

Enjoy the Fireworks! Stay Safe!

Dear Parents and Carers,

Parents' and Carers' Consultations

It was great to see some of you at Parents' and Carers' consultations this week. The children really benefit from school and home working together and seeing that you value what they are doing at home. There are still some gaps in children's learning due to Covid times, which we are working hard to close. Please hear your children read every day. This helps with vocabulary acquisition and supports all areas of learning across the curriculum.

If you have not yet managed to see your child's class teacher please ring for an appointment.

The Fireworks Code

- ◆ Stand well back
- ◆ Keep pets indoors
- ◆ Keep fireworks in a closed box
- ◆ Only buy fireworks that are CE marked
- ◆ Light at arm's length, using a taper
- ◆ Follow the instructions on each firework
- ◆ Never give sparklers to a child under five
- ◆ Don't drink alcohol if setting off fireworks
- ◆ Always supervise children around fireworks
- ◆ Light sparklers one at a time and wear gloves
- ◆ Never put fireworks in your pocket or throw them
- ◆ Never go near a firework that has been lit - even if it hasn't gone off it could still explode
- ◆ Remember Stop, Drop, Roll!



In this week's assemblies we talked about how to stay safe on Firework's Night. Have a chat to the children about what they learnt.

Year 1 have been learning about Guy Fawkes this week. Here is some of their work.

We had a visit from a man called Guy Fawkes! He asked us if he could hide in our classroom because the king's soldiers were looking for him. He told us about himself and why he and his friends had plotted to blow up the Houses of Parliament and kill the king. He was later caught and sent to the Tower of London before being executed for treason.



Out & About

On Tuesday morning the **Year 2** Out and About team practised their teamwork, listening and negotiating skills, playing games on St Helens Duver. The children worked together in teams using tyres, planks and small pallets to 'cross the river'. They showed great determination (and strength!) to move the equipment and get all of their team members across the river without touching the 'water' (grass). Despite being very driven to win they were all super at congratulating the other team if they didn't. A huge well done to all the children for working well together and being great sportsmen and women.



Year 3 have begun learning about the Stone Age in their History lessons. The **3AH** Out and About group visited The Shipwreck Centre and Maritime Museum in Arreton on Tuesday afternoon to learn about local Stone Age discoveries. The children found out about Maritime Archaeology and how divers have uncovered a Mesolithic village under the sea at Bouldnor cliff, Yarmouth. They looked at what equipment divers use and how curators log artefacts. The children were able to handle pre-historic tools as well as seeing wood that has been preserved, showing woodworking techniques that could mean there was a boat building industry at Bouldnor 6,000 years ago!



The **4MC** Out and About group went to Nettlecombe farm on Wednesday morning. To complete last half term's Geography work on farming, the children enjoyed a tour of the farm learning about land use and how the farm is run. The farm has diversified and they make their main income from holiday cottages on site as well as keeping a variety of rare breeds animals. The children were able to hand feed the chickens, goats, sheep, donkeys and alpacas. They especially loved having some 'sheep therapy' in the form of sheep cuddles with Oreo and Fern! It was fantastic to see the children so relaxed and confident around the animals.



Last half term our Year 1 classes were learning about the five senses in Science as well as the changing seasons. The **1SG** Out and About team recapped their learning when they visited Borthwood Copse on Wednesday afternoon. The children used their senses and talked about what they could smell, hear, see and feel in the forest. They gathered different natural objects to create autumnal faces, using adjectives to describe them. The children listened to some Autumn stories including *The Leaf Thief* by Alice Hemming then had fun exploring the woods.



Out and About next week...

Please ensure your child is wearing warm, old play clothes (nothing new or special), waterproof coat (pack waterproof trousers too if they have some) and wellies/walking boots/old trainers in a named bag.

Tuesday 8th November am - 2EC
Bembridge walk

Ellie, Ethan, Daisy, Lilly, Miller, Oliver C, Max, Daniel, Samuel, Juniper, Corey, Eve and Chloe.

