

Queensgate Win the Music Double!

Dear Families,

Our Key Stage 2 Choir win the Newport Parish Council Challenge Shield for the second year running.

Last Friday, we took our KS1 choir of just nine children and our KS2 choir of 20 children to compete in the primary school choir classes at the Isle of Wight Festival of Music, Dance and Drama. Some children were a bit nervous about performing at All Saint's Church Ryde, as they had never done anything like this before, but everybody overcame their nerves and sang their hearts out.



The judge, a professionally trained singer, performer and singing teacher, had some lovely things to say to the children and commended them for singing with good tone and expression and for

communicating the stories and feelings in the songs so convincingly. She also gave us some really useful pointers on how to get even better.

The KS1 choir competed against Ryde Pre-Prep School and won their class and the Sister Patricia Cup with 85/100 points. The KS2 choir competed against both The Priory and Ryde Junior School and achieved a mark of 87/100 which meant they won with distinction; they retained the Newport Parish Council Challenge Shield which they won last year.

Continued overleaf...



Our Key Stage 1 choir with the Sister Patricia Cup.

I am so proud of all the children, not only for their great performances but for their hard work and dedication put in prior to the festival. Their behaviour was exemplary on the day and I hope that this is an experience they will never forget. Well done!

We must also say a big thank you to Mrs Kingsbury who supports the choirs every week, our pianist Judi Coombes who we could not do without and Mrs Cox and Miss Lovett for supporting and supervising the children on the day. And finally thank you to all our parents who have been so supportive. We are very glad so many of you were able to come and watch the children perform and share the success with us.

Mrs W.Webb

I would like to add my huge thanks to Mrs Webb for all her hard work and time running two after school clubs. Congratulations to you and the choirs.

Wonderful Woman Shop

Thank you to our PTFA who organised the Wonderful Woman Shop last Friday.



The event went really well and the children loved the independence of getting their gifts. Hopefully the wonderful women in our community enjoyed their gifts too.

Queensgate Pupils make an Animation!

The PEACH project, Quay Arts and other island schools present a showcase of work by children from Schools on the Isle of Wight exploring the theme of 'Movement'. A small selection of Queensgate Foundation Primary children across Key Stage 1 and 2 came together to create their very first stop motion animation. Children thought carefully of symbols that represent movement and how to sequence drawings and images to show various movements. The animation is being shown as part of an exhibition at Quay Arts, Newport until 18th April 2023. It would be fabulous if you could go along with your children and view the animation.

Please find more information about the exhibition at this web address

<https://www.quayarts.org/event/peach-movement/>

Events Next Week

It is a very busy week at Queensgate next week. Here is an outline of what is going on.

Progress Meetings – Mr Chubb, Mrs Grant and I will be meeting with each teacher to, once again, chat about every child in school regarding their progress this term.

On **Tuesday 28th March** I am delighted to announce that **James Dasaolu** will be in school leading assemblies and doing a short physical session with each class in the school. **Please send the children to school in their school PE kits.**

Here is some information about James.

Dasaolu announced himself on the world stage in 2012, reaching the semi-finals at the Olympic Games in London, before claiming 60m European indoor silver the following year.

In 2013, he also broke the ten-second barrier, running 9.91 at the 2013 British Championships – making him the second fastest man in British history.

He followed it up by winning 100m gold in Zurich at the 2014 European Championships, his first major senior gold medal, before reaching the semi-finals of the 100m at Rio 2016.

He was also part of the British relay team which claimed gold in the 4x100m at the 2016 European Championships in Amsterdam.



On **Wednesday 29th March** we will be celebrating Easter with a whole school assembly. The children will be singing Easter songs and we will have a visitor called Peter Young, Church minister, talking to the children about the Easter story.

On **Thursday 30th March** Year 4 parents are welcome to join us in school from 1:30pm for poetry and a trip to The Patch.

