Beatrice Avenue, East Cowes, IOW, PO32 6PA. Tel 292872 queensgateprimary.co.uk Queensgate Foundation Primary School

It's Bunny Hop Day!

Dear Families,

Bunny Hop

On **Thursday 28th March** the PTFA have organised a Bunny Hop. This will not be a sponsored event this year, but please could each child bring **£1** to help the PTFA raise funds for school equipment. Each child will hop, skip, run or jump around the field. Bunny ears are very welcome! The children need to come to school in their Queensgate PE kit on this day please.



Support Year 6 Enterprise Sale

On Monday 25th March, straight after school Year 6 will be selling items that they have made at school or home as part of their enterprise project. They were given £2 each and their aim is to make a profit. The money raised will go to their own end of term celebrations, which includes a skateboarding day. If the weather is dry the sale will be on the front lawn, if wet, in the dining room. Please support our Year 6 children.

SATs Presentation Link

Thank you to those parents who came along to the SATs talk this week. If you were unable to make it you are encouraged to access the SATs presentation slides. They can be found at:

https://www.queensgateprimary.co.uk/assets/images/branding/ SATs Parents Presentation 2024.pdf

End of Year Finances

Please can you ensure that all accounts for breakfast club and lunches are paid before next Thursday so that accounts can be reconciled before the end of the financial year.

Year 3 TeePEA Family Workshop

Dear parents, carers and grandparents of Year 3,

Please join us in at **2pm on TUESDAY 26th March** (not 25th as previously stated!) to help us create some tepees for our outside learning areas.

We have been growing pea and bean seedlings in class as part of our Science project this half term and we need your help to turn them into living shelters!

Please can all Year 3 pupils – and any adults who are able to join us- wear 'out and about' clothes as we are likely to get muddy. Rain coats and wellies will be necessary if the forecast is bad!

We aim to finish before 3pm so children can leave with adults or be collected as normal.

We hope to see you there!







This term Year 2 would like to invite you to come into school and explore non-fiction books with your child! Bring a NON-FICTION book from home or choose one from our class library, and join us for a sit down, read and fact find!

When: Thursday 28th March at 2.30pm -2.50pm

Good Quality Trainers

Do you have any trainers that your child has grown out of but they are still in good condition? We would love to keep some pairs at school for spare. Please could you send them in labelled for Miss Radcliffe? Thank you so much for your support with this.

Vaping and Smoking on Site

I would like to remind you that Queensgate Foundation Primary School is a **non smoking and vaping site**. This includes all outside spaces and during children's football matches. I would also request that adults do not swear when on school grounds either - we all need to be role models for the children.

Advance Warning - Donut Sale

There will be a donut sale, run by the PTFA, on Friday 19th April. It will take place at 3pm on the front lawn, if wet it will be in the dining room.

Bereavement Workshop and Drop in Sessions

We have Tammy Hazzell-Ravel a Bereavement Co-ordinator from Mountbatten/Kissypuppy coming into school on Monday 25th March from 9am until Noon in the training room. This is an informal drop-in session where you can speak to Tammy regarding any bereavement you may be dealing with or about to deal with. Tammy will be able to speak to you about the language to use when talking to children about death and activities to carry out with them which can aid remembrance and help with grief. Tammy will also be able to signpost you for further support if required. If you would prefer a private 1:1 session please see Mrs Jeffers who can arrange this during the morning for you. Thank you.

Queensgate Social Media

To keep up to date with all things Queensgate then please follow us on either, or both of the social media platforms that we have recently joined. Give us a like!

https://www.instagram.com/queensgatefoundationprimary

https://www.facebook.com/QueensgateFoundationPrimary

Easter Service

We will be having a special Easter service on Wednesday 27th March which will be led by James Pontin.

Scooter and cycling on site

Please can we remind you that there should be no cycling or scootering on site. It is far too busy and we don't want there to be an accident. I have spoken to Year 5 and Year 6 about this today, but please remind all of your children about this important safety rule. Thank you for your support.









Out and About

The children in **RBH** visited Monkey Haven on Tuesday. This half term, they have been learning about different animals and mini-beasts. The children took part in a 'Bugs and Beasties' experience, where they were able to handle some bugs. They enjoyed exploring the haven, looking at all of the monkeys, apes and owls. The children looked at the information boards to find out which country the animals originated from, what they liked or disliked and what they eat.

