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Friday 28th January 2022

Issue 18 2021 - 2022

Queensgate Foundation  
Primary School



## Our New Sensory Shed

Dear Parents and Carers,

We took delivery of a shed at the start of the Autumn term. It's taken a little while to get ready, but I am pleased to say that it is now up and running. Mr Chubb has spent a lot of his spare evenings and weekends to insulate it. It is available to all children but particularly those that need an extra bit of sensory support. It is also the focal point for the sensory area which will be built around it. Here are some photos:



### Fun Raisin

Have you brought back your raisin box full of coins? Please make sure they are back in school by Friday 4<sup>th</sup> February.

## Active Travel Month

In February individual Active Travel Challenge is coming up and we'd very much like you to be involved in this. This challenge is to encourage as many of the children as possible to travel actively through the month of February. This can be done on the school run or in their own time, including weekends.

**Active Travel Challenge**

Name \_\_\_\_\_ School \_\_\_\_\_ Year \_\_\_\_\_

Try to travel actively on as many days as you can (including the weekend), record the time you spend doing this, add up your total time, take any interesting pictures you might have on the way and send to our Facebook page: @iwsportsunit!

By ticking this box I consent to sharing my personal data with Isle of Wight Council. The personal data is required in order to select a prize draw winner. Personal data will be managed in line with the Isle of Wight Council Data Protection Policy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>START!</b> write your time spent doing activities each day	1 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard	2 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard	3 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard	4 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard	5 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard	6 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard
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28 <input type="checkbox"/> bike <input type="checkbox"/> scooter <input type="checkbox"/> walk <input type="checkbox"/> skateboard	Tell us what's the best thing about active travel?					

**FINISHED!**

**WIN A BIKE!**  
FREE PRIZE DRAW

My total is \_\_\_\_\_

Give this completed sheet to your teacher to get entered into our prize draw.

**FEBRUARY Active Travel Challenge**

Travel actively on as many days as you can in February and you could win a prize!



Ask your teacher for an active travel chart to take part



ISLE of WIGHT COUNCIL  
STARS PROGRAM

Make and model of bike prize may differ from the image shown.

## Valentine's Discos

Our PTFA are organising Valentine Discos for the children. The discos will be on **Thursday 17<sup>th</sup> February**.

The discos will be held in the hall.

**Reception 3 – 3:30**

**Years 1 and 2 4:00 – 4:45**

**Years 3 and 4 5:00 – 5:45**

**Years 5 and 6 6 – 6:45.**



## Year 4 Residential

A gentle reminder for our Year 4 parents that there is a payment plan in place if you don't want to, or can't afford to pay all in one go, the following dates are the key dates:

£35 due on 1<sup>st</sup> February

£35 due on 1<sup>st</sup> March

£35 due on 1<sup>st</sup> April.

Please remember that all payments need to be made via SCOPAY - please do not send cash or cheques in.







# 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
Cheese and Tomato Pizza with Dough Balls	Sausage and Mash with Gravy	Roast Chicken with Roast Potatoes & Gravy	Beef Lasagne with a Garlic & Herb Bread Wedge	Golden Fish Fingers and Chips
Veggie Bolognese	Allegra's Oodles of Noodles	Creamy Vegetable Pie with Roast Potatoes and Gravy	Mild Chickpea and Potato Curry	Tomato Veggie Burger and Chips
Carrot Sticks and Cucumber Sticks	Broccoli and Peas	Cabbage and Carrots	Green Beans and Sweetcorn	Peas and Baked Beans
Flapjack with Fruit Slices	Peach Shortbread Pudding & Custard	Raspberry Yoghurt Cake	Fruity Chocolate Brownie	Vanilla Ice Cream

Please note that all meals are subject to change due to availability of produce.

## Love reading?

### Then try this....

Bella in 4AH has really loved reading *Witch Wars* by Sibéal Pounder and she is bursting to tell you all about it.

The main character is a girl called Tigga, who lives in a shed. She thinks she's ordinary but she isn't. Lots of strange and magical things happen to her when she's not expecting it. She often finds herself in trouble and danger. One of the best characters is a spoilt worm called Aggy Hoof. Bella doesn't want to give too much away about Aggy Hoof because she thinks you'll love reading about her.