On **Friday 31st March** all the children will be taking part in a sponsored bunny hop! The PTFA have sent the sponsor forms out yesterday for this event. Please could the children all come to school in their PE kits again on this day?

Easter Reading Challenge

Mrs N Webb will, once again, be organising a sponsored reading challenge over the Easter break to raise money for more library books. More information about this in next week's newsletter.





SIMS PARENT LITE APP PARENT SET UP GUIDE

In order to support compliance with the General Data Protection Regulation (GDPR) and in our bid to become a paper-free Eco school, instead of handing out our current data sheets, Queensgate will be using SIMS Parent Lite to collect, manage and handle key information about your child by obtaining accurate data securely from you. This will begin to roll out to each year group in turn after the Easter break, starting on Week 1 with Reception with Year 1 on the second week and so on until Year 6 on the first week back after the half term break. We will send a text out once the invitation is sent so you can check your inbox/junk folder.

The SIMS Parent Lite app provides a convenient and accessible solution for parents and carers to electronically review and request changes to the data held on them and their children via smartphone, tablet, or PC anytime, anywhere. You will be able to provide additional information on crucial details such as medical information or dietary requirements. When a change request is submitted by you, automatic emails are sent to Queensgate's school office. Administrators are able to view previous requests and details of any action taken via the audit trail within SIMS.

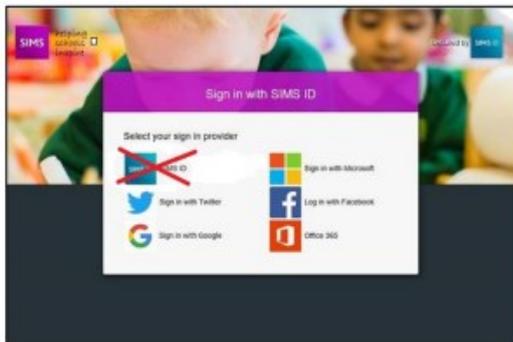
Invites will only be sent out to parents/carers with PARENTAL responsibility – nobody else on your contact list will be able to see information related to your child/ren. Only those with parental responsibility will be able to make changes to the information held.

From time to time, we may send notifications to remind you to update your child's details, eliminating paper-based data collection and manual errors. To Access SIMS Parent Lite Usernames and passwords are not issued directly by the school but are managed by the school administrators through the SIMS management system.

Step 1. You will receive an email invite from noreply@sims.co.uk

Step 2. Select 'Accept Invitation'. **You have 5 days to do this.**

Step 3. Select the account type you want to register with....



You can use your existing personal Facebook, Twitter, Google or Microsoft Account credentials to log into the SIMS Parent Lite App as pictured below.

DO NOT USE SIMS ID

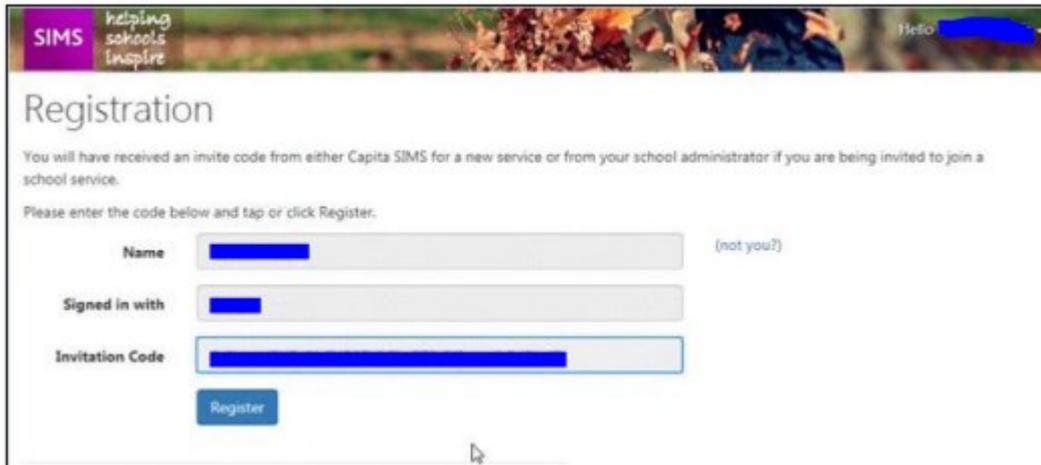
If you do not have any of the above then please find below links to create a free Google or Microsoft Account:

Creating a Google Account Instructions for how to set up a Google Account are available directly from Google (<https://support.google.com/accounts/answer/27441?hl=en>).

Creating a Microsoft Account Instructions for how to set up a Microsoft Account are available directly from Microsoft (<http://windows.microsoft.com/en-GB/windows-live/sign-upcreateaccount-how>).

Step 4. Log in with your preferred account using your own log in details.

Step 5. Registration! The following page will appear:



The invitation code field will be populated automatically.

Step 6. Security question – please enter the date of birth of one of your children.

Step 7. Wait for about 30 seconds while your account is created.

Step 8. You are now registered to use SIMS Parent Lite which can be accessed from either www.sims-parent.co.uk on your PC or ipad or by downloading the SIMS Parent App from Google Play Store (Android) or Apple Store. To download the app; simply go to your app store and search for SIMS Parent.

For information about the Privacy of SIMS Parent please click here <https://www.simsparent.co.uk/#/privacy>

If you need any help/support to register please come in and speak to our office staff, we are here to help.

Please ensure that all second contacts (who have parental responsibility) have an email address prior to this going live. The email address can be emailed to office@queensgateprimary.co.uk



Calling on the Isle of Wight's artistic young Easter egg fans - we want your colouring skills!

The Isle of Wight County Press and The Lime Tree are joining forces to give away a family meal, with a £30 gift voucher up for grabs.

The winner of our Easter egg colouring competition will be able to spend it at the cafe at 26, High Street, Shanklin.

For more information please click [here](#).

Safety in the Car Park

We remain concerned about safety in the car park. Only people with a blue badge, who have permission from the school should be in the car park. Children should be walking with parents on the paths provided. Please do not come into the car park as this increases the risk to our children.



Free Easter Holiday Activity Club

If your child receives Free School Meals (not Universal Infant Free School Meals), then they are entitled to join this Free Easter Club on Monday 3rd and Tuesday 4th April.

Please see the advert below for more details. This is also available for parents whose child is **NOT** in receipt of FSM - they can pay to attend.

www.cm-sports.co.uk 02392 987 881 info@cm-sports.co.uk

Funded April Activity Club

Queensgate Primary School

Beatrice Ave, East Cowes PO32 6PA

Monday 3rd April	Tuesday 4th April	Wednesday 5th April	Thursday 6th April	Friday 7th April
✓	✓	✗	✗	✗
Monday 10th April	Tuesday 11th April	Wednesday 12th April	Thursday 13th April	Friday 14th April
✗	✗	✗	✗	✗

Our course is only open to Girls and boys from years 1-6 (inclusive) who are eligible for benefits related free school meals. The aim of our courses are for children to have a great time and make friends in a safe, structured but fun environment.

Activity Club Content
Our Activity childcare club will still be based around fun multisport games and team building challenges. However, to ensure a safe operation we have planned adaptations to each session and any equipment we use.

The Activity club can include a choice of:
 •Football •Uni Hoc •Softball •Nerf Games •Go-Karts
 •Basketball •Dodgeball •Badminton •Tennis •RC Cars
 •Frisbee •Arts and Crafts •Benchball •Lego •Inflatables

Children that attend will be given a two course lunch.

Times
For safety reasons we have also altered the time of our holiday club from **9:30am to 4:00pm**. No early and late drop off option.

Ways to book
Via our online home @ cm-sports.co.uk

What do I need to bring?
We have fantastic indoor and outdoor facilities to best equip for the British weather, however please ensure that children bring with them suitable clothing and plenty to drink.