"I liked the owls. Some had orange eyes and some yellow. I liked the small monkeys they were trying to touch our hands on the glass. They were cute! I touched a millipede - it had so many legs." Mayleigh RBH

"The owl was talking to me. Twit twoo. I didn't like the eagle owls, they were a bit big! Some of the monkeys were funny!" Clayton RBH

" I was a bit scared of all of the insects. I liked the owls and the big gorilla statue. I liked the monkeys, they were jumping and swinging. It was fun!" Antonia RBH



The Out and About group from **1CE** visited Nettlecombe Farm on Wednesday morning. They were very fortunate to meet two new lambs, as well as hand feed all the animals. The children developed confidence throughout the visit and by the end were keen to get involved.

"We saw a lamb and we saw some sheep. We fed the donkeys carrots and we fed the sheep special sheep food. We had to feed them on our hands because they don't like eating off the ground where they poop. They don't bite because they only have bottom teeth. We met some big cows and we fed them too. The chickens pecked the food from our hands. My wellies got stuck in the mud and it was really funny!" Raemarni 1CE

"We went to a farm and we fed some animals. We saw alpacas, they were a bit smelly. I liked feeding the goats and the sheep. The sheep were really woolly and I gave them a stroke and a cuddle. My favourite bit was seeing the lambs!" Evelyn 1CE







Working together for a successful future

Out and About next week...

It was our last week of swimming for Year 3 and Year 5 this week. The children in Year 3 all completed a Water Safety and Skills session, learning how to safely perform a self-rescue, whilst our Year 5 children underwent their assessments. It has been great to see their progress and determination over the last 10 weeks. Well done to all our swimmers!

Out and About next week...

Please ensure your child wears suitable warm play clothes (that can get muddy), and they bring a waterproof coat, and <u>wellies</u> (warm socks to go in wellies are also highly recommended!).

Tuesday am - Reception at Osborne House

All of Reception

*Please wear school clothes and bring a warm, waterproof coat. We will update you with any changes due to weather.

Tuesday pm - Year 3 at The Patch All of Year 3

Wednesday am - Year 1 at Nettlecombe Farm

George A, Louis, Jack, Max, Archie, Jacob, Arthur, Freya, Vienna, Holly Olivia, Elsie-Mai, Poppy and RJ.

*Please note children <u>must wear wellies</u> on the farm. If your child does not have any please let us know and we will try and loan them some for the session.

Wednesday pm - Year 5 at The Patch

All of Year 5

Cookery

Your child in **Year 6** has cookery on **Tuesday**. Please can they bring in a container suitable for Spaghetti Bolognese.

Kahlel, Sophie, Jude D, Toby B, Wynter, Su, Felicity, Jack M, Elsie, Harrison, Sadie, Jacob, Alayna, Olivia and Amelia.

Your child in **Year 2** has cookery on **Tuesday**. Please can they bring in a container suitable for a sandwich.

Ella, Paisley, Gracie-Mai, Amelia-Lily, Paisley, William, Caleb, Harry, Jamie, Corey, Jimmy, Rory, Eli, Arlo and Leo.

Your child in **Year 4** has cookery on **Wednesday**. Please bring in a container suitable for Udon Noodles.

Christopher, Tyler, Caiden, Dylan, Malaika, Logan, Tilly, Katelyn, Ella R, Freddie, Ella Sch, Alfie, Rory, Connor and Keian.

Your child in **Year 1** has cookery on **Wednesday**. Please bring in a container for African Malva Pudding.

Ellis, Roman, Matteo, Declan, Alfred, Daniel, Jake, Luke, Amelia, Imogen, Penny, Neahve, Lexie-Mai, Sophie and Verbeder.

If your child attends **Cookery Club** on either **Tuesday** or **Wednesday** please bring in a container every week.

Sports Report

Year 5/6 Girls Football Festival

On Monday 18th March a team from Year's 5 and 6 travelled to Cowes Enterprise College to take part in a football festival. All the girls were very excited to get a chance to play. There were eight teams, including us, meaning we had seven games ahead of us. We started off well, with a tight match against Hunnyhill, finishing with a score of 1 - 1. We then went straight in to our second match, facing The Priory, the girls fought well and started finding their positions, unfortunately we conceded a goal right at the last



minute. This did not dampen the girls spirits and we continued to battle. Our next match was against Barton A, they were a strong team and managed to put two goals in our net, however this gave the girls the drive they needed and we went into our next match with fresh determination. We faced Lanesend B and came away with a 2-0 win, the girls were buzzing and wanted the win even more. Our next three games were against Barton B, Lanesend A and St Blasius; with great team spirit and some great football, we came away with scores of 1 - 0, 1 - 0 and 2 - 1 respectively.

