



Going For Goals

Dear Families,

Happy New Year to you all. I hope you all had a good Christmas and new year.

I thought it was timely to, once again, share the Queensgate Vision with you. Here it is:

At Queensgate Foundation Primary School we:

- ◆ develop a love of learning through a wide variety of experiences and opportunities in a safe, stimulating atmosphere
- ◆ create independent learners who reach their full potential
- ◆ have happy, confident and resilient people
- ◆ have high standards of achievement and behaviour
- ◆ are at the heart of the community.

This term we are specifically thinking about the children as **independent** learners and making sure **behaviour** is brilliant.

Age Related Expectations

In your child's book bag this evening there is a leaflet with all the Key Performance Indicators on for your child's year group. These are the main things they will be learning in reading, writing and maths between now and July. I thought it would be useful for you to have them, so that you know what we are aiming for and you can support them with their learning journey at home. If you have any questions please let one of us know and we can see if we can help you.

Our theme for next week's assemblies is Going for Goals. We will be asking the children what they want to work on to make sure they are doing as well at school as possible.

Would you like to join the Governing Board?

We have a vacancy for a parent governor at Queensgate. Would you be interested and do you have some time? **Please see the advert on the next page** for some information about how to apply.

School Admissions for September 2024

Do you have a child due to start school in September 2024? The deadline for applying is Monday 15th January 2024. It is not too late to book a tour if you would like to come and see us in action.

Maths for Parents and Carers

Would you like to be able to support your children better with their maths work? If so come along on a Friday between 9:00 and 10:30 when Dee Swallow will support you with this in a relaxed and friendly way.



Queensgate Foundation Primary School

Beatrice Avenue, East Cowes. Isle of Wight. PO32 6PA Tel: 01983 292872
Headteacher: Samantha Sillito B.Ed (Hons) NPQH
Deputy Head: Robin Chubb B.Sc (Hons) PGCE NPQSL
Assistant Head: Clare Grant B.Ed (Hons)
Assistant Head: Peter Tilling B.Sc (Hons) NPQSL

Dear Parent(s)/Guardian(s)

Parent Governor Vacancy

We have a vacancy for one **Parent Governor**. Queensgate Foundation Primary School has always aimed for a partnership with parents, which undoubtedly brings great benefits to the children. One of the most significant ways you can help in promoting this aim is to volunteer to be a Parent Governor.

School Governing Boards are made up of people with a range of skills and experiences, who are all volunteers and work together for the benefit of the School.

We are currently looking for volunteers who have -

- a desire to contribute to the development of the school and its community
- an interest in the performance of the school
- an open and enquiring mind
- the ability to look at issues objectively
- a willingness to listen, ask questions and make informed judgements
- the ability to work well with others
- time to help make a difference

The Governing Board's main tasks are:

- to ensure that the school has a clear vision, ethos and strategic direction;
- to hold the headteacher to account for the educational performance of the school and its pupils;
- to oversee the financial performance of the school and making sure its money is well spent.

Parent Governors are welcomed as valued members of the team and play a vital role in ensuring the Governing Board is aware of the views of parents and the local community. We feel sure that there are parents prepared to take on this important role and give their time and commitment to helping us to continue to improve the school's performance.

Whatever your level of knowledge, skills and experience – enthusiasm, interest and a desire to learn are the important factors. Training and support will be available to help you develop into the role.

Being a governor can give you:

- a chance to use and develop your own skills and experience
- the opportunity to work within a team and share your ideas and own skill sets
- experience in working in a strategic environment
- a sense of achievement

If you feel you can help in this capacity please contact the office for an application form, which will need to be completed and returned to the school by 12.00 noon on Monday 22nd January.

Further information for prospective governors can be found on the <https://www.iow.gov.uk/schools-and-education/school-governors/> or, alternatively please make an appointment via the office to meet with the Headteacher/Chair of Governors.

Please note that for the protection of children all governor appointments are subject to a DBS check.

If there are more applications than vacancies, we will hold an election and parents will be sent a voting paper.

Yours sincerely,

Headteacher/Co-Chair of Governors

Important Uniform Reminder

Please remember that PE kit should only be worn into school on PE days. Please also remember that PE kit consists of blue shorts or plain navy joggers and a blue round neck T-shirt worn with Navy sweatshirt with school logo.

Apart from PE days, school uniform should be worn on all other days apart from when it is Out & About or a MUFTI day. Normal school uniform can be obtained from Big Wight T-Shirt in Newport.

In cold weather please supply your child with a suitable coat.



What's for dinner next week?

