

Beatrice Avenue,
East Cowes,
IOW,
PO32 6PA.
Tel 292872
queensgateprimary.co.uk



Friday 26th January 2024

Issue 17

Queensgate Foundation
Primary School



Attendance Raffle

Dear Families,

Attendance

I am pleased to let you know that Queensgate attendance is above national averages – well done everyone. Let's keep this up!

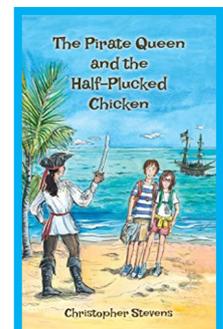
As you know the children earn bronze credit cards for 98% attendance, silver for 99% and gold for 100%. If the children have 100% attendance all academic year they go on a special trip. We are adding a further layer. If the child has 98% attendance they will receive one raffle ticket, 99% two raffle tickets and 100% three raffle tickets. There will be some raffle tickets pulled out with extra prizes attached.

Volunteering

We have quite a few volunteers in school helping to hear readers, which is absolutely brilliant. I am now wondering if any of you have any free time and would be able to volunteer to support our cookery lessons alongside one of our staff, usually Mrs Bradbury. Please let me or Mr Chubb know if you feel you could help with this element of the curriculum.

Author in School

Chris Stevens, who is the author of, 'The Pirate Queen and the half-plucked chicken', will be in school on Wednesday 31st January. He will work with the Year 5 and Year 6 teams. Please see flyer at the back of this newsletter for more details.



Dance Live

Our Dance Live team are performing their dance to the rest of the school next Thursday afternoon, which we are looking forward to very much. Then the time has come for the big trip to Portsmouth on Friday 2nd February. We wish our team huge success as they head off to perform at Portsmouth Guildhall. I would like to say a huge thank you to all of our staff and parents and helpers who have diligently prepared for the big event. Well done to Miss Croutear for leading the Dance Live volunteers and children.

Families in School

As well as Focus Learners there are a couple of other events coming up. There is Magnificent Mark Making session for some of the **Reception** parents if their child is in monkeys or lemur groups. This is **2:30pm on Wednesday 31st January**.

The children in **Year 1** have been working on the skills needed to make a moving picture. They are working towards producing a moving picture around our topic of 'What a Wonderful World'. Children will be asked to make a moving picture about saving their planet for the final piece. Parents are invited to work with their children on **Wednesday 7th February at 1:30pm until 3:00pm**

School Equipment

Please ensure the children stay off the equipment before and after school.

What does PSHE stand for and why is it important?

PSHE stands for Personal, Social, Health and Economic Education. It is taught once a week in each class and is hugely important. At Queensgate the overarching aim of PSHE is, "Working together to stay safe, healthy and build good relationships for a successful future." Here is the link to what we teach in PSHE

<https://www.queensgateprimary.co.uk/assets/images/branding/PSHE-Long-Term-Overview.pdf>

Have a look and let us know if you have any questions.

Parents' Evenings

Our Parents' Evenings for this term are Tuesday 20th February from 3:30pm – 6:50pm and Thursday 22nd February 3:10pm – 4:50pm. As always these can be booked through Scopay. This will go live on 3rd February at 8.30am and close on the 18th February at 6pm.

Measles - Urgent action

You will have seen the news regarding the rise in cases of measles in London and the large outbreaks in the West Midlands.

The UK Health Security Agency (UKHSA) has now declared a national incident in order to focus actions to limit the spread. Further outbreaks of measles will spread to other towns and cities unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination uptake in areas at greatest risk. Children who get measles can be very poorly and some will suffer life changing complications.

To support this incident the Department of Education (DfE) has published [What to do if you think your child has measles and when to keep them off school](#) guidance for parents and for schools.

UKHSA have stated that measles is not currently circulating in the south-east, there are cases in London and a sustained outbreak in the West Midlands (specifically Coventry and Birmingham but now in all local authority areas in the region) but at the moment in the SE, rashes are more than likely to be for other reasons (particularly in children). However being prepared is important.

At a national level UKHSA are working on an outbreak pack for measles, similar to the packs for scarlet fever and gastric illness. We will cascade this when it is published.

Out and About

On Tuesday morning our **Reception** Out and About group visited the Isle of Wight Donkey Sanctuary in Wroxall. The children enjoyed a tour of the sanctuary, learning some of the stories behind why some of the 117 donkeys are now living in the rescue centre and how they are cared for. The children met the different herds and found out about the differences between ponies and donkeys. The children were all very sensible and demonstrated great listening skills. They loved petting the donkeys too!