Bella says you should read this book if you like adventures, magic and strange happenings. This is book one and Bella cannot wait to read more in the series.



We'd love to know what you are reading at home. If you have any reading recommendations, please let us know so we can share them here.

### Disabled Parking Bays

Please can I remind you that the disabled parking bays should only be used by those parents that hold a blue badge and can produce this when requested. If you have permission to pick up or drop off in the car park but don't hold a blue badge, please find an alternative parking bay (there are three visitor spaces available)

## Out & About

The first **RSJ** Out and About group visited the Donkey Sanctuary on Tuesday morning. They were given a tour of the sanctuary by Elaine, one of the lovely volunteers. The children learnt lots of information about donkeys and ponies including why they have been rescued, how they are cared for and their different personalities. They especially loved meeting Lola, one of the smallest and youngest donkeys, who enjoyed lots of attention. The staff and volunteers would like to thank the **RSJ** parents for their kind donations. All money raised will go towards food and veterinary care for the animals.



On Wednesday morning our 'Clean Up Crew' from **1KS** did a beach clean along Freshwater Bay. The children are learning about what we can do to help look after our planet. They had fun using litter pickers and gloves to pick up plastic from the shoreline. The children found lots of bottle tops, small pieces of plastic, polystyrene and bits of rope. We read some story books about the damaging effects of plastic in the sea and how it can harm sea creatures as well as discussing how we could reduce our use of plastic to prevent things ending up in landfill.



A huge well done to all of our swimmers in **Year 3** and **5** this week. It is great to see the children enjoying their swimming lessons and developing more confidence in the pool.

This week's **Year 3** Swimming Superstar awards go to:

Florence, Emily T, Parinith, Elvia, Harry H and Destiny.

We would also like to congratulate these children in **Year 5** for receiving an award this week:

Emma, Maria, Lily F, Rose, Oliver P and Katie.

## Out and About next week...

Please ensure your child wears warm play clothes, lots of layers, hat, scarf, gloves, wellies and a warm waterproof coat. Bring shoes in a named bag to change into for the afternoon.

### Tuesday am - **RSJ** Visiting the Donkey Sanctuary

Please bring some loose change in an envelope to put in their donation bucket.

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

### Wednesday am - **1KS** Beach clean

Tylan, Ayrton, Ralph, Henley, Amber-Rose, Peyton, Kamahlie, Jack, George, Danielle and Darcie.

Swimming lessons next week:

Tuesday pm - Year 3

Wednesday pm - Year 5

We are looking forward to next week's swimming lessons. Please ensure your child has a swimsuit/ swim shorts, goggles and a towel with them in a bag. Please note, the coach and minibus will not return to school until approx 3.15pm. Apologies in advance for our late return to school and thank you in advance for your cooperation.

### QUEENSGATE SPORT ROUNDUP

A good mixture of events and results this week.

**Year 3/4 Girls;** this was their first ever school match, they played at Greenmount. The team scored after 20 seconds to set up a convincing 5-0 win. Although this is a team game, and all the team played well, special mention must be made of Halle McDonald who scored all 5...but she couldn't have done it without the others.

**Indoor Athletics;** a mixed Year 5/6 team of boys and girls took part in the cluster area event at Medina. The boys are to be congratulated for winning their section; the girls tried hard but couldn't quite collect points to carry the team through to the IOW Finals.

**Year 5 football** – IOW Cup 1/4 final; the team took on hot favourites Gurnard for the title. Oliver Paul deserves special praise in the Queensgate goal, facing 2 penalties and saving one. However the team did lose.

**Skipping;** on Monday Feb 7<sup>th</sup> and Tuesday Feb 8<sup>th</sup>, each class in Queensgate will take part in skipping workshops, led by a familiar face to our school, Lizzie. Children will need their PE kits on allocated days. If you wish your child to purchase a skipping rope, this is what to do (from Lizzie).

The same high quality '**speed ropes**' as used by the international team, will be available to buy or order for **just £5**. The ropes are made to a high standard, are light and turn easily to allow children and adults to progress rapidly. Colour change solar ropes are **£6**. Adult ropes are also available for taller children, older siblings and your personal fitness/weight loss etc at **£7** each, 4m 'family ropes' at **£8** each and 2 x 4m Double Dutch set for **£14**.