Overall the girls came 4th out of the eight teams and were extremely happy with their place. The girls played so well throughout the tournament and loved being able to play lots of football.

Year 5/6 Girls Football against Lanesend

On Wednesday 20th March we had a friendly match against Lanesend at home. The girls were raring to go and desperate to get into their positions and start playing. We started off strong and played a very good game. We went into half time with a score of 2-2. At the beginning of the second half the girls were starting to tire but kept their spirits up, unfortunately they conceded two more goals and despite having a few attempts on goal, just couldn't find the back of their opponents net, with a final score of 4-2.

Year 4 Boys Cup Football

Last Friday, the Year 4 boys team travelled to Cowes Enterprise to face Nine Acres in the cup final. Having previously faced Nine Acres in the league, we knew this was going to be a very tight match. The game kicked off and the boys started slightly slowly, with Nine Acres having most of the ball and pushing towards our goal. However, the boys were quick to respond and even managed to break away and score the first goal of the match. The boys kept up this pressure and went on to score another great



goal by attacking well down the right side. The first half came to an end and the boys had a welldeserved break. We altered a few tactics and made a couple of changes and the boys got back into their positions. Throughout the second half both teams battled well, with goals coming from both sides, but overall, it all came down to a fantastic fingertip save from our goalkeeper Tommy W. This save was one of the last actions of the match and the game finished 3 - 2 to Queensgate. The boys fully deserved this win and it was a brilliant team performance. Cup final winners, well done boys!

Year 4 league Football

On Monday, the Year 4 boys had their semi-finals of the league against The Bay. The team were hopeful they could get a positive result and make it to the finals. The game kicked off and the boys were first to the ball. We created several chances within the first 10 minutes but couldn't seem to score. Finally, we found a break through down the right hand side and made



the score 1 - 0 just before half time. It was a quick turn around at half time and the boys got straight back into their positions. The Bay saw much more of the ball during the second half, causing the boys to have to defend for long periods of time. With a deflected corner, The Bay brought the score back to 1 - 1 and the full-time whistle blew. As this was a semi-final the game went to penalties. Unfortunately for us, it was not meant to be and we lost the shoot out 3 - 1. The boys were very disheartened at the end of the game, however they have had a fantastic season and should be very proud of themselves.

Year 4 Football Friendly

On Wednesday, the Year 4 boys development team faced Lanesend at home. This was some of the boys first ever football game and they were really excited going into it. The game began and both sides were eager to get their foot on the ball. Lanesend struck first with a well hit penalty, however the boys responded well with a great team goal making the score 1 - 1. The first half came to an end and the boys gathered round for a team talk. We spoke about our positioning and how we needed to think about not drifting away from our positions in the second half. The boys took the information onboard and got stuck in once again. Both teams battled hard throughout the second half with both teams having great chances. With some great team play and individual finishing both teams managed to score two goals in the second half, meaning the game finished 3 - 3. This was a fair result for both sides and the boys should be happy with how they performed. Great effort boys!

Attendance

Whole School Attendance since September is 95.06%

Whole School Attendance this week is 92.54%

KS1 Class with best attendance this week is 2KA with 97.62%

KS2 Class with best attendance this week is 5TS with 98.52%



Eco Schools



Did you know?

A glass bottle can take more than a million years to decompose, possibly more if it's in landfill! This means that glass manufactured and used 5000 years ago may still be present in our environment. The life cycle of glass is long, so it is better to repurpose and reuse it over and over again before recycling. Recycling of one glass bottle not only saves energy but the energy saved can also power a normal light bulb for about four hours.





Get creative! Repurpose bottles and use them as vases or candle holders. Check out YouTube for some great ideas. Don't forget it's not just bottles you can repurpose, you can also re-use jam/pickle jars. Make a lantern or lamp. Insert gifts such as baked goods, jams or soaps. Add a bow and voila! If you are cutting your bottle or jar, take care, wear gloves and goggles. Safety first! Send a picture of your creative make into school (admin@queengateprimary.co.uk) and we will 'show them off' in our newsletter after Easter.