Who will look after my child?
Our coaches make it their mission for your child to have the best time whilst they are with us. They are enthusiastic, professional in their approach and have a passion for teaching.

Our staff are:
 •Qualified Paediatric First Aid
 •FA and multiskills qualified
 •DBS certificated
 •Child protection trained

www.cm-sports.co.uk
02392 987 881
info@cm-sports.co.uk

Follow us on Facebook
@CMSports1

Out & About

On Tuesday morning all of RSD visited the Monkey Haven. The children learnt about animals earlier in the term and have just begun finding out more about mini-beasts. We had a brilliant 'Creepy Crawlies' talk from Jordan, one of the keepers and the children had the opportunity to hold some of the bugs. The children met two different types of stick insect; Jungle Nymphs and Black beauties. We learnt about how important it is for lots of insects to camouflage to avoid predators. Some of the children held a Giant African Millipede. The millipede had over 250 pairs of legs and can live for up to 15 years. Jordan showed us the exoskeleton of a tarantula and explained how they are invertebrates and shed their outer skins as they grow. He told the children that despite having eight eyes, many spiders have poor vision so use the hairs on their body to feel vibrations from around them. Some of the children (and adults) were incredibly brave and held a Royal Python snake! Jordan explained that Jasmine the python, is a carnivore and she only eats one rat every two weeks. After our talk, the children enjoyed exploring the Monkey Haven and seeing all the monkeys, apes and owls.



The 1SG Out and About team visited Nettelcombe Farm in Whitwell on Wednesday morning. The children have been learning about animals this half term so had the chance to get hands on and find out more about farm animals. They fed the chickens, which pecked the grain from the palm of their hands. The children learnt the red bit on a chicken's head is called a comb and the bit under their chin is called a wattle. We looked at their feet and could see they have three toes at the front and one at the back, used for stability or to dig with. They then fed the goats and a variety of breeds of sheep. The children were amazingly confident hand feeding them and learnt that they only have front teeth at the bottom. After meeting the alpacas, we went to the stables to feed the donkeys their carrots! A huge well done to the group for being so well mannered and enthusiastic, despite the very wet and windy weather we had throughout their visit.



Out & About continued

The Year 3 and Year 5 completed their Water Safety training this week in their final session of swimming. The Year 3s had fun practising rescuing each other from the pool and the Year 5s were treated to some fun games in the pool after they'd completed theirs.

Our Super Swimming Award this week goes to Adhvikha for trying really hard in her swimming assessment.

We were delighted that the staff at Waterside Swimming Pool chose Freddie Knight from Year 5 to be awarded their 'Achiever of the month' certificate for gaining water confidence and trying every skill set. Well done Freddie!

Out and About next week...

Please send your child to school in warm play clothes (lots of layers if it's cold!) with a waterproof/warm coat, hat, scarf and gloves and wellies (and thick socks) in a named bag.

Tuesday 28th March am - RSD Monkey Haven
Whole class (Please see letter for details)

Tuesday 29th March pm - Year 3
On the Patch gardening (weather permitting)

Wednesday 29th March am - Year 1
*To be confirmed

Wednesday 29th March pm - Year 5
On the Patch (weather permitting)

Attendance

Whole School Attendance since September is 94.08%

Whole School Attendance this week is 93.82%

KS1 Class with best attendance this week is 2KA with 98.74%

KS2 Class with best attendance this week is 6LR with 98.47%

Let's see if we can get a class or two with 100% for the last week of term!



Family Support

This week has been Debt Awareness Week.

