

# Moments Matter Attendance Counts

Dear Families,

## Attendance

I thought you might find it useful to have a look at the latest advice from the Government and NHS as to when to send your child to school and when not to. It is fine for the children to attend school with many minor illnesses and ailments.

## Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

## High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

## Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over. This is usually about five days after the spots first appeared.

## Cold sores

There's no need to keep your child off school if they have a [cold sore](#). Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

## Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#). Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

## COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

## What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for three days after the day they took the test.

### **Ear infection**

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

### **Hand, foot and mouth disease**

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

### **Head lice and nits**

There's no need to keep your child off school if they have head lice. You can treat [head lice and nits](#) without seeing a GP.

### **Impetigo**

If your child has [impetigo](#), they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

### **Ringworm**

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

### **Scarlet fever**

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for two to three weeks. Your child can go back to school 24 hours after starting antibiotics.

### **Slapped cheek syndrome (fifth disease)**

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious. But let the school or teacher know if you think your child has slapped cheek syndrome.

### **Sore throat**

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of [tonsillitis](#).

### **Threadworms**

You don't need to keep your child off school if they have [threadworms](#). Speak to your pharmacist, who can recommend a treatment.

### **Vomiting and diarrhoea**

Children with [diarrhoea or vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least two days (48 hours).

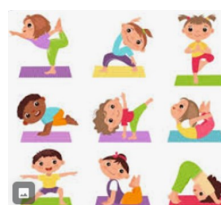
Please remember we do not authorise absence for family holidays in term time.

## Spring term PE update

**PE lessons:** This term all children will be taking part in gymnastics as part of their PE lessons. This will involve the children developing their fundamental skills of co-ordination, balance and agility. They will be investigating different balances and ways of travelling; creating different shapes using their bodies and learning different rolls and jumps. The children will then work on their own and in pairs/groups to create sequences using these different skills. As the unit of work progresses the children will then be performing these skills on and around different pieces of gymnastic apparatus. All children need to be in indoor PE kit for these lessons and have bare feet (please cover any verrucas with a plaster on PE days).



**Sport leaders:** Last term some classes and some Year 1 parents completed an active lives survey. As a result of this, we have been given £130 to spend on play equipment. Some Year 6 sports leaders have chosen a range of balls, skipping ropes and a bucket game for the children to use during lunchtimes. They are looking forward to sharing this with the rest of the school.



### Magnificent Mark Making

We would like to invite you into school for 'Magnificent Mark Making' on the following dates...

#### Wednesday 17th January at 2.30pm Tigers and Sloths



Mayleigh  
Nithya  
Mia-Rose  
Nova  
Riley  
Reggie  
Thomas  
Charlie  
Yazan

Amelia  
Elizabeth  
Jacob  
Leo  
Romeo  
Ronney  
Rosey  
Theo



#### Wednesday 24th January at 2.30pm Snakes and Panthers



Ananya  
Felicity  
Harper  
Niamh  
Jason  
Archer  
Eden  
Hunter  
Joshua

Chloe  
Finley  
Freddie  
Joshua  
Louie  
Owen  
Remi-Rose  
Rhue  
Luca



#### Wednesday 31st January at 2.30pm Monkeys and Lemurs



Emily  
Antonia  
Eliza  
Clayton  
Coen  
Alfie  
Theo

Denis  
Dylan  
Jovi  
Kaden  
Layton  
Lyla  
Molly  
Quinn



We will provide a variety of mark making opportunities for the you and the children to enjoy. Please let your child's teacher know that you are coming. If you cannot make it please send another member of your family.

## Out and About

On Tuesday morning our **Reception** group went Out and About for their very first trip on the minibus. The children visited the Donkey Sanctuary in Wroxall and were able to meet some of the 119 donkeys and ponies that live at the sanctuary. The children learnt all about how the donkeys are cared for and why they were rescued. They talked about the differences between donkeys and ponies. The children all loved hearing the donkeys make lots of noise, they were very loud!