Lost Property

Please see pictures of all of the lost property. We will put these outside of the school (weather dependent) next Wednesday and Thursday. Thank you.



Working together for a successful future

Play, Grow, getter Remember all Reception, Year I and Year 2 children are entitled to Free School dinners.							
		Monday	tuesday	Wednesday	THURSDAY	Friday	
023	SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Turkey Con Chill Served with Wholegrain Rice	Roost Turkey Served with Roast potatoes and Gravy	Breaded Fish Fingers Served with Chips		
INTER 2	HOT SP	Sweet polato Curry Served with whole grain rice y	Macaroni Cheese	Cheesy Leek and Corrot Crumble Served with Roast Potatoes and Gravy	Crispy Vegan Nuggets Served with Oxips		
AUTUMN/WINTER 202		Jocket Polatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jocket Polatoes with a choice of hot and cold fillings		
L D	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta						
4	All Main Meals are served with two vegetables						
Elline .	Dessert	Apple Crumble with Custard	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Strawberry Ice Cream		

Here is the menu for the first week back after The Easter Holidays

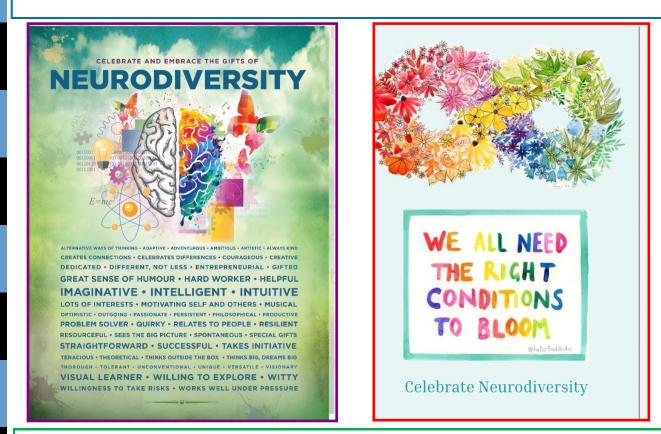
o c	hartwells		/EEK 1			
				W/C: 15/04, 06/05, 03/06, 24/06, 15	5/07, 09/09, 30/09	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MER 2024 HOT SPECIALS	Cheese and Tomato Pizza Served with Half a Jacket Potato	Classic Beef Burger Served with Potato Wedges	BBQ Chicken Served with Roast Potatoes	Turkey Lasagne ஒ ர Served with Garlic and Herb Bread	Fish Fingers Served with Chips	
RING/SUMMER 202	BBQ Quorn Fillet	Vegetarian Burger Served with Potato Wedges	Cheesy Ploughman's Picnic Plate⊚	Chilli No Carne with Crispy Tortilla ۞ ☞ ዏ Served with Wholegrain Rice	Quorn Dippers Served with Chips	
RING/	Jacket Potatoes ≫ with a choice of hot and cold fillings	Jacket Potatoes 🏈 🕥 with a choice of hot and cold fillings, including Salmon Mayonnaise 🔊	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	
5	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🔇 🐲					
DESERT	Crispy Crackle Bar with Fruit 💩	All main n Raspberry Jelly	neals are served with two veget Carrot, Orange and Sultana Slice ₪ ♥	ables Vanilla Ice Cream	Original Flapjack	
		and the share was a second of the				

Year 6 Enterprise Event - this Monday 25th March at 3pm!

Year six are making different items to sell to all the parents and children of Queensgate, this will be held at 3pm on the green outside the front of the school on the **25th March 2024**. Each group of children has been given a budget of £2 each to get any items to help with their project. Year six have been working very hard on these projects to make sure they are the best they can be and have been using teamwork to create their design of logo and product - we hope you can make it.



Maya B 6LR



And Finally...

This is the last newsletter of this term, thank you for your continued support. I hope you and your families have a very good Easter. The Easter break will commence on Friday 29th March, please ensure that children have good attendance right until the end of term.

We look forward to welcoming the children at 8.40am on Monday 15th April.