Tuesday 8th November pm - 3PT
Shipwreck and Maritime Museum

Ashton, Maddie, Jacob, Kyle, Annabella, Benjamin, Mia-Rose, Toby, Oscar G, Harry, Tommy, Destiny-Grace, Cooper, Ruben and Hannah.

Wednesday 9th November am - 4BM
Nettlecombe Farm

Children must wear wellies on the farm. Please let school know if your child does not have any and would like to borrow some.

Ryan, Emily B, Teddy, Skyla, Maya, Amelia, Arthur, Evie, Ava, Jake, Zachary, Emily T, Isabella, Denys and Artem.

Wednesday 5th November pm - 1CE
Puckpool

Arthur, William, Hannah, Freddie, Tyler, Daisy, Mia, Teddy, Poppy, Levi, Gracie-Mai, Harvey, Caleb, Jamie and Corey.



What's for dinner next week?

(Remember all Reception, Year 1 and Year 2 children are entitled to Free School dinners.)



Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza Served with Two Vegetables	Pork Sausages Served with Mashed Potato, Two Vegetables and Gravy	Roast Gammon Served with Mashed Potato, Two Vegetables, Yorkshire pudding and Gravy	Chicken Curry Served with Wholemeal Rice	Fish Fingers Served with Chips and Two Vegetables
Chinese Vegetarian Noodles Served with Two Vegetables	Veggie Sausage Served with Mashed Potato and Gravy	Vegetable Pie Served with Mashed Potato, Two Vegetables and Gravy	Vegetable Lasagne Served with Garlic and Herb Bread Wedge	Quorn Dippers Served with Chips and Two Vegetables
Jacket Potatoes or Tomato Pasta	Jacket Potatoes or Tomato Pasta	Jacket Potatoes or Tomato Pasta	Jacket Potatoes or Tomato Pasta	Jacket Potatoes or Tomato Pasta
Jam Sponge	Orange Shortbread with Fruit Slices	Chocolate Ice Cream	Apple and Berry Crumble Served with Custard	Strawberry Frozen Yoghurt with Fresh Fruit

Please note that all meals are subject to change due to availability of produce.

Please Note that lunches now costs £2.37 each.

French at Queensgate

Coco La pomme



Bonjour!

Je m'appelle Coco et je suis une pomme.

Each week I will share with you a French word



La poubelle (Lah poo-bell)

Où-est la poubelle?

Where is the bin?

Voici la poubelle!

Here is the bin!

Healthier lunchbox recipes

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips.

Please remember that all Reception and Key Stage 1 children (year one and two) are entitled to a free school meal regardless of your situation.

As a school we have a duty of care so lunch time staff will comment on a child's lunch box contents if the lunch is not appropriate.

Thank you for your support.

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)

Attendance

It is hugely important that the children come to school everyday as the lessons build on from each other. If your child is not well please telephone the school office and let them know the reason for the absence, this should be followed up with an email or note to office@queensgateprimary.co.uk



If you would like leave of absence for an alternative reason to illness you must complete a leave of absence form (at least 14 days in advance of absence), these can be found in the school foyer.

Please remember to call the school when your child is absent (if we haven't heard from you by 9.15am we will contact you). It is important that you follow up this phone call with a written reason for the absence when your child returns to school.

Remember that good attendance will help your child to succeed at school.



Whole School Attendance this week is 95%

KS1 Class with best attendance this week is 1CE with 98.08%

KS2 Class with best attendance this week is 6LR with 98.41%

Reception Cooking

With reception we looked at the traditional tale The Gingerbread Man. Reception children then had the chance to make and decorate their very own gingerbread men.