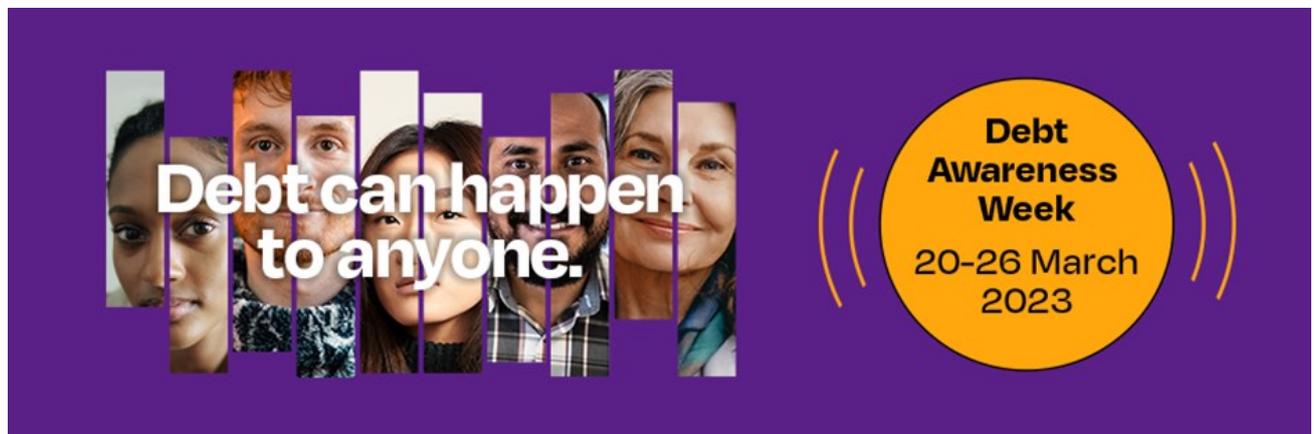
Led by the UK's leading debt advice charity StepChange, Debt Awareness Week (DAW) aims to increase awareness of problem debt and the advice and solutions available to help.

During a cost of living crisis, with costs for essentials rising, we know that many people across the UK will be struggling to make ends meet in 2023. However, our research has shown that many people don't seek help because they don't understand what debt advice is or how it can help them.

Therefore, our theme for DAW 2023 will be 'What is debt advice?' The week will provide us with a fantastic opportunity to shine a light on what debt advice looks like, and how it helps people, and raises awareness of how anyone experiencing problems with debt can access free, confidential support from StepChange.

Please see the step change website for more information www.stepchange.org

If you are struggling with Debt, or with the cost of living and would like further support please get in touch with Mrs Jeffers.



A purple banner with a collage of diverse people's faces on the left. Overlaid on the faces is the text "Debt can happen to anyone." in white. On the right, a yellow circle contains the text "Debt Awareness Week 20-26 March 2023" in black, flanked by two sets of white parentheses.



A colorful poster for a "Rainbow Raffle" by the Queensgate Foundation Primary PTFA. The poster features a background of confetti and balloons. The text includes: "Queensgate Foundation Primary PTFA", "0001" in a red box, "Rainbow Raffle" in large red letters, "Selection of Rainbow Hampers with a variety of gifts including wine, chocolates, toiletries, Easter eggs and much more!", "The draw will take place during the Sponsored Bunny Hop on the 31st March", "Ticket Price £1.00. Book of tickets £5", and "Dedicated under the Gambling Act 2005 with HM Customs Council". At the bottom, it says "TICKETS £1 ~ £5 PER BOOK", "SUPPORT OUR LOCAL SCHOOL", and "RETURN MONEY AND TICKET SLIPS BY 30TH MARCH". There are two circular logos: one for Queensgate Foundation Primary and another for the raffle.



What's for dinner next week?

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



Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Served with Two Vegetables	Chicken Pie Served with Potato Wedges, Two Vegetables and Gravy	Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Garlic and Herb Bread Wedge	Fish Fingers Served with Chips
Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Potato Wedges and Two Vegetables	Vegan Sausage Casserole Served with Two Vegetables	Vegetarian Bolognese Served with Wholemeal Pasta and Two Vegetables	Quorn Dippers Served with Garlic and Herb Bread Wedge
Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta
Vanilla Ice Cream	Jelly with Fruit Slices	Mini Egg Chocolate Muffin Cake	Apple Crumble served with Custard	Shortbread

Please note that dinners now cost £2.61 per day.

