



Rush Common School Newsletter

Friday 17th July 2026



Dream, Aspire, Succeed

Dear Parents/Carers

It has been a fantastic last three weeks of the year. I must start with our Year 6 pupils who have 'wowed' us all with their production of 'Grossbusters' this week. The singing, acting and use of humour was absolutely superb and the commitment and enthusiasm during the performance was a joy to watch. Every child has achieved so much over their educational journey at Rush Common, both academically and in their personal development. This has been highlighted both in the quality of work they produce but also in activities such as the Call of the Wild residential. The independence, resilience and confidence shown across the residential week was fantastic to see and we know the children enjoyed the trip immensely. They have once again achieved SATs results well above national averages, and we are very proud of the confident young people they have become. We wish them the very best of luck as they move forward with their secondary education and we know they will truly flourish in everything they do in the future.

At the other end of the school we recently held our Reception Curriculum Assembly. It was a recap over the entire year and really demonstrated the breadth of learning that has taken place in the year group. Thank you to the many parents who attended the Assembly. In the Reception year, children develop and change so rapidly and we are really proud of how prepared the children are for Year 1.

Sticking with Early Years, we have been holding home visits for our children joining Reception and Preschool, and 'Stay and Plays' for children starting in Reception. It has also been lovely to welcome all the new families into our school and we look forward to all the new children starting in September. For those children moving from our Preschool to Reception we held a Graduation Ceremony. The children in Preschool showed such courage getting on the stage to collect their certificates and singing in front of the parent audience – they really are ready to start Reception.

Yesterday we held our KS2 Sports Day and once again it was an incredible event. Every child put in maximum effort for their house and showed great encouragement to others cheering on every competitor to the end. There was a nice competitive spirit across the whole morning and children showed a great attitude to competition – being humble in victory and gracious in defeat. In the end only one team could be the winners and this year it was Kites. Congratulations to you all!

There have been plenty of enriching opportunities in recent weeks. Our Year 1 children really enjoyed their Pirate Day, Year 4 had a lovely trip to the Sheldonian Theatre in Oxford, Year 5 children performed an inspiring poem (Earth Rising), which is linked to their learning on climate change, and Year 6 had a highly engaging Ultimate Frisbee session with Year 10 students from Fitzharrys School. In addition, our School Choir and School Orchestra both held wonderful concerts for very proud sets of parents. Thank you to everyone who attended these lovely opportunities for children to perform.

In this last newsletter of the year, I would like to thank all of our pupil leaders in the school, which includes our Head Boy and Head Girl, Sports Captains, House Captains, Sustainability Ambassadors, Play Leaders, Anti-bullying Ambassadors and School Parliament. You have all carried out your roles with enthusiasm and commitment and made a difference to our school.

Finally, I would like to thank all of our parents for the incredible support you have shown the school in so many different ways. I hope you all have a lovely Summer and we look forward to seeing you in September.

Kind regards
Kristen Fawcett
Headteacher



Homework Champions

Charlotte 3CM
Florence 3CM
Arthur 3CM
Ella 3CM
Boden 3HC
Isabella 3HC

Neev 4TJ
Fred 4TJ
Alex 4TJ
Robyn 4TJ

HELP US WIN £1,000 FOR OUR LIBRARY

Nominate us and you could win a £100 gift card!

nationalbooktokens.com/schools-prize

The graphic features a yellow background with two children, a girl and a boy, smiling. The girl is on the left, and the boy is on the right. Between them are several colorful books. A QR code is in the top right corner, with the text 'SCAN ME' and an arrow pointing to it. The text 'NATIONAL BOOK tokens' is in the bottom left, with 'In association with' and 'Read for Good' below it. The text 'GO ALL IN.' is in the bottom right. The hashtag '#rebuildthelibrary' is at the bottom. The text 'National Year of Reading 2026' is in the bottom right corner.