“We went to the Donkey Sanctuary. I stroked a donkey, it felt all fluffy. Some were big and some were tiny. We saw them eating the hay. The donkeys were all inside the barn because they don't like the rain getting on their fur. I liked seeing all the donkeys.” Eliza RBH



This half term, our **Year 1** children are learning about how they can help to look after our planet. The Out and About team from **1SM** took part in a beach clean along St Helens beach on Wednesday morning. Sadly, due to the recent stormy weather, there was lots of plastic waste on the shoreline. The children found lots of micro-plastics, nylon fishing lines, bottle tops and even a pair of scissors! They enjoyed using litter pickers and together they rescued a big bag full of plastic rubbish from going into our seas and oceans. The children listened to the story *A Planet Full of Plastic* by Neil Layton, learning more about the impact of plastic waste on our planet.

“We went to the beach and we were picking up plastic. My favourite bit was finding a special blue stone with holes in.” Poppy 1SM

“We went to the beach for a beach clean. We used litter pickers to pick up plastic. I liked finding the really, really big bit of black plastic on the beach. I picked it up with my hands and put it by the van.” Louie 1SM



Out and About next week...

Our Year 3 and Year 5 children worked incredibly hard in their swimming lessons this week. It is great to see some of the children's confidence in the water improve each week.

This week our Superstar Swimming Awards go to...

Year 3: Ayrton P, Bayley E, Callum B, Ellie A, Jack S, Kingsley C, Mia B and Riley H

Year 5: Amy T, Braiden, Emily B, Emily T, Harley J, Leon S and Ryan A

Out and About next week...

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

Clayton, Antonia, Emily, Felicity, Theo WF, Nova, Riley, Quinn, Remi-Rose, Amelia, Jovi, Kaden and Theo T.

*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

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

Next week swimming lessons for Year 3 on Tuesdays and Year 5 on Wednesdays

Lesson 4 of 10

*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.

Cookery Next Week

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

Vincent, Theo, Harrison P, Toby H, Summer, Gracie, Mason, Sienna, Jude C, Oscar, McKenzie, Hollie, Maya, Amber and Brooke.

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

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

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

Harley B, Zayn, Tayla, Joshua, Harvey, Scarlett, Maisy, Ella, Toby, Harley T, Flynn, James, Mirabelle, Georgie and Logan F



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.)



WEEK 1

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



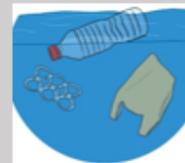
Eco Schools



We would still 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?

The biggest problem affecting the marine environment is plastic pollution. Up to 12 million metric tons of it; that's how much plastic we dump into the oceans each year. That's about 26 billion pounds — or the equivalent of more than 100,000 blue whales — every single year. By 2050, ocean plastic will outweigh all of the ocean's fish!



Eco Tip!

Think about some plastic items you could re-use/recycle such as old butter containers, ice cream tubs, yoghurt pots, bottles. They can be used for screws, nails, planters for seedlings, watering plantsthe list is endless — your imagination isn't!



Attendance

Whole School Attendance since September is 95.39%

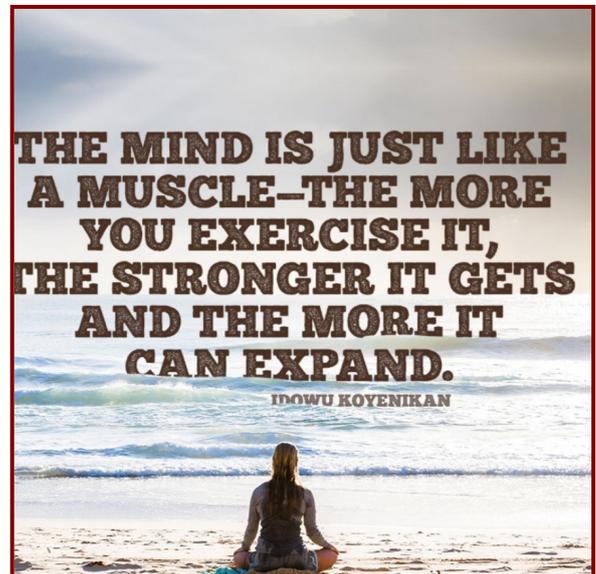
Whole School Attendance this week is 95.67%

KS1 Class with best attendance this week is 2KG with 96.67%

KS2 Class with best attendance this week is 5TS with 98.89%

Lost Property

Please see photos of the latest lost property. If you recognise anything please collect from foyer at front of the school.



And Finally...

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

Best wishes,



Samantha Sillito

Headteacher





**DON'T MISS THIS FUN FAMILY FESTIVAL
DURING FEBRUARY HALF TERM!
Thursday 15th to Saturday 17th February**

JANUARY 2024 NEWSLETTER



Come and see me at Quay Arts in 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 grandson, Friday 16th Feb!