And Finally...

Have a lovely weekend. We look forward to seeing all the children next week for the final week of Spring half term.

I would like to congratulate all of our Year 6's that have sat their Mock SATs this week, I know how hard they have worked.

As always I invite you to chat, read and play with your children.



Things may be hard today but hard does not mean impossible.

Best wishes,

Samantha Sillito

Headteacher

JUNIOR NETBALL

Isle of Wight Netball Clubs are welcoming new junior members!

Clubs offer training and competitive matches in the Junior Isle of Wight league on Sundays at Seaclose Park, Newport.

Get in TOUCH!

SKILLS FITNESS FRIENDS FUN

Solent Netball Club
Contact Chris Grimes: 07969504734, cmg1504@googlemail.com

Tuesday Ryde Academy	BEE Netball Years 1-6 5.30pm - 6.30pm	Years 7-10 6pm - 7pm
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Shorwell Netball Club
Contact Ann Selby: 07785750266, easelby47@gmail.com

Monday Ryde School (winter) Seaclose Park (Summer)	Years 3-7 5.30pm - 6.30pm	Years 7-10 6.30pm - 7.30pm
Additional Sessions Years 3-10	Wednesday Seaclose Park 5.30pm - 6.30pm	Saturday Ryde Academy 10.30am - 11.30am

Sandown Soccer - Isle of Wight

SANDOWN SOCCER

at The Bay CE Secondary

FOR CHILDREN AGED 4-11

Week 1: 3rd - 6th April
Week 2: 11th - 14th April

10AM - 3PM £12 a day

Mini-Soccer camp for children. Aiming to provide a fun and enjoyable environment whilst developing and improving players' footballing ability!

- FA Qualified coaches with enhanced DBS and up to date first aid and safeguarding training.
- Fun football games to develop agility, balance, coordination and speed!
- Win medals by becoming Penalty, Keepy-uppy, Crossbar or Speed Champion as well as our Best Attitude, Most Improved and Future Star awards!
- Take part in the Sandown Soccer World Cup where one team will be crowned **WORLD CHAMPIONS!!!**

SANDOWN SOCCER

Player of the day!

PLAYER OF THE DAY WINS A FREE SANDOWN SOCCER T-SHIRT!!!

5 hours of fun EVERY day!
10am - 3pm
Inclusive football for ALL abilities!

Only £12 a day!

Find us on Facebook Sandown Soccer - Isle of Wight

Have questions or would like more information?
Contact Lewis (Mr Mitchell)
sandownsoccer@yahoo.com
07594 389531

SANDOWN SOCCER

Children are welcome to come for one day or for ALL the days!

Attend at least 3 out of the 4 days during the week and win a medal for all of your hard work!

To book a place text your child's name, school year, dates and your name to 07594 389531

BUMPER GENERAL KNOWLEDGE QUIZ

IN AID OF WIGHT HORSE CIC

Friday April 21st 7.30pm At GG's Arena at Island Riding Centre, Staplers Road, Newport

Teams of up to 6 people must be booked in advance

£5 per person entrance fee to include two free raffle tickets

Please send cheques payable to 'Wight Horse CIC' or cash with team contact name, email address & number in the team to
Tracy and Pete. 9 Greenwood Walk, Newport, IOW, PO30 2JS

Once payment received table numbers will be allocated via the contact email address.

Additional raffle tickets can be bought at the quiz.
Silent auction. Licensed bar. Plenty of free car parking.