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



		SchooLs				
		WEEK 1				
		Monday	tuesday	Wednesday	THURSDAY	Friday
AUTUMN/WINTER 2023	HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Turkey Served with Roast potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	JACKET POTATO	Stir Fried Vegetable Rice	Vegetarian Burger Served with Potato Wedges	Vegetable Pastry Roll Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Vegan Nuggets Served with Chips
		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 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
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta						
All Main Meals are served with two vegetables						
Dessert		Beetroot Brownie	Crispy Crackle Bar with fruit slice	Original Flapjack	Carrot, Orange and Sultana Slice	Vanilla Ice Cream

Attendance

Whole School Attendance since September is 95.25%

Whole School Attendance this week is 95.58%

KS1 Class with best attendance this week is RBH with 97.6%

KS2 Class with best attendance this week is 3PT with 100%

Thank you from Mrs Dye

Mrs Dye would like to say a big thank you to Matteo's family for making a birthday board for the classroom. As I'm sure you will agree it looks amazing! We have such clever parents and love to show off and show case your skills, so if you have any ideas please contact your class teacher or the senior management team.



Music At Queensgate

Festival Choir



Festival choir begins on Tuesday 9th January and is open to old and new members from Years 3 to 6. It would be great to see as many faces as possible from last year's festival choir to see if we can win the trophy back for the third year running. Please sign up using Clubbly. If you have any difficulties signing up just email Mrs Webb.

webb@queensgateprimary.co.uk

Piano and Guitar Lessons



We still have spaces for 1:1 piano lessons and small group guitar lessons in school on Fridays. There are ten lessons each term.

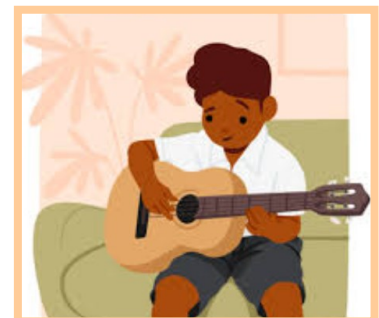
Piano lessons are £8 for a 15 min lesson or £10 for a 20 min lesson. They are provided by Mrs Shirley Camfield, a local private teacher. If you are interested, email Mrs Webb who will get a sign-up form out to you.

webb@queensgateprimary.co.uk

Guitar lessons are £8 for a 20 min small group lesson with Mr Smith of the Wight Music Tuition Service. Please use the following link to sign your child up for guitar lessons:

<https://iwmt.org.uk/apply-online/>

We still have plenty of school guitars so your child is able to loan an instrument free of charge if they wish to give it a go.



Out & About

Swimming for Year 3 on Tuesdays and Year 5 on Wednesdays

Next week all of our Year 3 and Year 5 children begin their block of school swimming sessions at Waterside Pool, Ryde. All children need to bring a separate swim bag with a towel, swimming costume/swim shorts and named goggles if they have any. Please ensure clothes and shoes are named to avoid any confusion! The first week will be an assessment week to check their swimming abilities and identify which group they will be in. Please note lessons don't finish until 2.30pm so we will be back to school at approximately 3.10pm. Children in Year 3 will be need to return to their classrooms after their arrival back on the coach or minibus to collect their school bags and will be dismissed out of the side door as usual. If you or your child have any questions or worries regarding swimming lessons, please do not hesitate to get in touch with a member of staff and we will of course do our best to help answer any queries. Many thanks in advance.

Out and About next week...

It's looking like a chilly week ahead! Please ensure your child wears suitable warm play clothes (that can get muddy), and they bring a warm coat, hat, scarves, gloves and wellies (warm socks to go in wellies are also highly recommended!).

Tuesday am - Reception

Donkey Sanctuary

Louie, Ananya, Charlie, Mia-Rose, Mayleigh, Thomas, Elizabeth, Owen, Freddie, Molly, Rhue and Lyla.

*It would be great if the children are able to bring in some loose change (in a named envelope) to pop into the donation bucket at the Donkey Sanctuary please.

Wednesday am - Year 1

Beach Clean

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

And Finally...

Please see important dates on the next couple of pages.

Please have a look at this link about how to manage screen time for your children (and maybe yourselves!) <https://centrifugestorage.blob.core.windows.net/jsa/26/files/110237.pdf>

Wishing you all a lovely, restful weekend.