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



44 different events over three days!

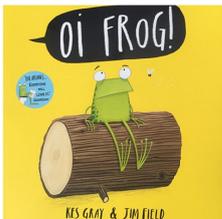


A chance to meet your favourite authors, and some new ones too! Including:

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



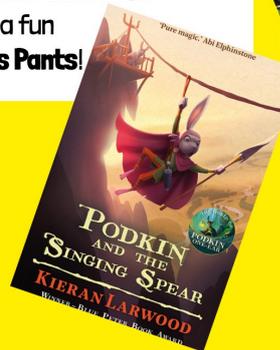
There are performances too: **Horsebox Theatre** returns with an adaptation of Jules Murriner's **Vincent and the Mermaid**, and **Pink Cow/Apollo Youth Theatre** is back with a funny new production for younger children. We also have the interactive **Enchanted Cinema**, Asian dance and a fun opera based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

Working together for a successful future

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

Adult Community Learning

Adult Community Learning are pleased to launch their new spring programme of workshops and courses ranging from, English, maths, ICT, Art, Craft, and Wellbeing, plus a wide range of FREE short online courses.

On Sunday 10 March between 10.30am and 12.30pm, we will be celebrating International Women's Day with a morning of workshops. These workshops on Brush Lettering, Macrame Bracelets and Springtime Wreaths are open to adults 19+ with one accompanied child over 10yrs and cost £10 per adult and £5 per child. Please note that only adult bookings and payments can be done on our website, so please e-mail or call us if you would also like to book for a child.

If you are interested in developing your skills further, perhaps to retrain or return to work, why not book a careers appointment with our information, advice, and guidance professional? She will tailor the appointment to your needs and can offer you help with CV writing, covering letters, application forms or support you with career changes, redundancy, education, and training.

Our ICT suite is also open every Friday 9.30am to 12.30pm (term time only), for anyone wishing to access online learning or get support from a tutor.

For more information and to book, head over to our website www.iow.gov.uk/ACLcourses, call our office on 01983 817280 or pop into The Learning Centre, Westridge, Ryde.

Top tips to keep your family healthy and happy



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

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

Better Health Families is here to help

Search Better Health Families for lots of:

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



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

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



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



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



Wendy Perera Chief Executive
Public Health
Floor 4, County Hall
High Street
Newport
Isle of Wight
PO30 1UD

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.

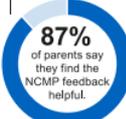
Parents can monitor their child's weight by visiting the **NHS healthy weight calculator**.

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.



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.

THE ISLANDS MOST INCLUSIVE DANCE ACADEMY

NOW ACCEPTING NEW STUDENTS FOR 2024!

CREATIONZ
DANCE ACADEMY

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PERFORMING ARTS
CLASSES

A SAFE SPACE TO REACH THEIR
FULL POTENTIAL

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TAP, STREETDANCE, LYRICAL,
CREATIONZ TRIBE PERFORMANCE
GROUP

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OPPORTUNITY TO DANCE



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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



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.

Follow @
AspireRyde on
Facebook for
updates or visit
www.familyinfo.hub.iow.gov.uk

For more information
please contact:
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 AIRFRYER
3RD PRIZE £100 FOOD VOUCHER

Every month
we will
explore a new
relevant topic



Working together for a successful future

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)

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)

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
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)

Isle of Wight Table Tennis Association

Do you play table tennis?
Why not come along to the
IoW Table Tennis Centre,
at Smallbrook Stadium, Ashley Road,
Ryde, Isle of Wight, PO33 4BH.



You can give it a try and you'll be coached
to develop and improve your game.

Times below:

Mondays: 9-00am - 12 noon. Monday: 6-45pm - 9-00pm.

Wednesdays: 9-00am - 12 noon. Fridays: 6.45pm - 9-00pm.

Adults £4-00 per session. Children £2-00.

Junior Coaching Sessions - Mondays & Thursdays 5-00pm - 7-00pm £3-50

Saturdays 9-30am - 12-30pm £3-50

Further information from Elaine Mills E. mail elainemills@gmail.com



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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 small time-limited trip would do: the main thing is getting some fresh air and a break from your screen.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend is particularly essential areas of the internet – like social media platforms – can add boost your wellbeing.

TRY A TIMED TRIAL

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

'PARK' PHONES OVERNIGHT

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

GO DIGITAL DETOX

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

SWITCH ON DND

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

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.

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.

AGREE TECH-FREE ZONES

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

SOCIALISE WITHOUT SCREENS

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

HOLD A SCREEN TIME AMNESTY

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

WIND DOWN PROPERLY

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

Meet Our Expert

Device Box is a free app that helps you manage your screen time. It's available on the App Store and Google Play. For more information, visit www.devicebox.co.uk. The National College and National Online Safety are proud to support this initiative.