March 2024 Issue 13

MHST Newsletter

iownt.mhst@nhs.net ~ 0300 365 4010

What's been happening:

- We have welcomed Northwood Primary School onboard.
- We have welcomed two new trainee EMHPs who introduce themselves more below.
- Our five current trainee EMHPs are finalising their University course within the next few weeks.
- Our practitioners have been delivering the Worry Awareness workshops to the year 2 classes.
- The year 3 classes are currently receiving the Self Care workshops.
- We have met with Student Ambassadors at The Island Free School to promote MHST and get the young person's opinion on our service. If this is something your school could also help with, please get in touch with

What's coming up:

us

- Exam stress workshops will be taking place across some of the secondary schools.
- Year 4 Sleep Hygiene workshops will soon be underway.
- We will be saying goodbye to our Barnardo's MHST Contract Manager, Terri and welcoming Melissa to continue her work.







The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust

455 individuals were seen through Whole School College Approach in January

132 total session attendances in January January 97 individuals

e had 78%

attendance

rate for

treatment in

were open to MHST throughout January For more information regarding MHST, please email Clinical Team Lead, Charlotte Young: Charlotte.young22@nhs.net

Hello, my name is Chelsea, and I am one of the new trainee EMHP's.

I have previously worked as a primary school teacher and more recently within the ambulance service. I graduated from university in 2015 with a degree in Early Childhood Studies. I have always had an interest in children's mental health,

particularly in younger children. I am looking forward to learning ways I can support schools, children, young people and their

families, and putting these into practice.

When I am not working, I enjoy baking, exploring new places and reading a good book. I am really looking forward to starting work with the MHST and using my new skills to support children and young people here on the Isle of Wight. Mind and Mood Group

We have been running a mind and mood group at one of our secondary schools, which has been going well. Here is a brief summary of what is involved and if you have any students that would benefit from this group, please speak with the practitioners in your cluster:

Mind and Mood is a broad-reaching intervention which aims to equip young people with some understanding of emotions and provide them with skills to help manage them more effectively. We cover topics such as low mood, anxiety, the Fight, Flight or Freeze response and ways to manage our emotions. There are some skills such as mindful breathing techniques and other practical ways to manage common mental health problems.

Are you able to help?

We're in need of space during the school summer holiday. Is your school able to offer us space?

If your school can help or require more information, please email our Clinical Team Lead, Charlotte Young: Charlotte.young22@nhs.net

Hi there! I'm Tom, and I've recently joined the Mental Health Support Team (MHST) as a trainee Education Mental Health Practitioner (EMHP). All this means that I work with children and young people who are experiencing wellbeing challenges, such as worries, low mood, sleep problems or exam stress. This might be in one-to-one sessions, in a group or perhaps with both children and parents. If you see me around school or on the playground, please come and say hi!

I've worked in education for over 15 years, teaching children from Reception to Year 6. In my last job, I was also PSHE & Mental Health Lead. I love helping people learn techniques for looking after their thoughts and feelings. To look after my own mental health and wellbeing, I love to get out into the great outdoors, hiking over the hills and swimming in the sea. At home, I've probably got a good book to read.





We have 2 new

trainees



The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust

Please see link which can signpost you to the various adult mental health and wellbeing offers available on the Isle of Wight https://youtu.be/j4RJGm_3fvk



Book now for free Easter activity spaces for eligible children and young people

Children and young people will once again be able to enjoy a varied programme of free activities during the upcoming Easter holidays.

Organisations across the Island are coming together to offer activities for five to 16-year-olds as part of the Holiday Activities and Food (HAF) programme, which also guarantees a nutritious meal.

Free places are available for children and young people who receive benefits-related free school meals and on a paid-for basis as well. <u>Some places are also available for other vulnerable families.</u>

But with limited spaces for many of the activities, families should book soon to avoid disappointment.

The Easter programme has a fantastic range of activities on offer including horse riding, tennis and football coaching, multi-sport games, animal care, theatre skills and arts and crafts.

Full details including booking information can be found on the <u>Isle of Wight Family Information Hub</u> <u>webpage</u>.

Councillor Jonathan Bacon, Cabinet member for children's services, said: "We want to enable children and young people to try new things and make new friends and we know it is a welcome support for many families during the school holidays.

"We know that families are facing — and will continue to face — increasing pressure and the dedication of organisations to supporting families in this way means such a lot to so many."