Best wishes,



Samantha Sillito

Headteacher



Diary Dates

<p>Monday 8th January - Sensory club begins again. 2.30pm Dance Live Parent meeting in 4MC</p>	<p>Monday 12th February to Friday 16th February - Half Term Holiday</p>
<p>Tuesday 9th January - pm Year 3 swimming session 1</p>	<p>Monday 19th February - Start of Spring term 2 Eco-Committee Meeting in Music room</p>
<p>Wednesday 10th January - pm Year 5 Swimming session 1</p>	<p>Tuesday 20th February - Hampshire Fire Service visit to Year 2 pm Year 3 swimming session 6 3.30 - 6.50 Parents Evening 1</p>
<p>Friday 12th January - U10s Football boys vs Newport C of E (Home)</p>	<p>Wednesday 21st February - pm Year 5 swimming session 6</p>
<p>Monday 15th January - Year 6 art workshop all day</p>	<p>Thursday 22nd February - Year 4 to Portsmouth to see Bournemouth Symphony Orchestra 3.20 - 4.50 Parents Evening 2</p>
<p>Tuesday 16th January - pm Year 3 swimming session 2 Dance Live rehearsal at Medina Theatre</p>	<p>Friday 23rd February - Multiply Parents Maths workshop in training room Pm school Council Meeting in dining room</p>
<p>Wednesday 17th January - pm Year 5 swimming session 2 SLS Library van at school</p>	<p>Tuesday 27th February - pm Year 3 swimming session 7</p>
<p>Friday 19th January - 9.00 Multiply Parents Maths workshop in training room</p>	<p>Wednesday 28th February - pm Year 5 swimming session 7</p>
<p>Monday 22nd January - U9 girls football vs Newport C of E (Away)</p>	<p>Friday 1st March - Multiply Parents Maths workshop in training room</p>
<p>Tuesday 23rd January - pm Year 3 swimming session 3</p>	<p>Tuesday 5th March - pm Year 3 swimming session 8</p>
<p>Wednesday 24th January - pm Year 5 swimming session 3</p>	<p>Wednesday 6th March - pm Year 5 swimming session 8</p>
<p>Friday 26th January - Donations for Rainbow Raffle in today please 9.00 Multiply Parents Maths workshop in training room Year 5/6 Indoor Athletics at Cowes Enterprise College</p>	<p>Friday 8th March - Multiply Parents Maths workshop in training room PTFA Wonderful Woman shop 2pm Year 3 / 4 Dodge Ball Festival at Ryde School</p>
<p>Tuesday 30th January - pm Year 3 swimming session 4</p>	<p>Monday 11th March - Start of Mock SATs Week for Year 6 children</p>
<p>Wednesday 31st January - pm Year 5 swimming session 4</p>	<p>Tuesday 12th March - pm Year 3 swimming session 9</p>
<p>Friday 2nd February - Multiply Parents Maths workshop in training room Dance Live at Portsmouth Guild Hall</p>	<p>Wednesday 13th March - pm Year 5 swimming session 9</p>
<p>Tuesday 6th February - Internet Safety day pm Year 3 swimming session 5</p>	<p>Friday 15th March - Multiply Parents Maths workshop in training room</p>
<p>Wednesday 7th February - pm Year 5 swimming session 5</p>	<p>Monday 18th March - Eco-Committee Meeting</p>
<p>Friday 9th February - Rainbow Raffle and wear what you love day Multiply Parents Maths workshop in training room</p>	<p>Tuesday 19th March - pm Year 3 swimming session 10</p>

Wednesday 20th March - pm Year 5 Swimming session 10	Friday 28th March - PTFA Bunny Hop Day Last day of Spring Term
Friday 22nd March - Multiply Parents Maths workshop in training room	Friday 29th March to Friday 12th April - Easter Holidays
Wednesday 27th March - Easter Service Assembly	Monday 15th April - Start of Summer Term

Top tips to keep your family healthy and happy



<p>Sugar Swaps</p>	<p>Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.</p>	<p>No-sized Meals</p>	<p>Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.</p>
<p>Snack Smart</p>	<p>Sugary snacks can all add up! Fruit and veg are a good snack choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.</p>	<p>Eating Out</p>	<p>When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.</p>
<p>Get going Every day</p>	<p>Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day. Try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.</p>		

Want more tips to help your kids stay healthy?
Search Better Health Families

Better Health Families is here to help

Search Better Health Families for lots of:

- Easy tips
- Healthier snack ideas
- Tasty recipes
- Easy lunchbox ideas
- Fun activities

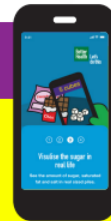


... and much more! Plus, if you sign up to our newsletter, you'll be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children - you can too!

Want to know what's really inside your food and drink?



See for yourself and download our FREE Food Scanner app to find healthier options. Use the "traffic light" labels to choose more greens and ambers, and cut down on reds.



We're on Facebook and Instagram too @betterhealthfamilies and want to hear from you!



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Web: (Home) www.iow.gov.uk

Date: 24 November 2023

2023/24 National Child Measurement Programme
Academic Year: 2023/2024

Dear Parent/Carer,

Height and weight checks for children in Reception and Year 6

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme.

Helping children to achieve and maintain a healthy weight is a national and local priority. This programme of weighing and measuring can help to identify where additional support could be offered to families.

How is the NCMP delivered?

The measurements are carried out sensitively by the IOW Public Health School Nursing Service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. They will not have to participate if they do not wish to on the day. Individual results are not shared with your child or their school. The programme will be delivered in line with any infection control guidance.

