

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



Friday 27th January 2023

Issue 18 2022 - 2023

Queensgate Foundation
Primary School



Dance Live!

Dear Families,

Dance Live 2024!

In 2024 we would love to be able to take some KS2 children to compete in Dance Live 2024 at Portsmouth Guildhall. The Dance Live Website has this to say about the opportunity; *“Embracing an ever-evolving digital world and how this is changing the face of modern performance, Dance Live! sees those in KS2-4 and Further Education compete with choreographed routines to the backdrop of a giant digital screen with pupils showcasing a range of skills from dance, performance and off-stage technical skills to creative design. Dance Live! delivers an amazing, inclusive, developmental experience for your students.”* This will be a really memorable and beneficial experience for each child that takes part. It will help them develop their confidence, teamwork, performance and technical skills as well as having health and wellbeing benefits. If you would like to know anymore I will link their website below.



However, we really need some help! It is a huge project and we would be so grateful for any help that the community or parents could offer. At this stage we are assessing what help we can get before we register officially. This could be for a range of things such as:

- Choreography or Teaching
- Set Design and Building
- Technical help with music or the digital screen
- Donations, Fundraising or Sponsorship
- Rehearsal Support after school
- Costume design and making

Or anything else you can think of! We would love for this to be as much of a community project as possible so please do get involved in the Queensgate Family and help the children be the best they can be!

If you do think you can help please contact me via 4mc@queensgateprimary.co.uk. Please state your name, contact details and what you would like to help with. I will collate a list of everyone and keep you updated!

Please note we are currently only in the stage of expressing interest and finding support so this is not a definite yet as Dance Live is not yet officially open for registration until February.

Many thanks.

Miss Croutear

<https://www.portsmouthguildhall.org.uk/get-involved/schools-colleges/dance-live/>

Price Rise for School Dinners

The price for school dinners will be rising for children in Years 3, 4, 5 and 6. The new price will be **£2.61** per meal. This increase is due to many factors which include: the rise in energy costs; the Russian/Ukraine conflict pushing up the price of wheat and sunflower oil; the weather and global warming; labour and the cost of living; general logistics around ship and container and HGV shortages as well as the cost of fuel.

Please remember that all children in Reception, Year 1 and Year 2 are entitled to Universal Infant Free School Meals. In addition, many people are entitled to Free School Meals. Check to see if you are eligible.

I would encourage you to take up the school meal offer as the food is good quality and delicious. (I have a school meal every day.) It is hot and nutritiously balanced. I was sat with some children having a packed lunch the other day and they commented how delicious the food looked. Even with the price increase I think the food is good value.

Dear Parents/Guardians,

Like all UK businesses, we are currently experiencing significant inflationary pressures. As has been widely reported in the media, these pressures have particularly impacted the price of food.

We have been working hard over recent months to absorb these costs through menu changes and negotiating with our suppliers.

However, with inflation continuing to rise, we are now required to increase the price of the meal served at your child's school to £2.61.

All menus will continue to provide children a choice of nutritious and delicious meals, while complying with the Government's nutritional guidelines, and catering for those with allergies.

We want to assure you that the decision to take this action was not taken lightly. We will always continue to do all that we can to provide you the best possible value for money.

Kind Regards,

YVONNE CURRAN

Regional Manager



Attendance

Whole School Attendance this week is 93.84%

KS1 Class with best attendance this week is 2KG with 97.01%

KS2 Class with best attendance this week is 4BM with 96.93%

Attendance Update from the Local Authority

The Isle of Wight Council has updated their attendance information on their website. Please see www.iow.gov.uk/Council/Otherservices/attendance This provides you with a very useful guide under the titles: School Attendance; why high attendance is important for education (copied below for you); Your Responsibilities as a parent; What to do if your child is unwell; family holidays and school holidays and Possible penalties for non-attendance.

Why high attendance is important for education

As a parent/carer you want the best for your children. Having a good education is an important factor in opening up more opportunities in adult life. Did you know that:

- a child who is absent a day of school per week misses an equivalent of two years of their school life
- 90% of young people with absence rates below 85% fail to achieve five or more good grades of GCSE and around one third achieve no GCSEs at all
- poor examination results limit young people's options and poor attendance suggests to colleges and employers that these students are unreliable
- poor school attendance is also closely associated with crime a quarter of school age offenders have truanted repeatedly
- at least 1 million children take at least one-half day off a year without permission
- 7.5 million school days are missed each year through unauthorised absence

GCSEs may seem a long way off for you and your child but all absence at any stage leads to gaps in your child's learning. This in turn can:

- mean that they fall behind in work
- affect their motivation
- affect their enjoyment of learning
- lead to poor behaviour
- affect their desire to attend school regularly affecting their confidence in school
- mean they miss out on the social life of school and extra-curricular opportunities and experiences
- affect their ability to have or keep friendships.

Supporting your child's school attendance

Good school attendance habits are best started early. Children learn from those around them and you as parents/carers set the standards and expectations for your child. Showing your child, the importance of attending school every day not only helps your child to settle quickly when starting school but helps them to keep and maintain friendships and enjoy the school environment.

Be organised, have a plan, be consistent and involve your child. You should:

- create good routines for mornings at home so that your child can arrive punctually and they are properly equipped; this will also mean your mornings can start calmly too
- make time to encourage and show interest. Chat to them about the things they have learnt, what friends they have made and even what they had for lunch! Remember children can be tired when coming out of school, so a short chat over a snack or later that evening may produce a better result than a long list of questions
- read all school communications. A home/school diary can help with communication only when all parties use it as intended attend school open evenings and functions
- check your child understands the homework and that it has been completed. Support them in completing homework by creating a calm space for them to work in and set specific times during the week when homework should be done avoid absence from school wherever possible – try to make doctors and dental appointments out of school hours. Absence means your child will miss out on the academic studies and will also learn that education is not the main priority within the family. This can have a lifelong effect.

There tend to be good reasons why children become reluctant to attend school. Take the time to listen to your child, share any concerns you or your child may have with the appropriate member of school staff and seek support at the very earliest opportunity.

Upcoming PTFA Events

Table Top Sale – Tomorrow

The first PTFA Table Top Sale is tomorrow (Saturday) between 11am and 1pm. School uniform will be available free of charge (donations welcome) and there will be a range of small businesses and individuals selling clothes, toys, books, baby stuff, jewellery and wax melts.

There will be games for the kids and a free raffle entry to everyone who attends.

Refreshments including a range of cakes will be available to purchase.

We hope to see you there!

Raisin Challenge

Have you bought back your raisin box full of coins? If so thank you. If not please bring it with you tomorrow to the Table Top Sale.

Wear What you love rainbow mufti

On **Friday 10th February** there will be a wear what you love mufti day. In exchange for the pleasure of wearing what they want please could the children bring in one item each for our rainbow raffle. Please see the colours of your class on the next page. Please note the children can wear what they like and it doesn't need to be specific to their class colour.

RAINBOW RAFFLE

DONATION IDEAS

These are just ideas... All donations are welcome!

YEAR 6
RED

Red Wine, Malteser, Budwiser Beer, McVities Digestives, Ready Salted Crisps, Family Circle Biscuits, Kit Kats, Skittles, Pimms, Celebrations, Bournville Chocolate, Pombears, Munchies, Red toiletries, Red Candle.

YEAR 5
ORANGE

Chocolate Orange, Orange Gin, Haribo Tangfastics, Fudge, Revels, Toffee Crisp, Orange Clubs, Mini Cheddars, Bucks Fizz, Orange Fanta, J20, Doritos, Orange Car Air Freshener, Orange Toiletries, Orange Candle, Orange Stationary, Orange Juice/Squash.

YEAR 4
YELLOW

Lemon Gin, Cadbury Flakes, Cadbury Caramel, Toblerone, Skips, Custard Creams, Jelly Babies, Quavers, Lemon Fanta, Mr Kipling Lemon Slices, Jelly Tots, Yellow Candle, Yellow Toiletries, Yellow Toy Car, Yellow Book.

YEAR 3
GREEN

Gordon's Gin, Heineken beer, Mint Chocolates, Mint Aero, Matchmakers, After Eights, Appletizer, Apple Juice, Fruit Pastilles, Sour Cream Pringles, Green Toiletries, Green Candle, Green Toy.

YEAR 2
BLUE

Mermaid Gin, Roses Chocolates, Fosters Beer, Party Rings, Haribo, Oreos, Milky Bars, Chocolate Hobnobs, Doritos, Tetley Tea, Bounty, Cheese and Onion Crisps, Blue Car Air Freshener, Blue Football, Crispy M&M's

YEAR 1
PINK

Pink Fizz, Rose Wine, Marshmallows, Pink Gin, Raspberry Laces, Pink Wafers, Strawberry Fruitellas, Pink Bath Bomb, Nail Varnish, Loveheart Sweets, Pink Toiletries, Fruit Mentos

RECEPTION
PURPLE

Quality Streets, Dairy Milk, Cadbury's Hot Chocolate, Chocolate Fingers, Ribena, Vimto, Parma Violet Sweets, Heroes Chocolates, Purple Candle, Purple Bath Bomb,

Out & About

The RSD Out and About team visited the Donkey Sanctuary, in Wroxall, on Tuesday morning. The children enjoyed a tour of the sanctuary and met many of the 120 donkeys as well as some of the ponies too. They visited the different herds of donkeys, learnt about how they are cared for, what they eat and why they were rescued and brought to the Island. We saw the donkeys being groomed and fed by the lovely volunteers and staff. The children found out that female donkeys are called 'Jennies' (they wear yellow collars) and males are called 'Jacks' (they wear red collars). They liked looking at their collars to find out each donkey's name. Hulk was very popular amongst the children! The children were curious about how donkeys sleep and were surprised to learn that they can sleep either standing up or laying down.

They were all fantastic ambassadors for Queensgate, following the code and demonstrating good manners. A huge thank you to all parents and carers for their kind donations to the Donkey Sanctuary which will go towards providing food and veterinary care.



On Wednesday morning the Out and About group from 1CE went to Freshwater Bay to take part in a beach clean to support their new topic. They used litter-pickers provided by the charity, Surfers Against Sewage to collect plastic waste in the bay. The children were amazing at finding lots of plastic along the high-tide line, including lots of bits of polystyrene, bottle tops and fishing rope. They were shocked just how much they gathered in a short time and we discussed the importance of reducing, reusing, recycling and refusing plastics. It was a bitter 1°C in Freshwater Bay so they appreciated a hot chocolate whilst we shared the story *Clean Up!* by Nathan Bryon. A big well done to our very own 'Clean up crew'.



Working together for a successful future

Out & About continued

Our Year 3 and Year 5 children had another brilliant week of swimming lessons. The team of staff are very impressed with the children's attitude and drive to improve their swimming skills.

This week our swimming awards go to;
Year 3- Oscar S, Lily C, Flynn, Toby, River and Rory.
Year 5- Sienna, Aribella, Gracie, Chloe S and Joe.

Out and About next week...

Please send your child to school in warm play clothes, with a waterproof/warm coat, hat, scarf and gloves and wellies/walking boots in a named bag.

Tuesday 31st January - All of Reception

We will be learning about oral health and teeth brushing with two visiting dentists.

Wednesday 1st February - 1SG

Beach Clean- Compton Bay

Bella-Louise, Sophie, Harry D, Dèva-Mae, Elijah, Lena, Charlie, Paisley, Riley, Jesse, Figgy, Harry H, Rory and Jack P.

Year 3 and Year 5 Swimming Lessons (4 of 10)

Please ensure your child has a swimming costume/swim shorts, towel and goggles in a named bag. The coach and minibus will get back to school approximately 3.15pm depending on traffic, thank you in advance for your understanding. We do have quite a few pairs of school swimming goggles that have gone missing (that we loan out if required). Please return them if your child has accidentally taken them home (blue/ yellow goggles).

Year 3 River Walks

On **Monday 30th January, 3AH** are going to be going out of school in the morning to walk alongside the River Medina from Shide to Seaclose. This is fieldwork linked to our Rivers geography project.

Children need to wear **warm and waterproof** clothing and appropriate footwear as we anticipate being outside for approximately 2 hours - so will return in time for our regular lunch break. We fully intend to go even if it is raining so a warm, waterproof coat is essential. (Spare, dry socks in bookbags might be wise if the forecast is particularly bad!)

3PT will be doing the same walk on **Monday 6th February** and the same clothing and footwear suggestions will apply.

There is no cost for this session as we will be using the minibus to transport us.





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
Pesto Pasta Bake Served with Two vegetables	Chinese Chicken Noodles Served with Two Vegetables	Roast Pork Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Fish Fingers Served with Chips
Vegetable Chilli Served with Wholegrain Rice	Vegetable Korma Served with Wholemeal Rice	Vegetable Pastry Roll Served with Roast Potatoes, Two Vegetables and Gravy	Vegetarian Cottage Pie Served with Two Vegetables and Gravy	Tomato Veggie Burger Served with Chips
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
Fruity Flapjack Bar	Strawberry Ice Cream	Jelly with Fruit Slices	Chocolate Shortbread	Crispy Crackle Bar

Please note that dinners will be rising to £2.61 per day.

Medical Diets Guide from Chartwells

At Chartwells, the safety of the pupils we cater for is our number one priority. We understand the importance of ensuring that pupils with medical diets can continue to enjoy a safe, balanced meal alongside their peers in school. As such, the Chartwells medical diet policy has been developed specifically for the school kitchen environment and enables us to cater to as many children as possible, as safely as possible. Please see the rest of this important document on the Queensgate website by clicking [here](#).

Computer Club

Please note that Computer club on Monday and Tuesday next week have been cancelled. Parents have been notified by text, so this is just an extra notification!



Strike Day

All classes will be open as usual on Wednesday 1st February.

QUEENSGATE SPORT ROUNDUP



On Friday, the Year 3/4 girls football team played their 2nd game of the season against Hunnyhill. Despite the freezing cold weather, the girls were eager to play hoping to achieve a positive result. The game began and the girls were first to the ball, battling hard to get that crucial first goal. Through a breakaway attack, the girls managed to put the ball in the back of the net, making the score 1-0 to Queensgate. Shortly after, the half time whistle blew and the girls had a well deserved break. Going into the second half, the girls showed great attitude to get back out there and pick up from where they left off. It was a well fought second half and both teams managed to score a goal each, however it was Queensgate who stayed on top, winning the game 2-1. Well done girls!



On Tuesday, the Year 6 boys faced Barton in the semi-finals of the cup. The boys had done really well to get to this stage and were looking forward to getting stuck in. The first half began and it was Barton who came out quicker of the two sides. The boys battled well and produced some good defending, however Barton were clinical scoring two goals before half time. The lads went into the break deflated but persevered well to get back out there for the second half. Unfortunately, after a tough second half, it wasn't to be Queensgate's day as the game ended 5-0 to Barton. Keep going boys!

On Thursday, the Year 6 boys travelled to Nine Acres for their final league match of this year. After a disappointing result on Tuesday, the boys were hoping to achieve a positive result here. The game begun and boys started well, creating a few chances within the first five minutes. However, Nine Acres managed to turn the tide half way through the first half, putting the boys under constant pressure. Just before half time, Nine acres scored to give them the lead going into the break. The team were deflated after conceding a goal, but they showed a positive attitude going into the second half. Throughout the second half the boys created chance after chance, but they couldn't seem to score. In the final moments of the game, Leo W went through one on one with the goalkeeper and produced a quality finish to slot the ball in the back of the net. The full-time whistle blew and the game finished 1-1. The boys battled so hard throughout the game and a draw was a fair result for both sides. Well done boys!

Bonjour!

Je m'appelle Coco et je suis une pomme.

Each week I will share with you a French word.



L'ordinateur (*Lor-din-a-ter*)

Computer

L'ordinateur portable

Laptop computer

Sensory Shed

Hi, Mr Chubb here. I thought it would be nice to share with you some pictures of how the sensory shed is looking like currently. It's a really useful space which all children can access (with adult supervision). The next step will be to complete the sensory Garden which myself and Mr Salter have a plan for when the weather gets a little better!



And Finally...

Have a lovely weekend and remember to read, chat and play with your child!

Best wishes,

Sillito

**Samantha Sillito
Headteacher**

Host an EF student

Be part of our EF Community. Host an international student during summer. With EF's 55 years of experience in hosting, you will be in good hands. As an EF host you can now benefit from our Loyalty Programme.

EF offers

- 24h support
- Join the EF Host Loyalty Programme and collect & redeem points
- As part of the EF Community you benefit from local discounts
- Flexible hosting dates
- Host in summer
- Students are from more than 15 different countries
- Host up to 4 students at the same time
- Guaranteed weekly payments

Hosts provide

- Minimum 2-week hosting commitment
- A welcoming and comfortable home
- Breakfast, packed lunch and evening meal



Sign up today!



EF Accommodation Office Isle of Wight
Unit 2, 15 Holyrood Street, Newport, PO30 5AU
01983 821133 / accommodation.isleofwight@ef.com



It's not easy being wheezy Join our winter **wheeze** webinar

- Does your child suffer with wheeze when they have coughs and colds?
- Have they been given an inhaler?
- Are you unsure what any of this means?



The Paediatric Respiratory Nursing Team from Frimley Health are running an online education session where you can learn more about your child's symptoms



Friday 27th January 2023

1pm - 2pm via Teams

Sign up today - bit.ly/JanWheeze



LAST CHANCE FOR FLU VACCINATION!

Has your child received their flu vaccination since Sept 2022?

If your child has not received their flu vaccination since September 2022 and it remains outstanding, please check your emails from school to access the online consent link to book into our last clinic. Alternatively contact us and we can assist you with any questions.

flu: 5 reasons to vaccinate your child



- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu



© Crown Copyright 2017. Produced under the Creative Commons Attribution-NonCommercial-ShareAlike license. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior written permission of the copyright holder.



Flu vaccination for
all children in
Reception year to
Year 9

Available for
children with
underlying health
need in Years 10 & 11

Last community
clinic will be 11th Feb
at the Riverside
Centre in Newport

Children aged 2yrs-
4yrs also eligible,
please contact us for
information

CONTACT:

School Aged Immunisation
Team:

0300 123 5074

srihs.schoolagedimmunisation@nhs.net
ons-iow@nhs.net



SOCCER CAMP

MONDAY 13TH FEBRUARY
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

📷 LJR COACHING

📌 LJR COACHING

✉ LJRCOACHING97@GMAIL.COM

TO BOOK PLEASE USE THE LINK BELOW OR SCAN THE QR CODE:
[HTTPS://LJRCOACHING.CLASS4KIDS.CO.UK/CMS/CAMPS](https://LJRCOACHING.CLASS4KIDS.CO.UK/CMS/CAMPS)





**DON'T MISS THIS FUN FAMILY FESTIVAL
DURING FEBRUARY HALF TERM!
Friday 17th & Saturday 18th February**

Plus, new for this year, Thursday 16th for the over-12s

JANUARY 2023 NEWSLETTER



Have you got your tickets yet?

Tickets are now on sale for the IW Story Festival at **Quay Arts** in Newport during February half term from www.quayarts.org

It's a chance to meet well-known performers and writers like **Simon Farnaby** (from Paddington 2, Horrible Histories and Ghosts) who will be talking about his **Wizard in My Shed** series of books.

Former CBeebies star, **Cerrie Burnell**, will also be there with her exciting adventure story about being different, **Wilder than Midnight**.



CERRIE BURNELL

For younger children we have a world-exclusive. Author and illustrator Nicholas Allan will be revealing for the first time **The King's Pants** (some of you may already know and love one of his most famous books, **The Queen's Knickers**.)

There will be lots of other authors and illustrators for you to meet, some of them you may have heard of, some of them you may not. But all of them are worth seeing. Why not check some of them out before you come along: **Laura Ellen Adderson, Neal Layton, Jamie Littler, Gareth Peter, Kieran Larwood, Jules Harriner, Felicity Fair Thompson and Peta Rainford**

FAQs

Q: Do I need to get my tickets in advance?

A: It's a good idea. Tickets are selling fast! Get them from www.quayarts.org

Q: How much are tickets?

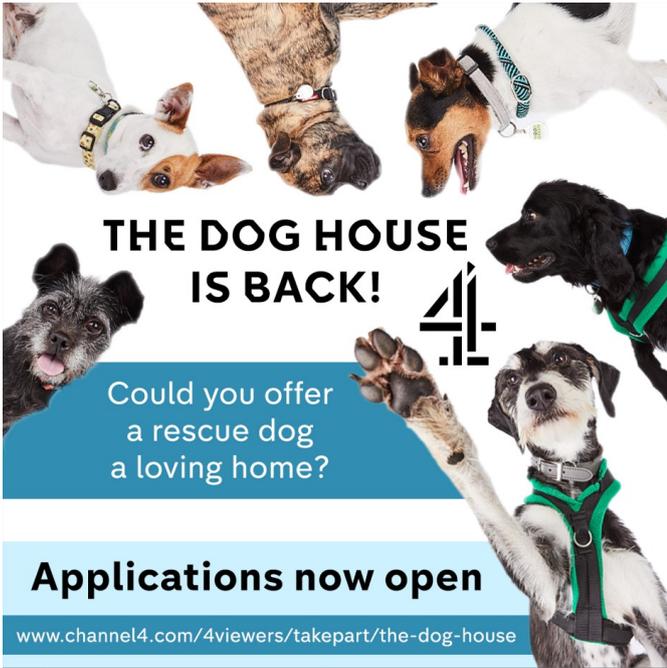
A: Some sessions are free, others cost between £3 and £6

Q: Is it just for people who like reading?

NO! The IW Story Festival isn't just about books! We've got lots of hands-on activities for you to get involved with - from making puppets to making rockets, illustrating comics to sewing a story. There will be storytellers and theatre performances too!

More information from: www.iwstoryfestival.com

Registered charity number: 1198024



**THE DOG HOUSE
IS BACK!**

Could you offer
a rescue dog
a loving home?

Applications now open

www.channel4.com/4viewers/takepart/the-dog-house



**Could you
adopt a dog
like me?**



APPLY NOW
www.channel4.com/4viewers/takepart/the-dog-house

Could you provide a loving home for a rescue dog? The Channel 4 series, The Dog House is looking for couples, individuals, friends and families who are seriously considering bringing a rescue dog into their lives and are willing to share their reasons for doing so.
Please follow this link to apply: <https://www.channel4.com/4viewers/takepart/the-dog-house>

COVID Vaccination News from the NHS

Solent NHS Trust are no longer running the COVID vaccinations on the Isle of Wight, instead, this being managed by St Mary's Hospital Vaccination Hub

We have the following Children's COVID Vaccination Clinics being held in the Children's Outpatients Department and are only available to book via the National Booking System (no walk-ins).

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Half-Term Clinics

For Years 5-11 and Years 12-15

Parents can book using the National Booking System
Held in Children's Outpatient Department, St Mary's

Monday 13 February 2023 08:00-11:00

Thursday 16 February 2023 13:00-16:00

Friday 17 February 2023 08:00-11:00

Stay in control of your child's health

NHS

Healthier Together is a website and mobile app that has been developed by healthcare professionals to provide comprehensive advice for parents, young people and pregnant women.



"It's like a mini doctor for you at home."

Using an easy-to-follow traffic light system, you'll find clear information on common childhood illnesses, including advice on what signs to look out for, when and where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.



"Brilliant. Simple, reassuring and helpful. Thank you!"



Scan the QR code with a smart phone to visit **what0-18.nhs.uk**

Download the free 'Healthier Together' app



@Health_2gether
@Health2gether



'EYES-WIDE' Gang and Youth Violence Awareness Training for Parents and Carers

**When: Monday 6th February
7pm - 8:30pm**

**Where: Gatten & Lake Primary School,
Oaklyn Gardens, Shanklin PO37 7DG
Tel: 01983 869910**

This training event is informative about street crime, including language as well as signs and symptoms of gang involvement. Do you want to find out more about county lines, CCE (Child Criminal Exploitation) and knife crime? Then come along to this informative, proactive session for awareness.

**Presenter: Dean Cody
Urban Solutions**

There will be an opportunity for informal discussions at the end of the main information session for parents/carers to ask robust questions for advice. This evening session is for adults only.

Working together for a successful future

ADULT LEARNING

Spring 2023

All classes take place at
The Learning Centre, Westridge, Ryde,
PO33 1QS unless otherwise stated.

*Concessionary rates are offered to learners who are in receipt of specific means tested benefits.



MULTIPLY

Does the thought of needing to do maths at work or at home make you anxious? Are you interested in **free** flexible courses to help improve your numeracy skills? Multiply is a new government-funded programme offering you free and easy-to-access courses and initiatives to help you brush up on your numeracy skills. Take your next step today and find courses and support to help.

For more information on Multiply courses being offered on the Island and to see if you qualify, please visit: www.iow.gov.uk/multiply

FREE ONLINE COURSES

A wide range of short courses are on offer through the Equal Learning Platform. New modules include:

Keeping Young People Safe Online, Stalking and Harassment Awareness, Suicide Awareness and Prevention, Menopause Awareness, Knife Crime Awareness and Understanding the Power of the Influencer.

For more details, please contact ad@iow.gov.uk

All classes are
for adults (19+ years old)

For more information
and to book your place
please get in touch.

 iow.gov.uk/ACLcourses

 01983 817280

 acl@iow.gov.uk

 IWCACL

IOT

Computers for Beginners

6 week course > Thursday 5 January to 9 February > 1pm to 4pm > Free

Computers for Beginners

East Side Curve, East Cowes Town Hall, York Avenue, East Cowes, PO32 6RU
6 week course > Wednesday 22 February to 29 March > 9.30am to 12.30pm > Free

Essential Digital Skills For Life Level Entry 3

12 week course > Thursday 5 January to 30 March > 9.30am to 12pm > Free

Essential Digital Skills For Work Level 1

10 week course > Monday 9 January to 20 March > 9.30am to 12.30pm > Free

ICDL Word Processing Level 1 and 2

6 week course > Tuesday 3 January to 7 February > 9.30am to 12.30pm > Free

ICDL Spreadsheets Level 1 and 2

6 week course > Thursday 23 February to 30 March > 1pm to 4pm > Free



3102 089 1/22LC



ART

Drawing Skills

3 week course > Monday 23 January to 6 February > 10am to 1pm > £55/£32*

Drawing with Pastels

3 week course > Monday 20 February to 6 March > 6pm to 8.30pm > £48/£28*

Watercolour Still Life

Workshop > Wednesday 22 February > 10am to 3pm > £35/£22*

From Reality to Abstraction

3 week course > Thursday 9 to 23 March > 6 to 8pm > £40/£25*

Landscapes using Acrylic Paint

Workshop > Wednesday 29 March > 10am to 3pm > £35/£22*

HEALTH AND WELLBEING

Introduction to Crystals and Dowsing

Workshop > Saturday 18 March > 10am to 12pm > £10/£5*

Indian Head Massage

Workshop > Sunday 22 January > 10am to 1pm > £15/£8*

All classes are for adults (19+ years old)

FREE CAREERS APPOINTMENTS

Advice and guidance to enable you to realise your potential, so that you can confidently take the next step into learning or employment.

For more details, please contact ad@iow.gov.uk

CRAFT

Embroidery for Beginners

2 week course > Thursday 19 to 26 January > 6pm to 8.30pm > £35/£22*

Knitted Ear Warmer

Workshop > Sunday 29 January > 10am to 2pm > £25/£15*

Weaving with Wire

Workshop > Saturday 25 February > 10am to 3pm > £35/£22*

Interior Design – Planning your Next Project

5 week course > Wednesday 1 to 29 March > 6pm to 8pm > £55/£30*

Applique Funky Tote Bag

2 week course > Friday 10 to 17 March > 10am to 2pm > £50/£30*

Crochet for Beginners

3 week course > Monday 13 to 27 March > 6pm to 8pm > £40/£25*

Natural Woven Wall or Window Decoration

Workshop > Wednesday 15 March > 10am to 3pm > £35/£22*

Island Life in Lino Printing

2 day course > Saturday 18 March and Sunday 19 March > 10am to 2pm > £50/£30*

Recycled Flower Wreath

Workshop > Friday 24 March > 10am to 3pm > £35/£22*

For more information and to book your place please get in touch.

[iow.gov.uk/ACLcourses](https://www.iow.gov.uk/ACLcourses)

01983 817280

acl@iow.gov.uk

IWCACL

WORKSHOP MORNING

£10/£5*

Workshop > Sunday 5 February > 10am to 12pm

Macrame Keyring

Produce a beautiful keyring using simple macrame knots.

Painting with Tissue Paper

Explore ways of bleeding tissue paper to produce art that looks like a watercolour.

Needle Felted Mini Picture

Create a mini landscape picture using merino fibres and needle felting techniques.

INTERNATIONAL WOMEN'S DAY WORKSHOPS

£10/£5*

Workshop > Sunday 5 March > 10am to 12pm

Open to adults 19+ with one accompanied child over 10yrs

Weaved Wall Art

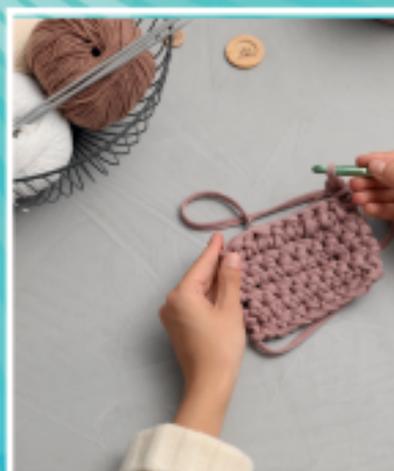
Make a woven wall hanging using mixed media and personal items.

Springtime Wreath

Discover your creative skills and create your very own seasonal wreath.

Felt Keyring

Create a colourful keyring and you'll never lose your keys again (hopefully).



Dear Parent/Carer,



[Height and weight checks for children in Year 1 and Year 6](#)

Every 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 primary school took part in the programme last year.

Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight.

This year NCMP is taking part in a research project run by Newcastle University called MapMe. The MapMe project aims to support parental knowledge and awareness of child weight status and look at how child weight status changes over time. To do this, children now in Year 1 and Year 7 (those who were in Reception and Year 6 last school year) will be measured again.

We will share de-personalised data with the project team, including your child's date of birth, date of measurement, age, sex, height, weight, weight category, ethnicity, and publicly available information about the wider postcode that you live in, for research use.

If you would like more information on the MapMe project you can contact The 0-19 Public Health Nursing Team on 0300 123 5224.

Maintaining the well-being of children

As you may recall, the checks are carried out by trained health care workers in the school nursing team. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. As this measurement is part of the research project to look at weight changes over time individual results are not shared with you, your child, or their school.

Full study results will also be published on the MapMe study website at the end of the project in 2024.

The information we collect and what it is used for is listed below:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category.
- your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6. Other data sets may also be linked such as your child's dental survey results or any visits to hospital they may have had. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health.
- your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England.

How the data is used

The information collected from all schools in the area will be gathered together and held securely by the Isle of Wight Council. We will store your child's information as part of their local child health record on the NHS's child health information database and share it with their GP.

Withdrawing your child from the Year 1 and Year 7 height and weight checks

If you are happy for your child to be measured, you do not need to do anything.

If you do not want your child's height and weight to be checked, please let us know using the contact details provided below:

Telephone :0300 123 5224

E-mail: snhs.iowschoolnursing@nhs.net

Children will not be made to take part on the day if they do not want to.

Yours sincerely,



Simon Bryant
Director of Public Health
Isle of Wight Council

Safer Internet Day 2023 is on Tuesday 7th February and will be celebrated in the UK with the theme 'Want to talk about?..... Making space for conversations about life online'.

Our Education Partnership Team have produced 8 bite-size online safety videos for adults caring for young people.

The inputs cover subjects that parents and Schools have identified as the main area of concern for their children and young people whilst they are online. The videos are between 1 to 8 minutes long and we advise watching them in order.

We are inviting our Hampshire Schools to circulate this to parents and carers as part of Safer Internet Day. The intended audience is School Years 4 – 11 (Junior to Secondary School). However the content may be useful to all so feel free to share with all parents/carers,

To assist you with this we have attached 3 items to this email which can be circulated;

1. Information Sheet - this includes the video links
2. Feedback form

Transcript of videos

The videos are on the Hampshire and IOW Constabulary YouTube Channel so can be viewed on a standalone computer and mobile devices. See more information by clicking [here](#).

Hello, is it you we're looking for?



Family life can be a challenge. Could you be a home visiting volunteer and help a family with young children in your area?

How much time do I need to give? Most home visitors give a couple of hours each week.

Where would it be? At the family home

What does it involve? The role is varied as every family is different. A Home-Start volunteer is a helping hand and a listening ear. Your time with the family could include:

- Talking and listening
- Having fun with children
- Supporting families to get out and about
- Practical help

Do I need any special skills or experience? Non-judgemental with an understanding of the challenges of family life, kind and compassionate, great organisational skills, practical, enthusiastic. Most volunteers have parenting or caring experience, for everything else, full training is provided. Training is a combination of online and face to face sessions. All volunteers receive regular support from a named co-ordinator.

All home visiting volunteers are subject to an enhanced DBS check and references are required.

For more information or an application form please email admin@homestarttow.org call 01983 533357, or visit our website www.homestartisleofwight.org.uk

We look forward to hearing from you

Hello, is it you we're looking for?



Becoming a new parent can be a challenge and at Home-Start we know the value of supporting parents as early as possible. We are looking for Bumps & Babies home visiting volunteers in your area?

How much time do I need to give? Most home visitors give a couple of hours each week.

Where would it be? At the family home

What does it involve? The role is varied as every family is different. A Home-Start volunteer is a helping hand and a listening ear. Your time with the family could include:

- Talking and listening
- Helping parents feel more prepared for parenthood
- Practical help & emotional support before baby comes along
- Supporting parents to feel more confident
- Practical help & emotional support after baby is born
- Supporting parents to get out and about
- Cuddling a baby!

Do I need any special skills or experience? Non-judgemental with an understanding of the challenges of family life, kind and compassionate, great organisational skills, practical, enthusiastic. Most volunteers have parenting or caring experience, for everything else, full training is provided. Training is a combination of online and face to face sessions. All volunteers receive regular support from a named co-ordinator.

All home visiting volunteers are subject to an enhanced DBS check and references are required.

For more information or an application form please email admin@homestarttow.org call 01983 533357, or visit our website www.homestartisleofwight.org.uk

We look forward to hearing from you

Hello, is it you we're looking for?



Family life can be a challenge. Home-Start runs Family Group sessions for parents and their young children. Could you volunteer in a group and help make their time together special?

How much time do I need to give? Group sessions are 2 hours each week during term time.

Where would it be? Groups take place in Newport, Ryde, East Cowes & Shanklin

What does it involve? A Home-Start Family Group volunteer is a helping hand and a listening ear. Working alongside the Family Group staff you will:

- Provide a warm welcome to parents & children
- Support children to enjoy the fun activities on offer
- Help with setting up and packing away
- Offer a listening ear to parents who need time to talk
- Give practical help to parents with more than one child to give them the opportunity to spend 1:1 time with each of their children

Do I need any special skills or experience? Non-judgemental with an understanding of the challenges of family life, kind and compassionate, practical, enthusiastic, creative, an understanding of child development would be an advantage and most importantly a willingness to join in with the singing! Most volunteers have parenting or caring experience, for everything else, full training is provided.

All Family Group volunteers are subject to an enhanced DBS check and references are required.

For more information or an application form please email admin@homestarttow.org call 01983 533357, or visit our website www.homestartisleofwight.org.uk

We look forward to hearing from you