We had so much fun! Arthur asked " When can I go back to the cookery room again to be a chef? "



Dates for your diary for this term

Monday 7th November - Portrait photos, Dentist in to work with Year 2, School Council meeting

Tuesday 8th November - PTFA AGM at The Lifeboat (7pm)

Wednesday 9th November - 5RA Parents evening (rearranged)

Thursday 10th November - Cameo in training room (see advert on page 11 for details), Mrs Sillito and school councillors to Carisbrooke Castle for Remembrance Service, Year 4 Egyptian Cartouche Workshop in the hall,

Friday 11th November - 1 minute silence at 11am within classes

Monday 21st November - Mrs Dye's class (RSD) to the library

Wednesday 30th November - Year 6 STEM day in the hall all day

Tuesday 6th, Wednesday 7th and Thursday 8th December - Schoolastic Book Fair here

Friday 9th December - 2.30 School Christmas Fair

Tuesday 13th December - Reception show to school (dress rehearsal)

Wednesday 14th December - 9.30am Reception show to Parents

Thursday 15th December - Christmas Jumper and Dinner Day

Friday 16th December - Last day of term

Christmas Holidays **Monday 19th December to Monday 2nd January 2023**

Tuesday 3rd January 2023 - INSET Day training for all staff (no children)

Wednesday 4th January 2023 - Children return to school for Spring Term 1



Year 3 Visitor

Today Estelle Baker, from Carisbrooke Castle Museum Service, came to visit Year 3 to talk about the Old Stone Age, Middle Stone Age, New Stone Age, Bronze Age and Iron Age. She set up activities on our tables for us to investigate these times.

I was interested in the Bronze Age activity where we had to do pottery with clay and make designs on our pots. We learnt that in the Middle Stone Age (Mesolithic) water was around the Isle of Wight and as it was frozen we could walk all the way to Southampton. As the weather got hotter, the ice melted and the ice turned into water. As the water level rose the Isle of Wight turned into an Island. That was my favourite bit of learning.

Adhvika Vetri Ganapathy



For parents/carers of children in Early Years or Primary age

To help improve current and future childcare services for parents/carers and their children on the Isle of Wight we would like to receive the views and experiences of parents and carers. As part of this we want to understand how attitudes have changed towards childcare services because of the COVID-19 pandemic.

We would like as many parents/carers as possible to take part, so please could you share the link below with your staff members and parents.

<https://www.surveymonkey.co.uk/r/95RZGCM>

All responses will be anonymous, you will only be asked to provide the first five characters of your postcode.

Many thanks

Kind regards

Early Years Advisory Team

Have your say!

Remembrance

Next week the assembly theme will be Remembrance. On Thursday 10th November I will be attending a Remembrance service at Carisbrooke Castle with the School Council Reps from Years 4, 5 and 6. Please ensure the children are dressed in their smartest school uniform and they have a coat with them.

We will be holding a minutes silence on Friday 11th November at 11 am.

Road Safety Week - 14th to 20th November



This week our Junior Travel Ambassadors, Alfie, Megan, Olivia and Charlotte have presented their first assembly, they have told the children about upcoming events such as road safety week, the travel survey and a competition to win a backpack, more details will be available soon.

The important message is be bright and be seen, especially now the evenings are getting darker.

Anti-Bullying Week

Between Monday 14th November and Friday 18th November we will be taking part in Anti-bullying week. The theme for this year is Reach Out!

And finally...



Poppies are on sale in the school. They are being kept in the main school office. We recommend a minimum donation of 20p for a poppy, extra for any of the other items. Please send your child in with some money if they would like to make a donation to this worthwhile charity.



Have a wonderful weekend and please take extra care with Fireworks if you are having them at home.

Best wishes,

Samantha Sillito

Headteacher

EAST COWES COMMUNITY LIBRARY



East Side Curve
Tuesday afternoons 4pm
Starting Tuesday 25/10/22



Come and join us to enjoy an informal story session from 4pm to 4.30pm every Tuesday afternoon.

Stories aimed at 7 and unders.

Free to attend, no need to book. All welcome!

Why not change your library books before or after the stories?

Email: library@eastcwestowncouncil.co.uk
Post: East Cowes Town Hall, York Avenue, PO32 6RU
Phone: 01983 299082 (option 5)

Warm Spaces



From the **1st November** why not join us in our warm, friendly and comfortable space that is on your doorstep.