Once completed, you will receive your child's measurements in a letter, which includes further information and how to access support if needed. It is your choice if you share the information with your child. National research shows that body image, self-esteem, weight-related teasing, and restrictive eating behaviours do not change because of being measured or receiving NCMP feedback.

The Public Health School Nursing Service is available for advice and support about your child's measurements, weight, growth, body image, and eating patterns, as well as any wider concern you might have about their physical and emotional health. You can search for your local School Nursing team using the following link: solent.nhs.uk/our-services/public-health-nursing-0-19-isle-of-wight. More information is available at Family Assist Solent.

If you are happy for your child to be measured, you do not need to do anything. Children will not be made to take part on the day if they do not want to.

If you do not want your child's height and weight to be measured, or your child has a medical condition (or is receiving any treatment) that affects their height or weight and you would prefer they were not measured, please let us know within two weeks of receiving this letter by calling the 0-19 Service Duty Desk on 0300 123 5224, emailing snhs.schoolnursing@nhs.net, or writing to Solent NHS Public Health Nursing Service: Enterprise House, Monks Brook, Newport PO30 5WB.

More information about this programme is included in the attached leaflet 'School Height and Weight Measurements.' For further information about how the data is used please see the next page of this letter.


Yours sincerely,

Simon Bryant FFPH
Director of Public Health
Hampshire County Council & Isle of Wight Council

School height and weight measurements


Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED




Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

SCHOOL HEIGHT & WEIGHT CHECKS




Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER




Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

PARENTS' ACTION



A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.

DATA USE



The data is held by the local authority and sent to NHS Digital and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.

Parents can visit the **children's weight** page at Better Health - Families for tips on healthier changes.

Parents can monitor their child's weight by visiting the **NHS healthy weight calculator**.

Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.

87% of parents say they find the NCMP feedback helpful.

What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.



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For more information on helping your family lead a healthy life, please turn over.

Wight Orienteers

If you wish to try orienteering or would like to find out more about the sport, then please encourage your family and friends to join our **Spring Events for 2024 – Registration opens at 10am. Starts from 10.30-12.00**

Sunday 4th February at Golden Hill Fort, Yarmouth

Sunday 24th March at Ventnor Downs

Cost for adult non-members £5, family groups £6.00 and juniors just £1.00

Courses for all abilities with advice and training offered if required to new members.

See website for parking details: www.wighto.org.uk

Permanent Orienteering courses are available in Firestone Copse, Brighstone Forest and Parkhurst Forest for practise at any time. Free maps and score cards are available from Brian Bailey; TEL: 07773 852548

We also have a Facebook page: Wight Orienteers



EAST COWES COMMUNITY LIBRARY



We are based in the East Side Curve, our community hub beside the Town Hall in York Avenue.

Do pop in to see us, use our facilities and meet the staff and volunteers.

Opening Times
Monday to Friday 9am to 5pm
Saturday 9am to 1pm

- books for adults and children to browse and borrow
- books to request from stock or library service order
- monthly reading, poetry and creative writing groups
- weekly Story Time, games and Rhyme Time
- bus pass applications, printing and copying
- free wifi, laptop computer access and charging points
- help with enquiries, information and onward support
- a comfortable area to read newspapers and relax
- a 'Warm, Welcome and Safe Space'
- a cafe area with free coffee, tea, soup & chilled water

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

Dear Parents, Carers and Students, Happy New Year to you all. This is just a note to remind you about our East Cowes Community Library facilities for the year ahead.

The biggest change is that our Tuesday Story Time will now be from 3.30pm to 4.30pm as a drop in. During that time there will be a chance for some stories, book talk and board games. Although aimed at 4-7s, younger and older siblings would be welcome to join in or help out!

Regular reading for pleasure is recognised as a huge benefit to all education outcomes, so how about having use of the library as a positive 'new year resolution'? Also it's free!

We look forward to seeing you soon at our cosy and comfy 'sitting room for East Cowes' and wish you luck and all best wishes for 2024.

Kind regards from library volunteer Angie.

EAST COWES COMMUNITY LIBRARY



East Side Curve
Wednesday mornings 10.15am

About 30 minutes of songs and rhymes.
Stay for a chat and choose some books to borrow.



Fun, informal and noisy session for babies and toddlers (0 to 5 years).

Support your child's learning development through songs, rhymes and rhythm activities.

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

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

EAST COWES COMMUNITY LIBRARY



East Side Curve
Tuesday afternoons 3.30pm
followed by board game activities



Come and join us to enjoy an informal story session from 3.30pm to 4.30pm on Tuesday afternoons.

Stories and games aimed at 4 to 7 year olds but all children are welcome!

Free to attend, no need to book.
Email: library@eastcowestowncouncil.co.uk
Post: East Cowes Town Hall, York Avenue, PO32 6RU
Phone: 01983 299082 (option 5)