For further information contact tracy71pete57@hotmail.co.uk



ACADEMY
ASMIR BEGOVIĆ

EASTER CAMP

ISLE OF WIGHT

**WEDNESDAY
APRIL 5TH**

HOLY CROSS PRIMARY SCHOOL
MILLFIELD AVENUE
EAST COWES
PO326AS

@ABGKacademy



**Fully-funded Wellbeing
Community Event**

Mastering Anxiety

Open to the public for all adults over 18 who are interested in gaining new lifelong skills to improve their own mental health and wellbeing.

For more information please contact Isorropia on 01983 217791 or email hello@isorropia.uk

WHERE?

Medina Valley Centre

Dodnor lane, Newport,
IOW PO30 5TE

WHEN?

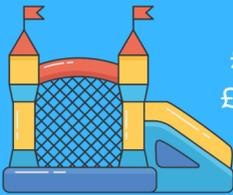
Wednesday 3rd May 2023

18:00- 20:00pm

INFLATE-A-DAY

Thursday 6th April

70ft Obstacle Assault Course
Giant Bouncy Castle
Bounce and Slide
4 Years & under Play Zone



£10.00 Per Child 4-10 years
£3.00 Per Child Under 4 years
Adults FREE

SESSION
TIMES

9.30 - 11.00
11.30 - 13.00
13.30 - 15.00
15.30 - 17.00



Cowes Yacht Haven PO317BD

Tickets: Eventsatcowesyachthaven

www.cowesyachthaven.com

WIGGLE TOTS

ISLAND WIDE



we can't wait to meet you!

FIRST SESSION FREE

MUSIC AND CRAFT CLASS
A DIFFERENT CRAFT
EACH WEEK. WITH
INSTRUMENTS, PUPPETS,
BUBBLES AND LOTS MORE



Paint and Scribble

AGE 0-4 YEARS
EMAIL-WIGGLETOTS@OUTLOOK.COM
NUMBER- 07703753449
PLEASE CONTACT LOUISE
TO BOOK YOUR SESSION.

FIND US ON FACEBOOK
AND INSTAGRAM



Play · Learn · Grow Together

Ryde Carnival Royalty Selection Night

Ryde Library
Saturday 25th March 2023
Boys and Girls
Age 8-18
Start= 5:30pm
Judging= 6:15pm

Getting Ready for School Nurturing Young Brains Workshop



Monday
27th March
10-12:00pm

Book a free place now on Eventbrite:
<https://iowfamilycentres.eventbrite.co.uk>

A recent survey shows that 71% of parents feel anxious about their child starting school. It is quite natural to feel this way

During this workshop we'll look at
Brain development; Learning at home; Play;
Early independence; Routines and more

How to get in touch and find out more

Find us on Facebook: Isle of Wight Family Centres

Email us: iowfamilycentres@barnardos.org.uk

Call us: 01983 529208 / 617617 / 408718

<https://families.barnardos.org.uk/>





East Cowes Cricket Club



Cricket Training SESSIONS

The sessions will cover cricket skills through activities and practice matches to ensure a fun environment for beginners and experienced cricketers. All children welcome

Starting Thursday 13th April

THURSDAY EVENINGS
6-7.30PM
(Weather permitting)

- Open to all aged 8-14
- First session FREE
- £3 a week after
- Opportunities to play in a team

CONTACT ANNETTE:
07970 824134
annette.purser@yahoo.co.uk

LOCATION:
East Cowes Sports Ground
Beatrice Avenue
East Cowes
PO32 6LW

Easter Soccer Camp

4TH, 5TH, 6TH APRIL
RECEPTION - YEAR 6
10:00 - 2:45 PM

RYDE ACADEMY, RYDE PO33 3LL
£12 A DAY

ALL OF OUR SENIOR COACHES ARE FA LEVEL 2 QUALIFIED AND HAVE ALL BEEN CRB CHECKED.