NATIONAL
BOOK
tokens

In association with

Read
for Good

GO
ALL
IN.

#rebuildthelibrary

National
Year of
Reading
2026

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast-paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or nuzzles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-every-moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtimes. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children their expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agrawal is the founder of Cyber Kidz, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel adviser on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



#WakeUpWednesday

The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2025

[This poster and others can also be viewed on the link below:](https://www.rushcommonschool.org/information-for-parents/other-useful-information-2/online-safety-information/)

<https://www.rushcommonschool.org/information-for-parents/other-useful-information-2/online-safety-information/>

Local Community News

Please note items and events detailed below are for information purposes only. Rush Common School do not endorse or make recommendation

A SUMMER FULL OF STORIES

STARTS HERE

NEW THEMES EACH WEEK!

Multi-Activity Summer Holiday Camp

We're running at 90+ venues! Scan here to find your local club, view dates and times, and book today!

Ofsted
Registered



● A Summer Full of Stories Starts Here ●

A summer full of stories starts here. This summer, Holiday HQ brings seven weeks of high-energy adventures, creative challenges and unforgettable experiences to our school — with something different to discover every day.

From water battles and sports tournaments to science experiments, outdoor exploration and global celebrations, children will stay active, engaged and inspired all summer long through a holiday club packed with movement, creativity and play.

This summer, Holiday HQ returns to our school, delivered by Junior Adventures Group (JAG).

📅 20 July – 4 September
👤 Ages 4-11

🌟 Check out What's On!
📅 Register/Book Now!

● What's happening this summer?

🌍 Global Celebrations | 20-24 July
🏆 Ultimate Sports | 27-31 July
🔬 STEM, Science & Discovery | 3-7 August
🌊 Summer Splash | 10-14 August
🏃 Urban Sports | 17-21 August
🌿 Environment & Nature | 24-28 August
🌐 World Discovery & Culture | 31 August – 4 September

From Songkran-inspired splash water battles and Korean Street Games to Watermelon Explosion experiments, urban parkour challenges and creative Make & Take projects — every week brings something new for children to discover.

No two days are the same — and children come home happily tired, full of stories and excited for what's next.

What this means for families

- ✓ Safe, structured days delivered by experienced, DBS-checked staff
- ✓ Ofsted-registered holiday childcare you can trust
- ✓ A convenient, familiar school setting
- ✓ Full and half-day options — book only the days you need
- ✓ 48-hour cancellation policy if plans change
- ✓ Tax-Free Childcare accepted

For parents, it means reliable holiday cover, active days for children and a smoother, more organised summer break — without the stress of planning every day yourself.

Book early and save

🐦 **Early bird discount – Save 10%**
Book by Sunday July 5th using code **STORIES10** at checkout

👨 **Sibling discount – Save 10%**
Automatically applied when booking more than one child

📅 **Multi-day booking discount – Save 4%**
Applied when booking four days or more within the same week

All eligible discounts are combined automatically at checkout.

Parents can view session times, prices and availability online.

📍 [Find our school club](#)

Big days for them. Headspace for you.

📞 **Have any questions?**
☎ 0333 577 1533
✉ hello@junioradventuresgroup.co.uk



Free Summer Holiday Club Sessions for children eligible for Free School Meals!

Local Authority: Oxfordshire

Venues:

- 📍 **Didcot Railway Centre - OX11 7NJ**
📅 **Dates:** 3rd - 27th August - Mon-Thur
🕒 **Times:** 10:00-14:00
- 📍 **Rush Common School - OX14 2AW**
📅 **Dates:** 3rd - 27th August - Mon-Thur
🕒 **Times:** 10:00-14:00

Dear Parent/Guardian,

We are delighted to have partnered with Junior Adventures Group (JAG) and Oxfordshire to offer your child a FREE place at our JAG Holiday Clubs this coming school holiday running at multiple venues in the Oxfordshire area this summer.