**Please put your correct cash in an envelope, with this form or a note of what you would like, with child's name class and which ropes you wish to purchase on the front and hand it to your teacher.**

Name of Child:.....Class:.....

Would like to purchase

..... x children's ropes (£5.00 each)  
..... x children's SOLAR rope (£6 each)  
.....x adult ropes (£7 each)  
.....x family ropes (£8 each)  
.....x Double Dutch ropes (£14 each set)

I enclose payment of £.....

Ropes can also be purchased through our website [www.skipping-workshops.co.uk](http://www.skipping-workshops.co.uk) with a small postage fee added. We will also sell ropes after school if safety permits

To help children and parents interested in encouraging skipping we have a series of brief videos that illustrate various skills & challenges <http://www.skipping-workshops.co.uk/videos/>



## Year 2 Fire Engine Visit



Year 2 had a surprise visit from Newport fire service this week. In DT the children will be making their own fire engine so this was a great opportunity to see all the different equipment that is kept on an engine. They even got to hold the hose and squirt a water jet from the pump. The children also wrote a recount of the visit. Here is some writing from their recounts about this exciting visit.

“We went into the cab and squirted water! It was so exciting.” Zayn

“I found out the ladders are taller than the school.” Alfie

“I found out the sirens go Woo Woo. It was the best day of my life!” Logan F

This also supported their history work about the Great Fire of London.



Working together for a successful future

## Benji Blog

This week in Benji club the pupils created and decorated some hurdles for him to



navigate. However, Benji was a little scared of the decorations so over the next couple of sessions they will work on building up his confidence!



Benji has obtained some rosettes from his classes outside of school.



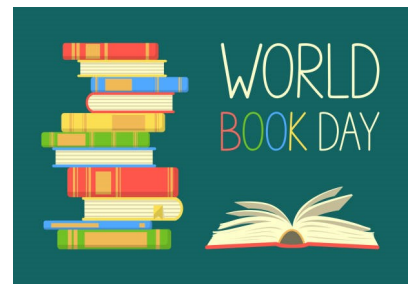
## Staffing News

Our Site Manager, Mr Cox, is retiring on Friday 4<sup>th</sup> March. Mr Cox has worked at Queensgate since we opened in 2010 and was Site Manager at both Whippingham and Osborne Schools before that. Mr Cox has maintained our school to a high standard and has been able to turn his hand to anything. I know many of you will miss your chats with him in the mornings. If you would like to contribute to a retirement gift please call into the school office.

We have recruited a new Site Manager, Chris Salter, who will be taking over from Mr Cox.

## World Book Day

We will be celebrating World Book Day on **Thursday 3<sup>rd</sup> March.**



**Whole school attendance 94.14%.**

**Remember that good attendance will help your child to succeed at school.**

**This week 1CE achieved 99.07% attendance!**  
**Well done.**

**Thank you for your support.**

**Best wishes,**

**Samantha Sillito**

**Headteacher**





## February Activity Club

### Queensgate Foundation Primary School

Beatrice Ave, East Cowes PO32 6PA

**Tuesday 22nd February**  
**9:30am - 4:30pm**

Our fun February Activity Club is a one day extravaganza just for the boys and girls aged 5 - 11 of Queensgate Foundation Primary School. The Children will take part in specialist activities and will also get a freshly made 2 course meal.

#### What are the specialist activities?

We will have an Artist making carnival costumes, and a whole range of arts and crafts. Our Dancer will be doing themed workshops including Street, Jazz, Contemporary, and General Fitness. We will have a drama specialist who can offer drama games and team building / confidence building.

#### 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 •Registered by Ofsted •Child protection trained

#### Ways to book

Via our online home @ cm-sports.co.uk  
 (please follow the FSM course link)  
 2. Phone our friendly office on 02392 987 881

Please book online where possible as our office phone will be operating with minimal staff during this time.

**Places have been consciously limited and are secured on a first come first served basis.**

### Coronavirus update

As a childcare provider, we understand the importance of keeping all children, staff and families who visit our sites safe.