"We went to the donkey sanctuary. We heard the donkeys making lots of noises - talking to each other. My favourite donkey was called Toby. Donkeys have long fluffy ears. They don't like their fur getting wet so when it rains they go inside the barns. My favourite bit was hearing the noisy donkeys." Mia-Rose RBH

"Donkeys don't like getting their fur wet, it's not waterproof. Girl donkeys are called Jennies and boys are called Jacks. They have to have their hooves cut, a bit like our nails. They were really funny and kept showing us their teeth! My favourite donkey was my one, I've already adopted him - he's called Thomas, like me!" Thomas RBH



This half term our **Year 1** children will be learning about how they can help to look after the planet. Our **1CE** Out and About team visited Freshwater Bay on Wednesday morning to take part in a beach clean. They talked about natural and man made materials as they hunted for plastic waste along the beach. They learnt all about the 4 Rs; Reduce, Reuse, Recycle and Refuse and what we can do to lessen our impact on the planet. The children enjoyed listening to the story *Somebody Swallowed Stanley* (written by Hannah Robert's) while warming up with a hot chocolate.

"We went picking up litter on the beach - we did a beach clean. We want to stop the sea creatures eating the rubbish." Alfred 1CE

"We went to a beach and we helped the world to be a better place by picking up rubbish and plastic. We want to stop sea creatures eating the plastic and dying. We had a hot chocolate and a story. My favourite bit was the hot chocolate and the biscuit! I really like going Out and About." Declan 1CE





### **Out and About next week...**

It's looking like another chilly week ahead (and possibly wet too). 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**

*Ventnor Botanic Garden*

Archer, Nithya, Eden, Harper, Niamh, Reggie, Theo, Chloe, Denis, Finley, Joshua and Rosey.

### **Wednesday am - Year 1**

*Beach Clean*

Bowie, George, Titan, Jasper, Wyatt, Frederick, Sully, Nathan, Evelyn, Inara, Mollie, Raemarni, Peyton and Naomi.

### **Swimming for Year 3 on Tuesdays and Year 5 on Wednesdays**

It was fantastic to see all of the children happy and excited when swimming with their friends this week. We had a few children that were feeling a bit apprehensive beforehand but were smiling throughout their lesson. They reported that they felt really proud of themselves afterwards! Well done everyone for a super first week.

Next week will be their second lesson of ten. Please ensure your child has all items of clothing and their towel **named** (even initials, hand written in pen). Quite a few of the boys, from both year groups, managed to get their clothes rather mixed up.

\*Please note that although we aim to get back to school by approximately 3.10pm, we may be a little late due to high levels of traffic and road closures around the Ryde area. Apologies in advance.

### **Cooking Next Week**

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

James M, James D, Archie, Robert, Tommy, Joe, Zoe, Rochelle, Sarah, Charlotte, Chloe Sh, Keira, Bella TR, Chyna and Evie.

Your child in **Year 1** has cookery on **Wednesday**. Please can they bring in a container.

Rudy, Freddie, Elijah, Ace, Lenny, Marley, Harrison, Harry, Milly, Marnie-Mae, Rosie, Isabella, Cassidy and Sadie.

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

Ben, Mia-Rose, Oscar G, Harry, Oscar H, Jacob, Reuben, Paloma, Harvey, Fletcher, River, Rhys, Adhvik, Lily, Tula and Vincent.

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





# What's for dinner next week?

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



**Chartwells**  
Schools

## WEEK 2

AUTUMN/WINTER 2023

HOT SPECIALS

Dessert

Monday

tuesday

Wednesday

THURSDAY

Friday

**Cheese and Tomato Pizza**  
Served with Potato Wedges

**Turkey Con Chili**  
Served with Wholegrain Rice

**Roast Beef**  
Served with Roast Potatoes and Gravy

**Sausage Pasta Bake**  
Served with Garlic and Herb Bread

**Breaded Fish Fingers**  
Served with Chips

**Sweet potato Curry**  
Served with whole grain rice

**Macaroni Cheese**

**Cheesy Leek and Carrot Crumble**  
Served with Roast Potatoes and Gravy

**Vegetarian Sausage Pasta Bake**  
Served with Garlic and Herb Bread

**Crispy Vegan Nuggets**  
Served with Chips

**Jackel Potatoes**  
with a choice of hot and cold fillings

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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

**Apple Crumble with Custard**

**Crunchy Chocolate Biscuit**

**Chocolate and Vanilla Marble Cake**

**Carrot Cake**

**Strawberry Ice Cream**

## Attendance

**Whole School Attendance since September is %**

**Whole School Attendance this week is %**

**KS1 Class with best attendance this week is with %**

**KS2 Class with best attendance this week is with %**

10 days of  
absence during  
the school year  
causes your  
child's attend-  
ance to drop to  
95%

20 days of  
absence during  
the school year  
causes your  
child's attend-  
ance to drop to  
90%

40 days of  
absence during  
the school year  
causes your  
child's attend-  
ance to drop to  
80%

If your child's  
attendance falls  
below 90% they  
are classed as  
persistently  
absent



# Eco Schools



**Welcome** to our new Eco Schools section of the newsletter. This is where we will keep you up to date with our progress towards achieving the Eco Schools Green Flag Award.

So far..... we have elected an Eco Committee. The Eco Committee consists of: Lily 3AH, Adeline 3PT, Daniel 3PT, Flynn 4BM, Christopher, 4MB, Joshua 4BM, Hannah 4MC, Matthew 5TS and Xachery 5TS. The Eco School Coordinators are Mrs. Selle and Mrs. Tilling.

The Eco Committee held their initial meeting before Christmas and carried out the Environmental Review. After answering over 100 questions, based on ten possible Eco Schools Topics, the three Topics which the Eco Committee will concentrate on became clear. The Eco Committee and all members of the school, will be working on: **Energy, Marine and Water.**

Next steps..... The Eco Committee will be holding their first 'proper' meeting on Monday 15<sup>th</sup> January to discuss their Action Plan. They will be planning environmental projects throughout the year, focussing on the three chosen topics, which the whole school will be involved with. All work will be evidenced and in June the application for the Green Flag Award will be submitted to Eco Schools.org.

Watch this space and we will keep you updated on progress. Look out for information and tips in the newsletter on how you can help your child/family/neighbourhood become greener. We all need to take responsibility if we are to turn the tide on Climate Change.

## *Did you know?*

An average person uses 15 litres of water each time they brush their teeth and leave the tap running – that's 30 litres a day. This equates to a family of four using 45,000 cubic litres of water per year!



## *Eco Tip!*

**Turn off the tap** when brushing your teeth = save money, approximately £77 per year = save the environment.



## #Easyfunding

Help us get 2024 off to a great start for Queensgate Foundation Primary School by signing up to support us for FREE on #easyfundraising. You can raise donations whenever you shop online with over 8,000 brands including John Lewis & Partners, eBay, Argos, M&S and more. Plus, once you've raised your first £5, easyfundraising will double it! Sign up today - it will make a BIG difference to us this year: <https://join.easyfundraising.org.uk/queensgate-fps/clnkv/c2s/zhbCJtHD/CR061/facebook/>

## Brooke P's Fundraising for the Little Princess Trust

Just before Christmas I let you know that Brooke is cutting her hair for the Princess Trust. She has, so far, raised £70 of her proposed £100 although would love to raise a lot more. So here is her Just Giving page if you would like to support her.

[https://www.justgiving.com/page/kelly-peach-1704312792452?utm\\_medium=fundraising&utm\\_content=page%2Fkelly-peach-1704312792452&utm\\_source=email&utm\\_campaign=pfp-email](https://www.justgiving.com/page/kelly-peach-1704312792452?utm_medium=fundraising&utm_content=page%2Fkelly-peach-1704312792452&utm_source=email&utm_campaign=pfp-email)

## Events Next Week

Our Year 6 children are taking part in an art workshop on Monday afternoon in the hall.

Our Dance Live Team have been working extremely hard to get their dance ready to take to Portsmouth Guildhall on 2<sup>nd</sup> February 2024. They are heading over to Medina Theatre for a big practise Tuesday afternoon.

The School's Library Van will be visiting on Wednesday, so that we can change our book stock.

On Wednesday 17<sup>th</sup> January at 2:30pm Reception teachers are inviting the parents of Tigers and Sloths to a Magnificent Marking Making workshop.

**NEW GOALS  
NEW MINDSET  
NEW FOCUS  
NEW INTENTIONS  
NEW RESULTS**

## And Finally...

Have a lovely weekend - remember to read, chat and play!



Best wishes,

A handwritten signature in blue ink that reads 'Sillito'.