For more information about eligibility, <u>please see the council's newly updated holiday activities</u> <u>webpages.</u>

The Easter HAF scheme is funded by the Department for Education.



Isle of Wight Wellbeing Service: Workshop List SUMMER TERM: April / May

DATE	COURSE NAME	TIME
15.04.24	What's Behind the Behaviour	11:30am
16.04.24	Child to Parent Violence and Aggression	9:30am
16.04.24	Boundaries and Expectations	11:30am
17.04.24	Navigating Neurodivergence	9:30am
17.04.24	Supporting the anxious child	9:30am
17.04.24	What's Behind the Behaviour	6:00pm
19.04.24	Boundaries and Expectations	4:30pm
19.04.24	Navigating Neurodivergence	6:00pm
22.04.24	Child to Parent Violence and Aggression	11:30am
23.04.24	Boundaries and Expectations	9:30am
23.04.24	Navigating Neurodivergence	11:30am
24.04.24	Child to Parent Violence and Aggression	6:00pm
30.04.24	What's Behind the Behaviour	9:30am
01.05.24	Supporting the anxious child	9:30am
01.05.24	Navigating Neurodivergence	6:00pm
06.05.24	What's Behind the Behaviour	11:30am
07.05.24	Navigating Neurodivergence	9:30am
08.05.24	Boundaries and Expectations	9:30am
08.05.24	Child to Parent Violence and Aggression	6:00pm
13.05.24	Child to Parent Violence and Aggression	11:30am
14.05.24	Child to Parent Violence and Aggression	9:30am
14.05.24	Navigating Neurodivergence	11:30am
15.05.24	Supporting the anxious child	9:30am
15.05.24	What's Behind the Behaviour	6:00pm
20.05.24	Boundaries and Expectations	11:00am
21.05.24	Boundaries and Expectations	9:30am
22.05.24	What's Behind the Behaviour	9:30am
22.05.24	Boundaries and Expectations	6:00pm

To reserve your place on any of the above courses, please email mitch.burson@iow.gov.uk



Isle of Wight Wellbeing Service: Workshop List SUMMER TERM: June / July

DATE	COURSE NAME	TIME
03.06.24	What's Behind the Behaviour	11:30am
04.06.24	Navigating Neurodivergence	11:30am
05.06.24	What's Behind the Behaviour	6:00pm
10.06.24	Boundaries & Expectations	11:00am
11.06.24	What's Behind the Behaviour	9:30am
12.06.24	Supporting the anxious child	9:30am
12.06.24	Child to Parent Violence and Aggression	6:00pm
17.06.24	Child to Parent Violence and Aggression	11:30am
18.06.24	Navigating Neurodivergence	9:30am
19.06.24	Navigating Neurodivergence	6:00pm
25.06.24	Boundaries and Expectations	9:30am
26.06.24	Supporting the anxious child	9:30am
26.06.24	Boundaries and Expectations	6:00pm
01.07.24	Child to Parent Violence and Aggression	11:00am
02.07.24	What's Behind the Behaviour	11:30am
03.07.24	Boundaries and Expectations	9:30am
03.07.24	Navigating Neurodivergence	11:00am
03.07.24	Child to Parent Violence and Aggression	6:00pm
08.07.24	Boundaries and Expectations	6:00pm
09.07.24	Navigating Neurodivergence	6:00pm
10.07.24	What's Behind the Behaviour	9:30am
10.07.24	Supporting the anxious child	9:30am
10.07.24	Boundaries and Expectations	11:00am
10.07.24	What's Behind the Behaviour	6:00pm
12.07.24	Navigating Neurodivergence	9:30am
24.07.24	Supporting the anxious child	9:30am

To reserve your place on any of the above courses, please email mitch.burson@iow.gov.uk



Children's Easter Half Term Offer Examination and Fluoride Application £20.00 With our Therpists Debbie and Laura

For under 12s Free brushing pack St James Clinic 📅 Tel 01983822220 www.stjamesclinic.co

Easter Weekend CHILDREN'S DENTAL CLINIC

5 and Under NHS Appointments Speak to our friendly reception or book your space online







ES DAMIRA

We have spaces for girls wanting to play rugby in our U12s group. For ages 10-12.

12.00 - 13.30 every Sunday at IWRFC in Wootton

GIRLS RUGBY

Register your interest: vectisrfccoaching@gmail.com

www.vectisrfc.rfu.club