We are in dialogue with our host school venues and in preparation for our February camp being able to go ahead, we are preparing safety routines in line with current school opening guidance.

These include:

- ADAPTED ACTIVITY PROGRAMME
- CHILDREN GROUPED IN SOCIAL BUBBLES
- STRINGENT HAND WASHING ROUTINES
- SOCIALLY DISTANCED DROP OFF POINTS
- FRESH AIR OUTDOOR ACTIVITIES
- STAGGERED LUNCHTIMES
- RISK ASSESSMENTS
- CORONAVIRUS PREVENTION AND CONTROL TRAINING

All clubs are Covid compliant (at the time of the course)  
 We will issue a full refund if a change in the government rules subsequently cancels the course.

Our booking system will cap bookings once the safe daily participation limit has been reached.





**The COVID-19 vaccination is available for everyone age 12 and over.**

**It's not too late to get your 1<sup>st</sup>, 2<sup>nd</sup> or booster doses.**

**When to have your vaccine:**

People aged 18 or over should have their 2nd dose from 8 weeks after their 1st dose.

Most people aged 12-17 should have their 2nd dose from 12 weeks after their 1st dose.

Boosters are available for everyone aged 16+ and you should have it at least 3 months after your 2<sup>nd</sup> dose.

It's easy to attend a walk-in clinic and the NHS are offering pop-up clinics around the Island:

- **7 days a week from 8 am to 8 pm**, The Riverside Centre, Newport, PO30 2QR
- **Friday 28 January**
  - 10am to 5pm, Cowes Fire Station, Victoria Road, PO31 7JJ
  - 10am to 5pm, Pan Community Centre, Furlongs, Pan, PO30 2AX
- **Tuesday 1 February**
  - 9.30 am to 5 pm, Ryde Fire Station, Nicholson Road, PO33 1BE
  - 5pm to 7.30pm, Medina Leisure Centre, Newport, PO30 2DX.
- **Tuesday 8 February**, 5pm to 7.30pm, The Heights, Sandown, PO36 9ET.
- **Monday 14 February**, 5pm to 7.30pm, Medina Leisure Centre, Newport, PO30 2DX.
- **Tuesday 15 February**, 5pm to 7.30pm, Medina Leisure Centre, Newport, PO30 2DX.
- **Saturday 19 February**, 9.30am to 1.00pm, Medina Leisure Centre, Newport, PO30 2DX.
- **Tuesday 22 February**, 5pm to 7.30pm, The Heights, Sandown, PO36 9ET.
- **Saturday 26 February**, 9.30am to 1.00pm, The Heights, Sandown, PO36 9ET.

You can also [book an appointment online](#) or by calling 119.

Get [up to date information about the vaccination delivery](#) programme on the Isle of Wight from the NHS.

Get information and support with COVID-19 on the Island on [keeptheislandsafe.org](https://www.keeptheislandsafe.org)



## Children's Flu Clinic Catch up

The School Aged Immunisation Team are offering a further opportunity to attend a flu catch up community clinic. We have 3 extra clinics running and the dates for these are as follows...

Wednesday 2<sup>nd</sup> February 3pm – 6pm at Ryde Academy Bungalow family centre (in the grounds of Ryde Academy – near entrance of car park), Pellhurst road, Ryde. I.W, PO33 3DT

Thursday 3<sup>rd</sup> February 3pm – 5pm at East Newport Family Centre (Next to Barton Primary School), Furlongs, Newport, I.W, PO30 2AR.

Thursday 24<sup>th</sup> February 9.30 – 2.50pm at East Newport Family Centre (Next to Barton Primary School), Furlongs, Newport, I.W, PO30 2AR.

**These are for booked appointments only via E-consent Inhealthcare. This is for the flu season September 2021-February 2022, if your child has already received immunisation between September and now, they do not need another immunisation.**

If you **have not yet completed** an E-consent form for your child to receive a flu immunisation and you would like to book an appointment, please access the below link and enter your school's URN code which will have been shared previously by your school. (If you have issues accessing the link, please copy and paste into your web browser). If your child was absent/refused and have yet to be immunised, you will have received emails from Inhealthcare with a link to access booking a clinic appointment (please check junk/spam folder).