073688 86639
 LJRCOACHING
 LJRCOACHING

LJRCOACHING97@GMAIL.COM
TO BOOK PLEASE USE THE LINK BELOW OR SCAN THE QR CODE:
[HTTPS://LJRcoaching.class4kids.co.uk](https://LJRcoaching.class4kids.co.uk)

Easter Soccer Camp

3RD & 11TH APRIL
RECEPTION - YEAR 6
10:00 - 2:45 PM

ST THOMAS', NEWPORT
£12 A DAY

ALL OF OUR SENIOR COACHES ARE FA LEVEL 2 QUALIFIED AND HAVE ALL BEEN CRB CHECKED.

073688 86639
 LJRCOACHING
 LJRCOACHING

LJRCOACHING97@GMAIL.COM
TO BOOK PLEASE USE THE LINK BELOW OR SCAN THE QR CODE:
[HTTPS://LJRcoaching.class4kids.co.uk](https://LJRcoaching.class4kids.co.uk)

Easter Holiday Kids Tennis

TUESDAY APRIL 4TH 9.30-12
THURSDAY APRIL 6TH 9.30-12
TUESDAY APRIL 11TH 9.30-12
THURSDAY APRIL 13TH 9.30-12

KIDS AGE 6+
£15 PER SESSION
VENTNOR TENNIS CLUB

TO BOOK A SPACE OR FOR MORE INFO CONTACT:
LINDA JONES 07971298367
LJLOUISE@ICLOUD.COM

One Tenth Human

RECOMMENDED FOR AGES 3-7

CURIOUS INVESTIGATORS

"really great children's theatre"
Exeunt on We're Stuck!

TUE 4 APR, 2PM
Quay Arts Centre
Sea Street, Newport Harbour, Isle of Wight, PO30 2EF
Book your tickets: 01983 822490 quayarts.org

QUAYARTS

BIG IMAGINATION

BackstageTrust

ARTS COUNCIL ENGLAND

BOX OFFICE

THE WIND IN THE WILLOWS

QUAY ARTS CENTRE
11TH APRIL
DOORS 1:45PM - ONSTAGE 2:00PM

TICKETS £8 EACH
EX. FAMILY OF FOUR

BOX OFFICE: 01983 822490 | WWW.QUAYARTS.ORG

*BOOKING FEE APPLIES

Quay Arts are supported by:

Follow us on:

WIGHTLINK

wightfibre

twitter.com/quayarts

facebook.com/QuayArtsCentre

Award winning

GREASE

Praise for Box Tale Soup

★★★★★ Fringe Guru

★★★★★ Young Perspective

★★★★★ BNi Magazine

★★★★★ Three Weeks

★★★★★ Broadway Baby

★★★★★ The Times

fringe sell-out show 2018

The Turn of the Screw

Commissioned by the Clark Library, UCLA
Supported by Arts Council England

fringe sell-out show 2019

Great Grimm Tales

QUAYARTS

THEATRE DANCE SING

THEATRE TRAIN

GREASE

SCHOOL EDITION

8 & 9 JULY 2023 • SHANKLIN THEATRE
01983-868000 | WWW.SHANKLINTHEATRE.COM

Try to factor in regular breaks offline and away from your screen - ideally, outdoors or in a well-ventilated fresh air.

Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.

Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

Meet Our Expert

Cristy Argenteiro is a registered counsellor with the Health Professions Council of Great Britain, working in the private sector specializing in children, teenagers and young adults. She has a background in drama, theatre and performing arts and has worked with a wide range of young people and adults on a variety of projects.

Tues 11 April, 7pm
Tickets £12 / £9
Book online at www.quayarts.org
or call the Box Office on 01983 822490

Top Tips for Adopting SAFE & HEALTHY LINE HABITS

their lives, and that includes children, from exams and deadlines to anxiety and mental health issues, make jokes and vent online about the things that irritate us, but when it's the worst moment to share something kind or positive instead? In fact, when did you last stop online activities to help keep them safe and teach them healthy online habits, we know your digital resilience, there are lots of ways that children can become more resilient, and we've pulled together some popular strategies here...

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organizations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult, like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that reminds you of a problem or a bad adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem - or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

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