Ensure your children experience a Holiday Club like no other with JAG's Holiday HQ programme! Holiday HQ is the ultimate destination for children looking for an unforgettable break from the school routine. From exciting outdoor escapades to creative workshops, cooking classes and interactive learning sessions — our expert programme team provide a dynamic blend of engaging activities and enriching experiences.

We're part of the Holiday Activities and Food Programme (HAF) network!
HAF provides funding to local authorities and childcare providers — such as JAG — so that local families needing additional support can book their children into out-of-school activities. This vitally important programme helps ensure that children:

- ✓ Stay active during the school holidays
- ✓ Take part in enriching, engaging activities that support their development
- ✓ Eat healthily during the holidays
- ✓ Are safe, socialise and make new friends

📞 0333 577 1533
📍 5a Millers Brook Business Park, Molly Millars Ln, Wokingham RG41 2AD
🌐 junioradventuresgroup.co.uk

Building brighter futures together

Junior Adventures Group Ltd is registered in England with company number 07580207



Book now!
Oxfordshire Council uses an external booking system called Eequ for parents to make their individual bookings.

To check your eligibility and to create your account, please visit
<https://eequ.org/hafoxfordshire>

If you have any questions, please contact the Oxfordshire HAF Team via email at:
HAF@oxfordshire.gov.uk

JAG's Holiday HQ Programme!
Holiday HQ is JAG's holiday club programme, delivering an epic break from school! Children dive into thrilling outdoor adventures, creative workshops, cooking classes, and interactive fun. They'll make new friends, explore their interests, and return to school with unforgettable memories!

Each season, we introduce a new theme with exciting daily activities, from arts and crafts to sports and STEM. With fresh, fun experiences every day, there's always something to spark their interest! Our daily schedule blends planned events with opportunities for kids to share their ideas.

Each week also features experience types: Daily themed hero activities, Skill Zone activities, Make and Take and Special Event sessions for extra creativity and keepsakes. Two themed activities each day ensure endless adventures and surprises!

For further information on how JAG supports families and local authority partners during the school holidays, please visit <https://www.junioradventuresgroup.co.uk/parent-support/haf/>. Otherwise, please do not hesitate to contact their friendly bookings team via email at hello@junioradventuresgroup.co.uk or telephone 0333 577 1533.

Kind regards,
[Insert name]

📞 0333 577 1533
📍 5a Millers Brook Business Park, Molly Millars Ln, Wokingham RG41 2AD
🌐 junioradventuresgroup.co.uk

Building brighter futures together

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'Premier Soccer Centres are once again running their popular summer holiday football camps at John Mason School. Boys & girls are welcome of all abilities from 5 to 12 years of age. There are 3 weeks to choose from but places go very fast so please contact Mark Jones if interested. All courses are 4 days 10.00am – 2.30pm each day.

W/B Monday 27th July
W/B Monday 10th August
W/B Monday 24th August

Please contact Mark for any further information on mark@premiersoccercentres.co.uk ‘



The poster for 'The Muse Creative Afternoons' features a light beige background. At the top left is a logo of a classical female head with the text 'THE MUSE' below it. To the right, the title 'The Muse Creative Afternoons' is written in a mix of gold and green fonts. Below the title is the tagline 'Six afternoons where imagination takes form' in a green script font, followed by 'Small groups . Real materials . Big imagination.' in a green sans-serif font. The dates '20- 22 July & 27-29 July' and the time '12:30 - 4pm' are listed in a bold green font. A location pin icon is followed by the address 'Unit 25, Bury Street, Abingdon, OX14 3QT'. Below this, it says 'Children aged 5-12'. At the bottom left, there is a globe icon, the website 'www.themuseartschool.com', a WhatsApp number '*44 7450197705 / whatsapp', and the Instagram handle '@themuseartschool'. At the bottom right, it says 'MORE INFO & BOOKING:' above a QR code. The central image shows three young girls holding up circular artworks they have made, which feature colorful fish and plants on a blue background.