School Code for Queensgate - **136008**

If you **have** already completed a E-consent form on Inhealthcare and your child has not yet had their flu immunisation please log into your account and access the drop down menu for 'choose catch up' to book into a catch up session.

**These will be the final clinics for this flu season.**

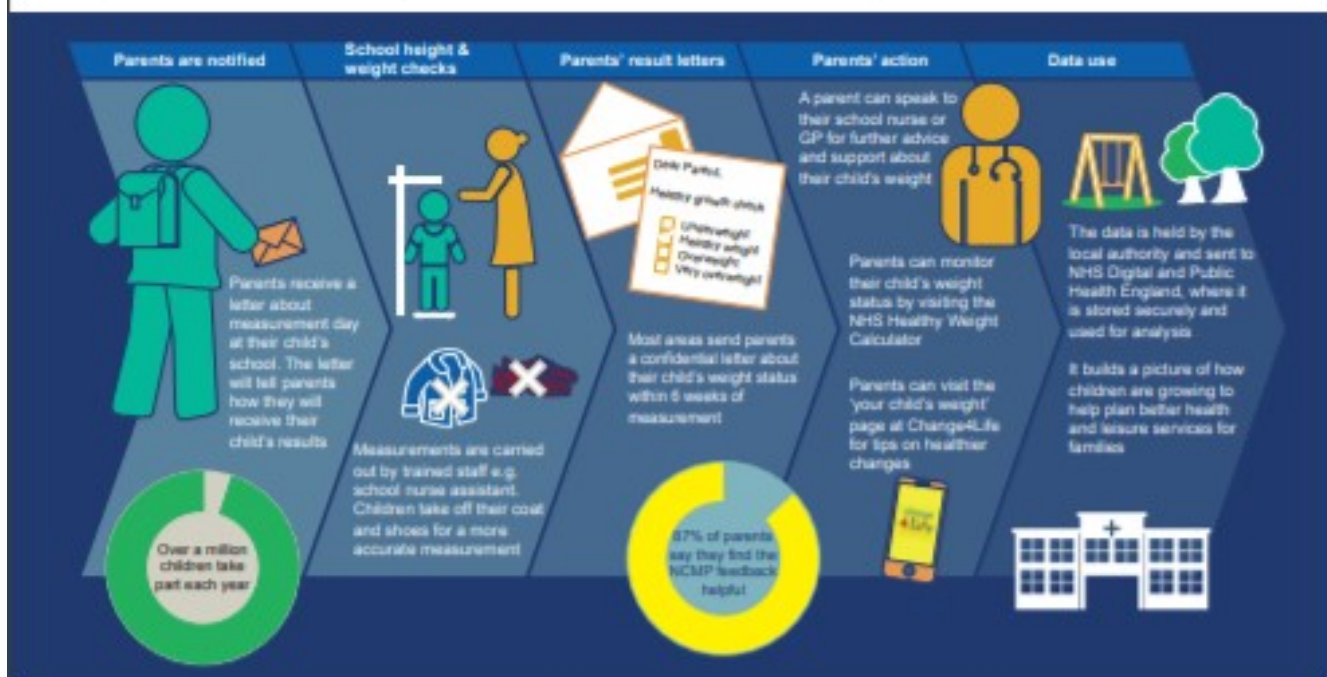
<https://links.inhealthcare.co.uk/solent-iow-flu>

If you have any queries, please email [snhs.schoolagedimmunisations-iow@nhs.net](mailto:snhs.schoolagedimmunisations-iow@nhs.net)



# 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



## 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 weight 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.

# Change4Life is here to help your family be healthy and happy



## Be Sugar Smart

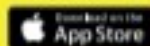
Kids are having nearly three times more sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.

- 1** Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.
- 2** Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 A DAY by adding in chopped fruit.
- 3** Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.



## See what's really inside your food and drink

Download our food scanner app for FREE and see for yourself the amount of sugar, salt and saturated fat in everyday food and drinks.



## change 4 life is here to help.

Search Change4Life and sign up for loads of healthy eating tips, tasty recipes, easy lunchbox ideas, fun activities and much more!



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