DEVICE BOX | The National College | National Online Safety | #WakeUpWednesday

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Supporting Parent Relationships with Separating better app

Separating parents living on the Isle of Wight are among the first in the country to have access to a new app designed to help them self-manage their separation.



Separating better has been created by the UK's leading relationship research and innovation charity OnePlusOne, with funding from the Department for Works and Pensions. It features tools to help with many practical elements of separation such as budgeting and legal arrangements. It also offers parents a template to create their own parenting plans to help them agree how to co-parent their children effectively.

An in-app quiz helps parents to understand where they are emotionally in their separation journey and a series of Work it out videos help parents learn communication skills which they can use to co-parent effectively and keep their children's best interests at the heart of their decision-making.

How to get started:

1. [Download the FREE app here](#)
2. Take the emotion readiness quiz
3. Access all of the app features for FREE as you progress through your separation journey

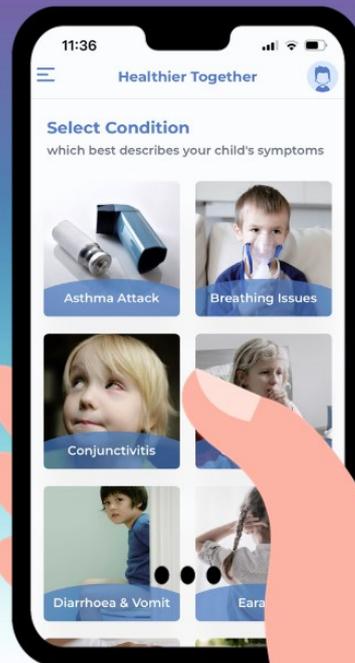
Only two areas in the country will have access to this app ahead of its national launch in spring 2024, and OnePlusOne are keen to hear the views of parents who use it. Download the app for more information about how to offer feedback.

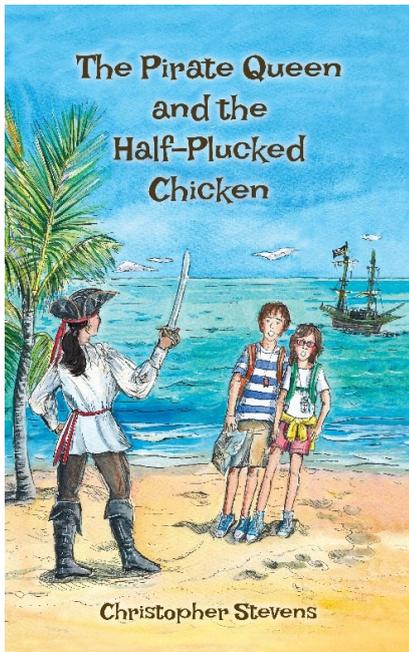
Parents living on the Island can also access a number of other free digital resources created by OnePlusOne. These provide support for a range of parental relationship issues, including becoming parents, coping with stress, debt and relationships and learning to argue better. To find out more visit: <https://familyinfohub.iow.gov.uk/oneplusone> For further information about Separating better, please email supporting.parents@iow.gov.uk



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

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





A Few Details

The Pirate Queen and the Half-Plucked Chicken is a children's adventure novel. It is 252 pages long, comprising 28 bite-size chapters for ease of reading. Each chapter should take between 10 and 20 minutes to read. The reading age is for anyone over the age of eight. The book has been well received, with reviewers saying it takes them back to Arthur Ransome's *Swallows and Amazons* and Enid Blyton's *Famous Five*. Obviously, the readership doesn't stop at children!

The Story

Whilst cleaning out a drawer, Charlie and Lizzie find a treasure map which has remained hidden for centuries. But the secret gets out and they arrive in the Caribbean with their shady adversaries hot on their heels. On the island, Charlie and Lizzie encounter a host of colourful characters and, when things don't quite go as planned, they need to keep all their wits about them. With one discovery leading to another, the mystery slowly unfolds, until finally they discover the biggest secret of them all.

A brilliantly entertaining novel – Nicholas Allan (author of The Queen's Knickers)

It just gets better and better – J C Graeme (author of The Mapmaker's Shadow)

Other reviews can be seen on www.amazon.co.uk

Ordering

The Pirate Queen and the Half-Plucked Chicken retails at £8.99, but it is being offered to the pupils of Queensgate Primary School at a **discounted price of £6.99**. Payment should be made in cash, with change being available. Orders should be received by **Friday 2nd February**. All ordered copies will be signed by the author, with dedications if required.

Name:

Dedication: