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PO32 6PA.
Tel 292872
queensgateprimary.co.uk

Queensgate Foundation Primary School

Friday 19th January 2024

Issue 16

The Den has turned into The Nest!

Dear Families,

Open Nest

Miss Marshall and Mrs Pengelly run what is called "Open Nest" at lunchtimes. This takes place in the hall. Here is what is on each day, so you can chat to your child about what they may like to go to.

Could you be a Parent Governor for us?

The closing date for Parent Governor applications is Monday 22nd January. Governors have an important role within the school; setting strategic direction, being a critical friend and holding the school accountable. The time commitment is two meetings per term. Please see me or Peter Genari (parent in Year 3) if you are interested. We would love to welcome you to our team.

Year 6 Art Project

This term Year 6 have been learning about Pakistan Truck Art. They researched Pakistan and the artist Haider Ali. They then created self portraits with truck art inspired design. These are the self-portraits from children in 6LR. They had to think about the things and places that were important to them and incorporate these into their designs. Susmita Bhattacharya (from Winchester University) and Trudy (a local artist) then ran a workshop about Truck Art. During this session, the children designed another piece of work showing things that were important to them and created a Truck Art themed border around it. This work will be given to an Artist in Southampton who will use them, along with work from six other Solent schools, to create a piece of work which will be displayed in Portsmouth Guildhall.

Update regarding PE uniform

One of your child's PE lessons this term will be in the hall and will be based around gymnastics. Just a reminder of what PE uniform is ok and what isn't. The children are welcome to wear their PE kit to school on PE days. This is a pale blue PE T-shirt with the Queensgate logo on, navy shorts or navy joggers. Navy leggings are also fine. They can wear a school sweat shirt or a navy sweatshirt. **No hoods please**. Please ensure your child has the right kit to carry out gymnastics safely and is following the school uniform policy.

Staffing News

We were very pleased to welcome back Mrs Michelmore after her operation.

Sadly, it is now the turn of Mrs Adams to have some time off. Miss Hume will continue to work with 5RA and in addition, we have Mrs Grubb joining us on a Monday and Tuesday and Mrs Turpin joining us on a Wednesday, Thursday and Friday. If you need to contact the 5RA team please phone or email the main office. We wish Mrs Adams a speedy recovery.

Year 3 River Walk

Our Year 3 children will be going on a river walk next week to support with their Geography and English work. 3PT will be going on Thursday 25th January and 3AH will be going on Friday 26th January. You should have a received a separate letter regarding this trip.

Dance Live Update

Our Dance Live team went to Medina Theatre earlier in the week to have a practise, which went really well.

Out and About

The **Reception** Out and About group went to Ventnor Botanic Garden on Tuesday morning. The children have been learning about the seasons and explored signs of Winter. They enjoyed exploring the gardens, crunching on the frosty grass and looking at the frozen ponds. The children spotted some beautiful early Spring Camellias. They had fun playing in the play park together and having a warm drink.

"We went to a park. We drank hot chocolate. We saw nice trees and flowers." Denis RSD

"The ponds were all icy. I enjoyed playing in the park. I dipped my biscuit in my hot chocolate." Joshua W RBH

On Wednesday morning our 'Clean up Crew' from **1CE** visited Compton Bay to take part in a beach clean. This half term the children are learning about how we can all help to look after our planet. They hunted for rubbish along the beach and discussed which items were natural or man made. They found some very unusual items to take back to school to dispose of as well as finding lots of 'mermaid purses'. The children enjoyed a hot chocolate whilst listening to the story *Odd Fish* by Naomi and James Jones.

"We went to the beach and we picked up lots of rubbish. We found bits of rope, plastic, an old hat and an old pillow!? We went to pick up the rubbish to keep our earth clean and stop the sea creatures dying. We had a story, the fish thought the plastic bottle was a fish and they met more odd fish. My favourite bit was the hot chocolate and biscuit!" Raemarni 1CE

Out and About next week…

We had another brilliant week of swimming lessons for our Year 3 and Year 5 children. Everyone was trying hard and challenging themselves to improve.
This week our Superstar Swimming Awards go to…
Year 3: Ellie, Amber, Nathan, Leo A, Riley H and Evie L.
Year 5: Léon YA, Eliana, Florence, Acacia, Maizy, Liam and Jamie.

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 old trainers or wellies (warm socks to go in wellies are also highly recommended!).

Tuesday am - Reception
Donkey Sanctuary
Alfie, Emily S, Eliza, Hunter, Jason, Romeo, Yazan, Dylan, Jacob, Leo, Layton, Ronney and Luca.
*Please bring some loose change in a named envelope if you would like to make a donation to the Donkey Sanctuary. All donations are very gratefully received.

Wednesday am - Year 1
Beach Clean
George, Jacob, Louie, Jack, Max, Archie, Arthur, Freya, Vienna, Holly, Olivia, Elsie-Mai, Poppy and RJ.

Swimming for Year 3 on Tuesdays and Year 5 on Wednesdays
Lesson 3 of 10
Please ensure your child has all items of clothing and their towel **named** (even initials, hand written in pen). We are still missing a blue towel with a name on ('Teddy James'). Please can you check at home.
*Please note that although we aim to get back to school by approximately 3.15pm, 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.

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

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

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

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

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

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

Music at Queensgate

Festival Choir

Festival choir has made a great start to the term but there is still room for more singers. Old and new members from Years 3 – 6 are very welcome. Choir is on Tuesdays from 3.00 – 4.15pm and we expect the festival date to be Friday 8th March although this has yet to be confirmed. All choir members are committing to attend every rehearsal unless poorly as we are singing in parts and need everyone, every time. Look forward to seeing you!

Please sign up using Clubbly. If you have any difficulties signing up just email Mrs Webb. wwebb@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. wwebb@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.

YEAR 4 CONCERT RESOURCES

Year 4 are going to be attending a concert by the Bournemouth Symphony Orchestra this term and the concert includes several interactive elements which the children need to learn and practise. We are doing this in class but the more practise the children get, the more they will enjoy the concert. They can find all the teaching and practise videos for the concert using the link below:

https://bsolive.com/participate/explore-the-orchestra-resources-dance/

Spare Wool

Do you have any spare wool? We are collecting any spares you might have for a project in The Nest. Please bring any donations in a bag and drop off at the office or with the class teacher. Thank you, we will keep you posted on what the wool is being used for and the finished articles!

What's for dinner next week?

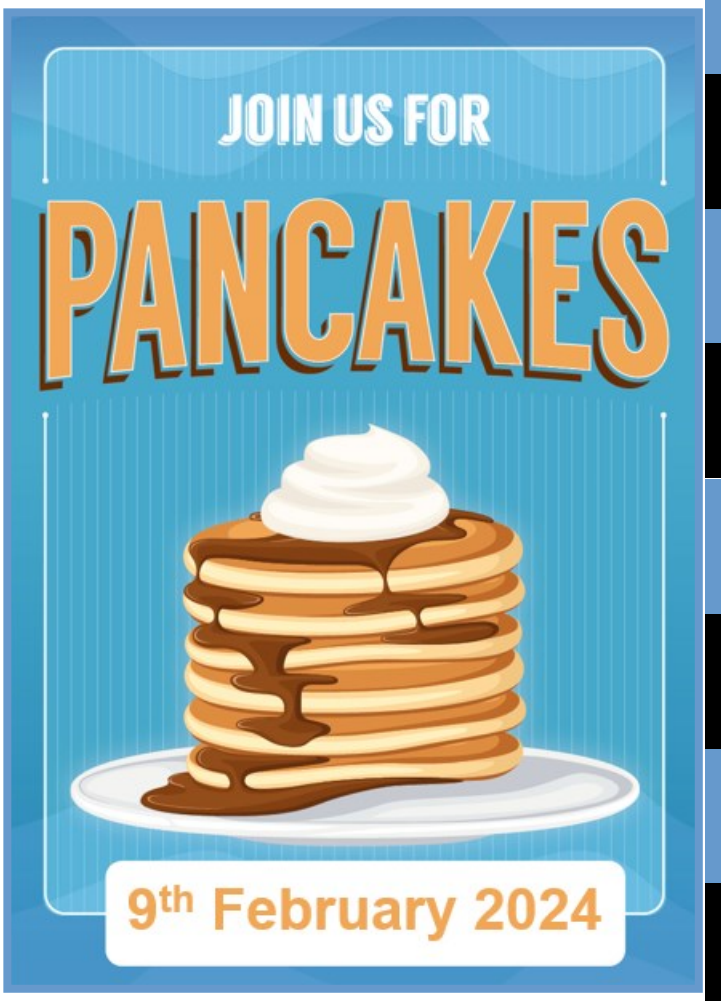
(Remember all Reception, Year 1 and Year 2 children are entitled to Free School dinners.)

Chartwells Schools

WEEK 3

AUTUMN/WINTER 2023

	Monday	tuesday	Wednesday	THURSDAY	Friday
HOT SPECIALS	**Cheese and Tomato Pizza** Served with Potato Wedges	**Pork Sausages** Served with Roast Potatoes and Gravy	**Roast Pork** Served with Roast Potatoes and Gravy	**Chicken and Vegetable Korma** Served with Wholegrain Rice	**Breaded Fish Fingers** Served with Chips
	Chilli No Carne with Crispy Tortilla	**Cauliflower Macaroni Cheese** Served with Garlic Bread	**Sweet Potato and Chickpea Roast** Served with Roast Potatoes and Gravy	**Vegetable Cottage Pie** Served with Gravy	**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	**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	**Magic Apple and Cinnamon Bake**	**Strawberry Jelly**	**Orange shortbread with Fruit slice**	**Banana and Carrot Cake**	**Chocolate Ice Cream with Shortbread Biscuit**



Eco Schools

Update: The Eco Committee met on Monday to discuss the three topics: Water, Energy, Marine. They worked on the action plan and came up with some fabulous ideas, which we will be working on before the next meeting in February.

We would like……as part of the water topic, we would like to install some water butts around the school grounds so that we can use the collected water on plants and vegetables, which will be grown in our soon to be delivered greenhouse! If anyone is able to donate a water butt to the school, please just let the office know. Thank you.

Did you know?

A single degree can make a significant difference, both in your heating bill and your carbon footprint. You can save the planet approximately 300kg of CO2.

Eco Tip!

Turning down your thermostat by just one degree can save you between £60 to £80 a year on heating costs according to the Energy Saving Trust. Suggle up in a cosy sweater, adjust your thermostat and enjoy the savings and sustainability.

Attendance

Whole School Attendance since September is 95.37%

Whole School Attendance this week is 95.67%

KS1 Class with best attendance this week is RSD with 96.89%

KS2 Class with best attendance this week is 4MC with 98.21%

Rainbow Raffle

There is a slight change to the arrangements for the Rainbow Raffle to those advertised in last week's newsletter. Raffle items need to come in on Friday 9th February, which will also be a wear what you love mufti day. The raffle will be a leap year raffle and will be called on Thursday 29th February 2024.

Here are the colours for your year groups.

Year Group	What colour items to bring into school
Reception	Purple
Year 1	Blue
Year 2	Green
Year 3	Yellow
Year 4	Orange
Year 5	Red
Year 6	Pink

And Finally...

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

Best wishes,

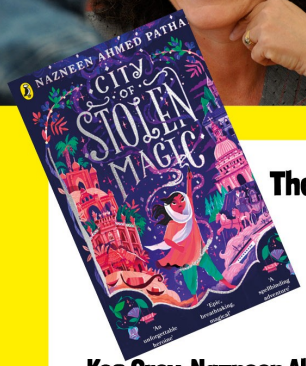
Samantha Sillito

Headteacher

JANUARY 2024 NEWSLETTER

DON'T MISS THIS FUN FAMILY FESTIVAL DURING FEBRUARY HALF TERM!

Thursday 15th to Saturday 17th February



Tickets are now on sale for the IW Story Festival at **Quay Arts** during February half term from **www.quayarts.org.** It's a chance to meet well-known performers and writers like the creator of the **Horrid Henry** stories, **Francesca Simon** (pictured on the left), who will be with us on Saturday 17th Feb.

Did you enter our Charles Dickens short story competition? Hear the winners, read by his great great grandson, Friday 16th Feb!

There is so much to do at the IW Story Festival!

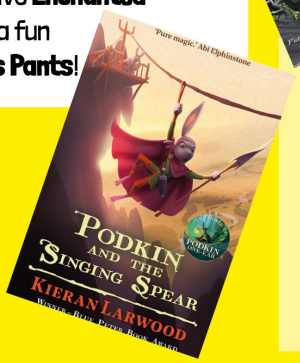
44 different events over three days!

A chance to meet your favourite authors, and some new ones too! Including:

Kes Grey, Nazneen Ahmed Pathak, Alasdair Beckett-King, Kieran Larwood, John Hegley, Neal Layton, Kate Weston and Simon Whitworth.

There are performances too: **Horsebox Theatre** returns with an adaptation of Jules Marriner's **Vincent and the Mermaid,** and **Pink Cow/Apollo Youth Theatre** is back with a funny new production for younger children. We also have the interactive **Enchanted Cinema**, Asian dance and a fun opera based on **The King's Pants**!

EXTRA PERFORMANCE ANNOUNCED!



Tickets to see creator of **Isadora Moon**, **Harriet Muncaster**, on 17th Feb, sold so quickly, we've had to arrange a second talk at 4.30pm. Don't miss out, buy yours soon!

SOME QUESTION YOU MAY WANT TO ASK...

Q: Do I need to get my tickets in advance?
A: It's a good idea –they're selling fast! Go to: **www.quayarts.org** to buy yours now.

Q: How much are tickets?
A: Some are **TOTALLY FREE**, others cost £4 to £6

Q: Is it just for people who like reading?
NO! The IW Story Festival isn't just about books! As well as storytellers, live music and theatre shows, we've got lots of hands-on activities for you to try – from graffiti art and fabric books to songwriting and horrific make-up, among many other things.

More information from: www.iwstoryfestival.com

Registered charity number: 1198024

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

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 15th January 2024.'

Better Health Let's do this

NHS

Top tips to keep your family healthy and happy

Sugar Swaps
Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.

Re-sized 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.

Snack 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.

Eating 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.

Get going 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 Let's do this

NHS

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

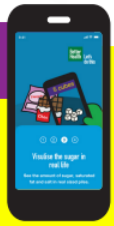
... and much more! Plus, if you sign up to our newsletter, you'll be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children - you can too!

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

Food scanner

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.

Download on the App Store | Google Play



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

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Isle of Wight Council

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Tel: (01983) 821000
Email: publichealth@iow.gov.uk
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.

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.

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

Department of Health & Social Care

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THE ISLANDS MOST INCLUSIVE DANCE ACADEMY

NOW ACCEPTING NEW STUDENTS FOR 2024!

CREATIONZ DANCE ACADEMY

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

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@CREATIONZDANCEACADEMY

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

Follow Us +

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 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

youth trust · Believe in children Barnardo's · NHS Isle of Wight NHS Trust · mental health support TEAM

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

ASPIRE · Family Hubs Isle of Wight

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.

For more information please contact: rosie@aspireryde.org.uk

Follow @ AspireRyde on Facebook for updates or visit www.familyinfohub.iow.gov.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
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!

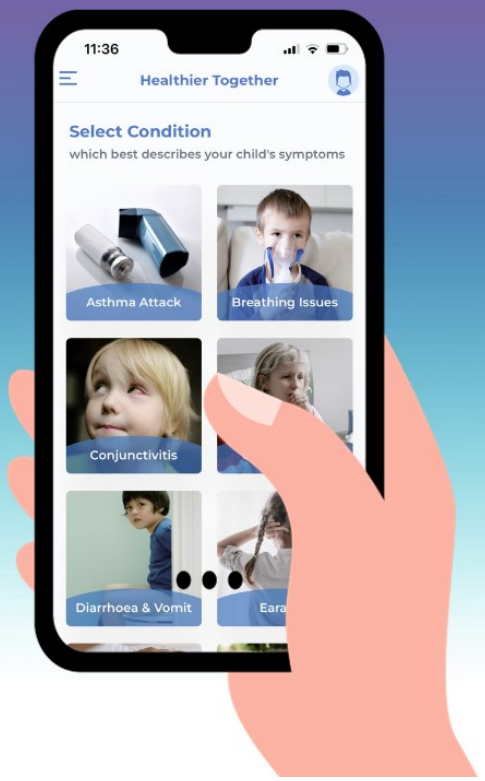
Free to attend, no need to book.
Email: library@eastcowestowncouncil.co.uk
Post: East Cowes Town Hall, York Avenue, PO32 6RU
Phone: 01983 299082 (option 5)

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
NOS
National Online Safety
#WakeUpWednesday

NHS

Instant health advice to help care for your little ones this winter

Download the Healthier Together app or visit: what0-18.nhs.uk



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Performance showcase at the end of term.
Ages 8-16
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