

What will be different?

By 2006

We will improve help and support for families and make sure they know where to get help if they want it.

By 2007

Schools in Kingston will work together to offer a wider range of activities and support for you and your family. (These are called Extended Schools.)

By 2008

Half of Kingston's primary schools will be open from 8am to 6pm to look after you and provide things to do before and after school when your parents are working.

We will have 7 Children's Centres giving health, education and family support for children aged 0-5 and their families.

All of the services in Kingston upon Thames giving support to disabled children and their families will have fully joined together to provide a better service.

Word list

When we say **WE** it means, schools, doctors, social workers, police and everyone in the borough that supports you and helps you to keep healthy and safe and get a good education.

Community is a group of people living nearby to each other or that have something in common, like all going to the same school or living down the same road.

Extended schools are schools that provide a full range of services like before and after school clubs and give help and advice to families.

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Children and Young People's Plan 2006-2010

"Children and young people are Kingston's future"



How we're going to help

make your life better

Helping to make life better for children and young people in Kingston upon Thames is very important to Kingston Council and its partners.

We have listened to what children and young people feel would make their lives better and have used this information to draw up a **Children and Young People's Plan**.

The Plan sets out our ideas to help make things better in five key areas between now and 2010:

- Being healthy
- Staying safe
- Enjoying and achieving
- Making a positive contribution
- Achieving economic wellbeing

This leaflet has been designed by children to tell you about the main things that we are going to do.

Making a difference together



What have Children and young people told us?

"I think it would be good to exercise more instead of sitting inside for the day"

"More advice and support about educational and employment choices"

"Thank you very much for your advice and for listening to me and being there to help me, it means a lot"

What children and young people want

"More opportunities for healthy eating and exercise"

"More opportunity to be involved and have a say on services provided"

"People eg banks coming into school to do work shops"



achieving economic wellbeing



It is very important to us that your family is given all the help and support they need so that they can look after you.

what we are going to do

We will make sure there are enough people to look after you and things for you to do when your parents are working.

We will make sure that all young people are given the chance to stay on at school, get or train for a job.

We will make sure that more children live in better homes.

Speakers should come into school to tell us about the jobs they do



making a positive contribution

Many children and young people make a positive contribution and tell us about the services they want.

We want to encourage and help more of you to do this.

what we are going to do

We will make sure we listen to you and involve you in developing services in the borough, and telling us how good they are.

We will support you to keep out of trouble and help you to become an active member of the community.

When I went to my new school I had a buddy who helped me to settle in and show me new things

We will help you to manage change and challenges successfully.

We will give disabled children and young people more places at after school and holiday clubs.

being healthy

Children and young people want more opportunities for healthy eating.

Have less fattening food in the cafeteria

We have set up a healthy eating website for schools, to help make school food better.

what we are going to do

Work together to make sure you are healthy and have a healthy lifestyle and we will give extra support to those who need it.

We will make sure you know more about eating healthy foods.

We will make sure all children and young people have at least 2 hours of physical activity per week.

We will lower the number of children and families living in temporary accommodation and the amount of time they spend there.





staying safe

You need to talk to us about being safe on the streets and at bus stops

We will make sure all children are safe, are cared for and know how to get help if they need it.

what we are going to do

We will make sure you are safe and cared for especially if you are not able to live at home with your family.

We will make sure families have the help and support they need and know where to get help if they want it.

We will improve contact between your school, your home and all the people there to support you.

We will improve the safety of children and young people and their fear of crime .



enjoying and achieving



We are trying to help you enjoy school and not to get into trouble.

We are increasing the number of out-of-school activities for children and young people.

what we are going to do

We will make sure you are well prepared to start school and that you take part and enjoy your time there.

We will make sure all schools are good and that you will get extra help if you need it.

We will make sure that you have the chance to take part in different sports and games and other fun activities.

More opportunities for those who are disabled

You can also download this leaflet from our website: www.kingston.gov.uk.