Read a book
or
newspaper



Enjoy a free
coffee, tea or
soup



Have fun playing
games



Chat or have
some peace
and quiet

Open Monday to Friday 9am to 5pm

Community activities permitting

East Cowes Town Council

Town Hall, York Avenue, East Cowes. PO32 6RU

(01983) 299082 www.eastcwestowncouncil.co.uk



Improve Your Mental Health

Understanding your emotions

Isorropia Foundation is a wellbeing organisation designed to empower you to become the best version of yourself

Wednesday 30th
November
10:30am- 12 midday



YMCA - The Chapel
Winchester House, Sandown Rd,
Shanklin PO37 6HT

Gain skills to improve your wellbeing and unlock your potential
This workshop is open to the public. Attendees must be over the age of 18.

We hope to see you there!

01983 217 791 hello@isorropia.uk www.isorropia.uk

Hello, is it you we're looking for?



Family life can be a challenge. Home-Start runs Family Group sessions for parents and their young children. Could you volunteer in a group and help make their time together special?

How much time do I need to give? Group sessions are 2 hours each week during term time.

Where would it be? Groups take place in Newport, Ryde, East Cowes & Shanklin

What does it involve? A Home-Start Family Group volunteer is a helping hand and a listening ear. Working alongside the Family Group staff you will:

- Provide a warm welcome to parents & children
- Support children to enjoy the fun activities on offer
- Help with setting up and packing away
- Offer a listening ear to parents who need time to talk
- Give practical help to parents with more than one child to give them the opportunity to spend 1:1 time with each of their children

Do I need any special skills or experience? Non-judgemental with an understanding of the challenges of family life, kind and compassionate, practical, enthusiastic, creative, an understanding of child development would be an advantage and most importantly a willingness to join in with the singing! Most volunteers have parenting or caring experience, for everything else, full training is provided.

All Family Group volunteers are subject to an enhanced DBS check and references are required.

For more information or an application form please email admin@homestartniow.org call 01983 533357, or visit our website www.homestartisleofwight.org.uk

We look forward to hearing from you

Hello, is it you we're looking for?



Becoming a new parent can be a challenge and at Home-Start we know the value of supporting parents as early as possible. We are looking for, Bumps & Babies home visiting volunteers in your area?

How much time do I need to give? Most home visitors give a couple of hours each week.

Where would it be? At the family home

What does it involve? The role is varied as every family is different. A Home-Start volunteer is a helping hand and a listening ear. Your time with the family could include:

- Talking and listening
- Helping parents feel more prepared for parenthood
- Practical help & emotional support before baby comes along
- Supporting parents to feel more confident
- Practical help & emotional support after baby is born
- Supporting parents to get out and about
- Cuddling a baby!

Do I need any special skills or experience? Non-judgemental with an understanding of the challenges of family life, kind and compassionate, great organisational skills, practical, enthusiastic. Most volunteers have parenting or caring experience, for everything else, full training is provided. Training is a combination of online and face to face sessions. All volunteers receive regular support from a named co-ordinator.

All home visiting volunteers are subject to an enhanced DBS check and references are required.

For more information or an application form please email admin@homestartiof.org call 01983 533357, or visit our website www.homestartisleofwight.org.uk

We look forward to hearing from you

Hello, is it you we're looking for?



Family life can be a challenge. Could you be a home visiting volunteer and help a family with young children in your area?

How much time do I need to give? Most home visitors give a couple of hours each week.

Where would it be? At the family home

What does it involve? The role is varied as every family is different. A Home-Start volunteer is a helping hand and a listening ear. Your time with the family could include:

- Talking and listening
- Having fun with children
- Supporting families to get out and about
- Practical help

Do I need any special skills or experience? Non-judgemental with an understanding of the challenges of family life, kind and compassionate, great organisational skills, practical, enthusiastic. Most volunteers have parenting or caring experience, for everything else, full training is provided. Training is a combination of online and face to face sessions. All volunteers receive regular support from a named co-ordinator.

