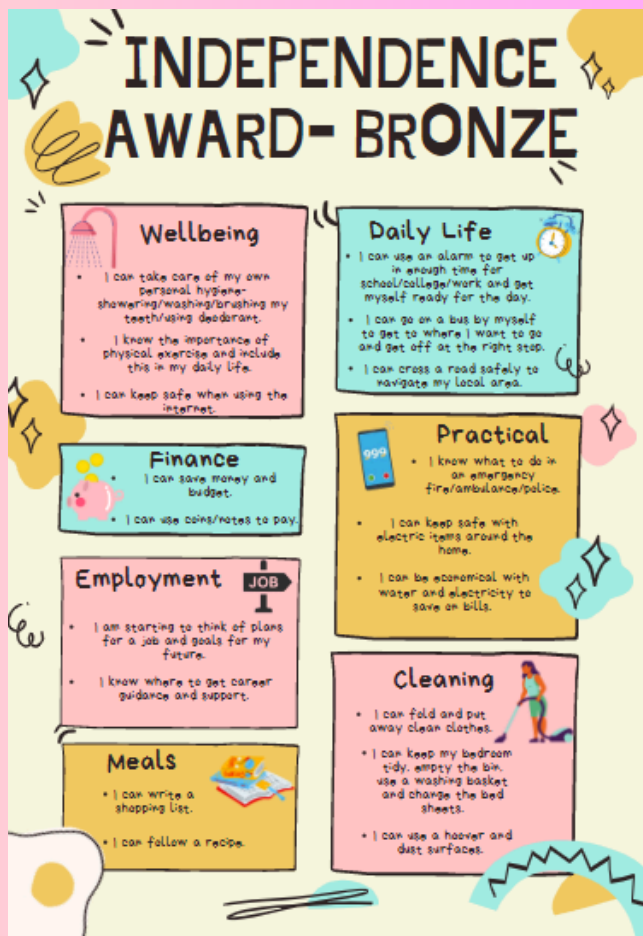
These awards help you to build skills to work towards independent living, with the support of your carer. Also great for your CV!



Bronze, Silver and Gold Level  
**£10 Amazon voucher**  
for completing each level!



Fostering Solutions South



## Youth Council

Fostering Solutions South

Youth Council is a place you can go to have fun, and to get help and support. It's a place you can meet other people who are in care, and share your experiences with each other. We will ask for your views on different topics and make sure you see all your ideas come to life.

Being part of the Youth Council will look great on your CV when you apply for future jobs and will also add weight to future college, apprenticeship, and university applications too.

We welcome foster children and birth children and send all new members a welcome pack!



If you would like to join us, please ask your foster carer to get in touch with Casey on [casey.bishop@fosteringsolutions.com](mailto:casey.bishop@fosteringsolutions.com)

The next meeting date is 4<sup>th</sup> June at 6pm via Microsoft Teams.



What do you think of our newsletters? Is there something you would like to see that's not on here? We would love to hear your thoughts. Fill in our anonymous feedback here: <https://forms.office.com/e/ygY4xxtESB>