The Muse
Creative Afternoons
Six afternoons where imagination takes form
Small groups . Real materials . Big imagination.

**20- 22 July
& 27-29 July**
12:30 - 4pm

Unit 25,
Bury Street
Abingdon
OX14 3QT

Children
aged
5-12

 www.themuseartschool.com
*44 7450197705 / whatsapp
@themuseartschool

MORE INFO & BOOKING:




create club

Create Club is a fun place where kids get to explore exciting materials, make new friends, and create awesome artwork every single week while building confidence and discovering their creativity!

EVERY THURSDAY

3:00 pm - 4:15pm
Rush Common Primary school

This term's theme, "Inspired By Me," uses weekly projects to explore identity, imagination, storytelling, and seasonal creativity. Children develop core artistic techniques (drawing, painting, collage, sculpture, and 3D making) while building communication, collaboration, confidence, problem-solving, and emotional expression through structured, hands-on creative sessions.

If interested please email:
arielwright@thecreationstation.co.uk

or book here 

MARSH TOMPSETT
School of Dance

NEW FOR SEPTEMBER 2026!!!!

MT CHOIR



Hosted by Abingdon Music Centre, Larkmead School, Faringdon Road, ABINGDON

WEDNESDAYS DURING TERM TIME
 4:30 - 5:15pm Junior Choir.....children in years 3 - 6
 5:15 - 6pm Senior Choir.....secondary school students year 7 & up
 6 - 8pm Private vocal coaching sessions available



Dominic Marsh welcomes you to the MT Choir!
 An Associate of the Royal Academy of Music, Dominic brings over 25 years of experience as a West End actor, singer, and professional vocal coach. He combines incredible expertise with a warm, high-energy approach that makes singing fun and accessible for ages 8-18. Whether your child already loves the stage or has only ever sung in the shower, Dominic's inspiring leadership will help them build confidence, make friends, and discover the pure joy of singing together!

Get in touch now to book your place!
 07876 565261 dominicmarsh.vocalcoach@gmail.com




ABINGDON MUSIC CENTRE
Music for Everyone
 Charity No. 309181

AJO

(Abingdon Junior Orchestra)

For school aged children playing an orchestral instrument at Grade 1-3 standard.

Sessions will take place on:
Mondays 5:45-6:30pm
 at Abingdon Music Centre,
 Music Block, Larkmead School.

Class fees: £45 per term
 (20% off for a younger sibling)

First session is FREE!

Please contact the office to book:
admin@abingdonmusic.org.uk
07934 364940



ABINGDON MUSIC CENTRE
Music for Everyone

MUSIC SUMMER SCHOOL

Thursday 23rd July 2026
10am - 3pm

for students who:
 * are starting Year 7 at Fitzharrys OR John Mason
 AND * play a musical instrument/sing
 AND * enjoy making music with others

- instrumental work
- composing
- singing
- movement / drama
- music-based craft

Venue: Abingdon Music Centre
 (at Larkmead School Music Building)

Staff: Helen Eccleston, Frances David (JMS)

Cost: FREE but please book by Thursday 9th July
 Places are limited, please book early (first come, first served)

www.abingdonmusic.org.uk
 Email: admin@abingdonmusic.org.uk
 Charity No. 309181



Get to know other musicians!

Thames Vale Youth Orchestras

Thames Vale Youth Orchestra (TVYO): grade 6-diploma*
Thames Vale Intermediate Orchestra (TVIO): grade 3-6

Monday evenings
Larkmead School,
Abingdon



*TVYO: Main auditions take place each June
Video auditions accepted year-round by request
TVIO: No audition required

<https://www.tvyo.org.uk/join-us>

Beezee
FAMILIES



Ready to make new habits as a family?

Our FREE 6 week Beezee Families programme starts
this Summer Holidays in Blackbird Leys!