Samantha Sillito

Headteacher





## 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 4<sup>th</sup> February at Golden Hill Fort, Yarmouth**

**Sunday 24<sup>th</sup> 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](http://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

### **Family Information Hub Website**

*The IOW Council Children's Resources team launched the Family information hub website in March 2022. This website holds lists of services, organisations and activities that are relevant to families living on the Isle of Wight for 0-19 years and up to 25 years for Special Education Needs and Disabilities. It is designed to help families find the information, support and advice that is available to them, when they need it.*

*The website is accompanied by a Facebook page [IW Family Information hub facebook](#) which enables sharing and creation posts on services, activities and information available.*

*There has been a great response to the website and last 10 months has been spent promoting to raise awareness to our families with the support of our partners, providers, and local organisations.*

*We now want to understand your user journey and experience of our website, your views are important to us and the information you provide will help us improve the website and create a better user journey. We have created a short survey, which we would like you to complete. Click on the following link to get started <https://forms.office.com/e/zbXzzyx9Ky>*

*If you haven't visited the [Family Information Hub website](#) before, please take a quick look at the website before completing the survey.*

*Please note this survey closes on Monday 15<sup>th</sup> January 2024.'*

## Top tips to keep your family healthy and happy



<b>Sugar</b>  Swaps	Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.	<b>Meals</b>  Meals	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.
<b>Snack</b>  Smart	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.	<b>Eating Out</b>  Out	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.
<b>Get going</b>  Every day	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.		

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

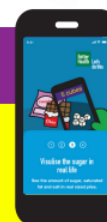


... and much more! Plus, if you sign up to our newsletter, you'll be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children - you can too!

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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**Wendy Perera Chief Executive**

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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.

[iow.gov.uk](http://iow.gov.uk)

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](http://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](mailto: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.

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.

### 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.

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.

## Mental Health Support Team

Have you been...

- sad and low in mood?
- afraid to go to certain places?
- anxious, worried or panicked?
- feeling angry a lot of the time?
- struggling with your sleep?
- stressed about exams?
- scared about something? E.G. spiders, heights or busy crowds?
- worrying about certain things? E.G. your health, appearance, relationships?

Please speak to a member of staff at school who can refer you to meet with an Education Mental Health Practitioner.

You can also visit [youngminds.org.uk](http://youngminds.org.uk) for online support  
Text THEMIX to 85258 for free, anonymous confidential support  
For urgent mental health support, please contact 111  
For medical emergencies, please call 999



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

## THE ISLANDS MOST INCLUSIVE DANCE ACADEMY

# CREATIONZ DANCE ACADEMY

## NOW ACCEPTING NEW STUDENTS FOR 2024!

**JOIN US NOW!**

**EAST COWES BASED DANCE AND PERFORMING ARTS CLASSES**

**A SAFE SPACE TO REACH THEIR FULL POTENTIAL**

**CLASSES AVAILABLE IN: BALLET, TAP, STREETDANCE, LYRICAL, CREATIONZ TRIBE PERFORMANCE GROUP**

**GIVING EVERYONE EQUAL OPPORTUNITY TO DANCE**

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@CREATIONZDANCEACADEMY

QUALIFIED TEACHERS, FULL DBS, PAEDIATRIC FIRST AID TRAINED, CHAPERONE LICENSED, EXPERIENCED WITH ASD, ADHD AND SEN.

Follow Us +

## ASPIRE PACT

PARENTS AND CARERS TOGETHER

We need your voice heard. PACT is holding themed, face to face and virtual, consultations with a focus on our Island wide Family Hubs and Start For Life offer. We want to hear about your experiences and views and welcome you to join our upcoming sessions.

Follow @AspireRyde on Facebook for updates or visit [www.familyinfo.hub.iow.gov.uk](http://www.familyinfo.hub.iow.gov.uk)

For more information please contact: [rosie@aspireryde.org.uk](mailto:rosie@aspireryde.org.uk)

FREE PLAY SESSION AT KINGDOM PLAY, ASPIRE RYDE & ENTRY TO RAFFLE FOR NEW P.A.C.T. MEMBERS:  
1ST PRIZE APPLE I-PAD  
2ND PRIZE NINJA AIRFYRER  
3RD PRIZE £100 FOOD VOUCHER

Every month we will explore a new relevant topic





## 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](mailto: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!

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## 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](mailto:library@eastcowestowncouncil.co.uk)

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# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE  
BOX

The  
National  
College



National  
Online  
Safety

#WakeUpWednesday