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For more information or an application form please email admin@homestartiof.org call 01983 533357, or visit our website www.homestartisleofwight.org.uk

We look forward to hearing from you

LW QHS **C.A.M.E.O.**

**COME AND MEET EACH OTHER
A COMMUNITY CAFÉ LED BY YOU**

We are hosting a 'C.A.M.E.O.' at:
Queensgate Foundation Primary
Beatrice Avenue, East Cowes, PO32 6PA
Thursday 10th November 2022
10:00 a.m. until 12:00 noon

A friendly space for you to try new things;
Activities, Coffee, Cakes and a Chat
Bring a friend and/or make some new ones
Everyone is welcome, we look forward to meeting you

**Meet New People
and make a
Connection**

**Do Something
New, Interesting
& Exciting**

**Get information
about services to
support you**

**Share your
skills, passions
and interests
with others**

Living Well and Early Help Service

reception@lweh.org.uk 01983 240732

the hub

**MENTAL HEALTH
DROP IN**

Where: The Hub, 114 Pyle Street Newport, PO30 1XA
When: 2pm - 5pm every Wednesday

For more information contact the Youth Trust
01983 539569 or info@newyouthtrust.co.uk

THE HUB IS A NEW SPACE IN CENTRAL NEWPORT DESIGNED BY YOUNG ISLANDERS, FOR YOUNG ISLANDERS.

OUR DROP IN SESSIONS ARE OPEN TO YOUNG PEOPLE AGED 13+ YOU DON'T NEED TO MAKE A REFERRAL TO ATTEND, JUST DROP IN AND OUR WELLBEING PRACTITIONERS WILL BE ON HAND TO OFFER INFORMATION AND SIGNPOST TO SUPPORT.

PARENTS WHO WOULD LIKE INFORMATION ABOUT SUPPORTING YOUNG PEOPLE IN THEIR CARE ARE ALSO WELCOME TO DROP IN



Parents Group

The aim of the SOS service is to provide specialist advice and support to mainstream schools to complement existing inclusive practice, increase knowledge and build confidence and competence in providing provision whilst meeting children's individual needs.

This group is open to all parents/carers who have a child/children that attend a school using our service.

When: 15th November 2022

Time: 12.30-2.30 drop in session

Where: Medina Help Hut, Green Street, Newport, PO30 2AN



Come and join us for a coffee, a chat and some cake

If you could let us know you will be coming so we can cater for enough people that would be great but please just come along if you would prefer.

To register your interest or if you have any questions please email:

Outreach@medinahouse.iow.sch.uk

Or

phone: **522917**



Cake, coffee and a smile welcome you all



Are you interested in a Career in
Renewable energy?

Start your Journey Today!

www.globalwindventures.co.uk

Includes over **£50** worth of savings to take across Tapnell Farm! See website for details

TAPNELL FARM PARK WINTER

Season Passes

JUST £28 PER PERSON!
Under 2's FREE

Valid from 3rd November 2022 - 24th March 2023
Unlimited FREE ENTRY - See winter opening times on website

Transferable adult season pass when accompanying a child season pass holder (see website for full T&C's)



ALL WEATHER FUN!
Indoor and Outdoor Play

Lots of great savings!



Discounted tickets for Season Pass Holders!

BUY ONLINE FOR FULL DETAILS www.tapnellfarm.com/play

NATUREZONES WINTER COMPETITION

Naturezones Wildlife Education Trust (NWET) is a ten acre wildlife field study centre and a Living Natural History Museum in Blackwater. It is a "not for profit" organisation dedicated to educating visitors in the importance of sustaining and creating wildlife habitats as part of the Island's ecology, increasing Biodiversity and nurturing the environment.

Your mission:
Using facts, write about a native British animal.
Will you choose to do a non-fiction piece or will you use the information you learn to create a fictional story about your chosen animal?



Which animal will you choose?

3 prizes, one each for the most informative piece of writing, the greatest increase in effort shown, and for the most learnt while completing the mission.



WIN free entry to Naturezones a hot drink & cake for 4.

Send your entries to:
naturezonesiow@gmail.com, arrange to deliver to Naturezones or post to Head Office, Padmore Lodge, Beatrice Avenue, East Cowes PO32 6LP.
Please included a pupil nominated for each of our 'effort shown' and 'most learnt' prizes. Ensure that all entries have a pupil identifier (i.e. their name or initials) and the school clearly written.
Closing date: Wednesday 14th December 2022.