- Get healthy eating tips and free recipes
- Unlock the power of small changes
- Start moving more as a family
- FREE Lunch for the entire family



Thursday 23rd July 10am-12pm
@ Leys Pools & Leisure Centre

Secure your FREE place today!

@ HelloOxfordshire@maximusuk.co.uk

03332 208952



Our programmes are for children above their ideal weight, see our website for more information.

20-1023



OXFORD ATHLETIC FC

Welcoming New Players

BUILD CONFIDENCE, CONNECT WITH OTHER, LOVE FOOTBALL

- ✓ **X2 SESSIONS PER WEEK**
Fun, engaging and quality training environment
- ✓ **EXPERT COACHING TEAM**
Our coaching team have 30+ years experience in the sports and education industry
- ✓ **A WELCOMING COMMUNITY**
Friendly and inclusive club with families from all backgrounds
- ✓ **EVERYBODY IS WELCOME**
All abilities, all experience levels, all children encouraged




EVERY CHILD IS WELCOME



Inclusive and supportive



ability to challenge every individual



Weekend fixtures in the OYFL

AGE GROUPS (From Sep 2026)

- U9 (Year 4)
- U10 (Year 5)
- U11 (Year 6)
- U13 (Year 8)

INTERESTED IN JOINING? GET IN TOUCH TODAY

✉ club@athleticfootball.co.uk
☎ 07423 711776

Develop. Connect. Enjoy

www.athleticfootball.co.uk



Looking for a dentist?

NHS KIDS CLINICS

AT DAMIRA ABINGDON



BOOK ONLINE
Limited Availability



Book an appointment online to secure your space

🌐 damiradental.co.uk/location/abingdon
☎ 01235 420220
📍 10 Park Square, Milton Park, Milton, OX14 4RR

THE
READING
AGENCY

UNIVERSAL
UNIVERSAL MUSIC GROUP
UNITED KINGDOM

READ to the BEAT

Summer Reading Challenge 2026

Events at Abingdon Library this Summer Holiday

We've got a busy programme of free children's events this summer!
Head to the library counter for more information on how to book
or call us on 01865 815005

Tuesday 21st July 1-3pm - Explore Learning Workshop
Friday 31st July 10am-1pm - Meet the Guide Dogs session
Saturday 1st August 10am-1pm - Puppet Barge Workshop
Wednesday 5th August 2:30-4pm - Make Music in the Library!
Friday 7th August 11am-12pm - Kate Wakeling poetry event
Friday 14th August 10am-12pm - Explore Learning Workshop
Wednesday 19th August 10am-12pm - Ozobots event
Wednesday 26th August 2:30-4pm - Make Music in the Library!

Plus: get creative with a different craft every week



summerreadingchallenge.org.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



National
Year of
Reading
2020

Illustrations © Harry Woodgate 2026. Read to the Beat © The Reading Agency 2026, registered charity number 1005443 England and Wales.

HAVE YOUR SAY!

Our SEND future, together.

Join one of our interactive webinars this week and help shape SEND services in Oxfordshire.

YOUR VIEWS WILL HELP SHAPE SEND SERVICES IN OXFORDSHIRE

Hear about the draft SEND Strategy and the emerging SEND Reform Plan, what these changes could mean for you, and help influence the future of SEND services.

MEET SENIOR LEADERS & HAVE YOUR SAY

This is a rare opportunity to hear directly from senior leaders from across the Local Area Partnership and ask the questions that matter to you.

JOIN ONE OF OUR INTERACTIVE WEBINARS

TUESDAY 7 JULY
7:00 – 9:00PM

OR

THURSDAY 9 JULY
12:00 – 2:00PM

Both webinars cover the same content – you only need to attend one.

Can't make it live? Don't worry – both webinars will be recorded and shared afterwards.

Book your place today!

Find out more and book at:
www.oxpcf.org.uk/send-strategy
OR
letstalk.oxfordshire.gov.uk/send-strategy-2026

Your voice. Your experience. Our future.
Let's create an Oxfordshire where every child and young person with SEND can thrive.

DON'T MISS OUT ON THIS CHANCE TO INFLUENCE DECISIONS THAT AFFECT YOUR FAMILY. We hope to see you there!

OXFORDSHIRE PARENT CARERS FORUM
A VOICE FOR NATURES AND GARDENS

NHS
Oxford Health

NHS
Oxford University Hospitals

OXFORDSHIRE COUNTY COUNCIL

Sutton Courtenay Environmental Education Centre

A journey of learning and discovery



Big Family Day Out

Saturday 8 August; 10am-4pm

An amazing day out for all the family on the summer nature reserve, with activities particularly suited to primary and preschool aged children.

£8 per child aged 18 months - 16 years

£2 per adult (aged 16 plus)

BOOKING ESSENTIAL

Family Event: Summer Nature Trail

Tuesday 28 July and Thursday 30 July; 10am-2pm

A fun family nature trail around the reserve, with a craft to take home and live storytelling. Suitable for 4-11 years.

£8 per child; **BOOKING ESSENTIAL**

Toddler Event: Teddy Bears' Picnic

19, 20, 21, 22 August; 9:30am-11:30am

Bring your toddler and their teddy for a summer adventure in the woods and meadows. Suitable for 18 months to 4 years.

£10 per child; **BOOKING ESSENTIAL**

Day Camp

Wednesday 26 August; 9:30am-3pm

A day camp for unaccompanied 8-12 year olds, packed with wildlife themed outdoor fun – visit the website to find out more.

£37 per child; **BOOKING ESSENTIAL**

Plus monthly Saturday wildlife clubs – Nature Tots (18 months to 4 years with an adult);

Nature Explorers (4-7 years with an adult); Young Rangers (8-11 years unaccompanied); Teen

Rangers (11-17 years unaccompanied). Visit the website for upcoming dates and booking.



Visit our website to book or for more info:



bbowt.org.uk/events

01235 862024 or sceec@bbowt.org.uk

bbowt.org.uk

More nature everywhere



Menstrual Health and
Period Education Advocates

July 2026

FREE PERIOD PANTS AVAILABLE TO ORDER ONLINE

Period pants are now available on our website on a first come, first served basis. We will email everyone to confirm their orders, so no-one is left wondering. Please make sure you give us a valid email address.

You are welcome to request pants for each member of your household but please complete a form for each person so everyone gets the correct size period pants. We expect this service to be very popular so please allow 28 days for us to pick, pack and post your pants. You can order at www.allyoursbox.co.uk/request

DADS DO PADS – AUTUMN DATES

Our next Dads Do Pads Sessions will be back in the Autumn. These free online workshops give dads, carers, and other men a relaxed, confidential space to learn about periods so they can better support the young people in their lives.

On Thursday 24th September at 7.30pm, Dads Do Pads offers a comprehensive guide to everything from pads and tampons to menstrual cups and period underwear, including how to use and care for them safely.

Then on Thursday 1st October at 7.30pm, the Menstrual Cycle Edition walks through the four stages of the cycle and how each can affect energy, mood, and confidence, helping dads offer meaningful, well-informed support.

Both sessions are held online, in a men-only space to encourage open conversation, with plenty of opportunity to ask questions. To sign up, visit www.allyoursbox.co.uk/events

SUMMER COLLECTION

Our period boxes will be available throughout the summer holidays from our community collection points. Find your nearest point here www.allyoursbox.co.uk/box-collection-points

Prefer reusables? You can still order those online anytime www.allyoursbox.co.uk/request

Can't get to a collection point? No problem, just drop us a line at box@allyoursbox.co.uk and we'll send you information on how to access our special delivery service.

All Yours Period Box CIC – www.allyoursbox.co.uk
Facebook & Instagram – @allyoursmonthly