

Happy Easter Everyone!

Dear Families,

We have had another busy and exciting week with lots going on!

Visit from Olympian

On Tuesday James Dasaolu, the second fastest Briton of all time, visited Queensgate. Our James got to wear James' gold medal. James showed us how to jump onto a box from the ground. He talked to us about being determined and eating healthily. All the children got to do a physical workshop with him.



Choir

Also, on Tuesday both our Key Stage 1 choir and our Key Stage 2 choir sang their four songs that they won the music festival with. The whole school was in the hall and we were thoroughly impressed by their singing.



Easter Assembly

On Wednesday the whole school joined together to celebrate Easter. We were joined by Peter Young. The whole school sang two songs absolutely brilliantly.

Out & About

RSD went on a special visit to Monkey Haven on Tuesday morning. The children have been learning about mini-beasts over the past couple of weeks so were treated to an amazing talk from Sarah, one of the keepers, all about 'Creepy Crawlies'. The children had the opportunity to hold a giant African millipede, a black beauty stick Insect, the exoskeleton of a tarantula and a corn snake! The children (and grown-ups) were all so brave and keen to handle the creatures. There was lots of great vocabulary when discussing how the various insects and snakes felt to touch. After the talk, the children had fun exploring the Haven, looking at all the monkeys, apes and owls.



The children in **Year 3** have been learning about plants in Science and have been busy growing their own runner beans and gladioli bulbs, in class. On Tuesday afternoon they enjoyed planting their beans and flowers in the raised beds on the Patch.



On Wednesday morning the **Year 1** children shared the story *The Golden Egg* by AJ Wood, about a duck that is hunting for a golden Easter egg. The children visited the Patch, only to discover that the Easter Bunny had visited our nature area and hidden Chocolate eggs all around it! They had a fantastic time hunting for Easter eggs around the Patch.



Working together for a successful future

All of **Year 5** had the chance to visit the Patch on Wednesday afternoon as an end of term treat, before our special Easter assembly. The children enjoyed building dens, climbing trees, swinging in the hammocks and making up team games together.



Tuesday 18th April am RAB

Train ride from Ryde Esplanade

Wear play-clothes and comfortable shoes.

Ellis, Bowie, Milly, Louis, Rudy, Marnie-Rae, Evelyn, Jack, Freddie, Max, Lacey, Cassidy and Raemarni.

Tuesday 18th April pm Year 5

Bonchurch Solar System trail

Please wear play-clothes, a waterproof coat and trainers.

Emily, Charlotte, James M, Chyna, Chloe Sh, Grace, Farrah, Theo, Su, Vincent, Olivia, Brooke, Hollie, Gracie, Mckenzie

Wednesday 19th April am 4BM

Bembridge Windmill walk

Please wear old play-clothes, a waterproof coat and bring wellies to change into.

Ryan, Emily B, Teddy, Skyla, Maya, Amelia H, Arthur, Evie, Ava, Jake, Zachary, Emily T, Isabella, Denys and Artem.

Wednesday 19th April pm 6TM

Geocaching at Merstone

See letter for details about downloading the app in advance and bringing phones.

Please wear play-clothes, a waterproof coat and trainers.

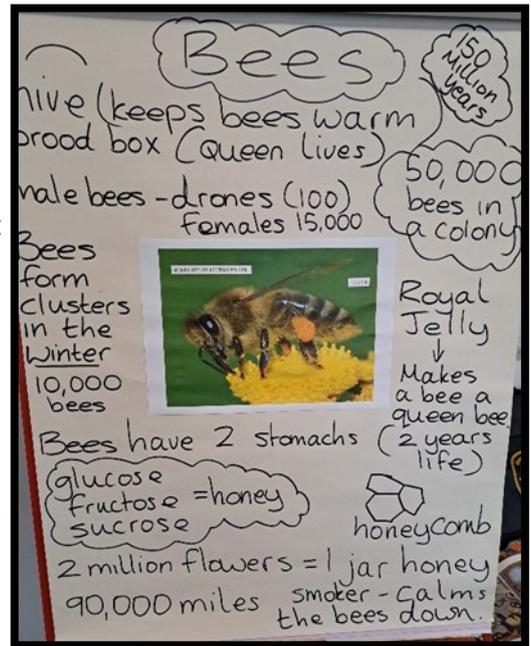
Megan, Elise, Jaylen, Freddy, Rachel, Ellemae, Leo, Oliver, Emma, Lottie, Maria, Jaymie and Zak.

A reminder why Queensgate promote Out & About and other outside activities like the patch:

Children experience freedom when they play outside. Outdoor play is a natural way for children of all ages to do physical activity. It's good for children's health and well-being to be physically active through play. Being active burns energy and can help prevent illnesses in adulthood.

Year 1 Bee Visit

As an introduction into this week's science learning on bees, we had a visit from an expert on keeping bees. Paul Woolford is a beekeeper, who manages his hives up at Osborne Golf Club. He came into our class to tell us all about bees. He brought with him some equipment including a full sized hive and smoker. He wore his special beekeeper's protective suit. We all learned many facts about bees, how they make honey and the importance of bees on our planet. We even tasted some of the AMAZING honey on bread, which was produced by the bees in his hives at Osborne, it was delicious! This week, we also learned about the lifecycle of bees in our science sessions.





SIMS PARENT LITE APP PARENT SET UP GUIDE

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

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

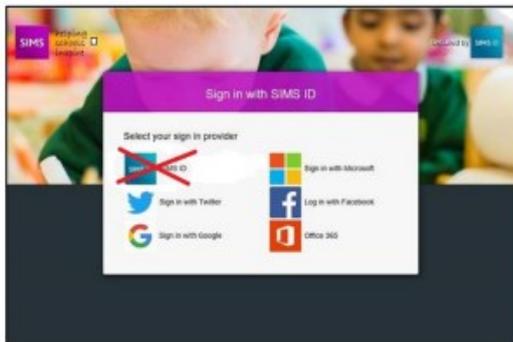
Invites will only be sent out to parents/carers with PARENTAL responsibility – nobody else on your contact list will be able to see information related to your child/ren. Only those with parental responsibility will be able to make changes to the information held.

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

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

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

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



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

DO NOT USE SIMS ID

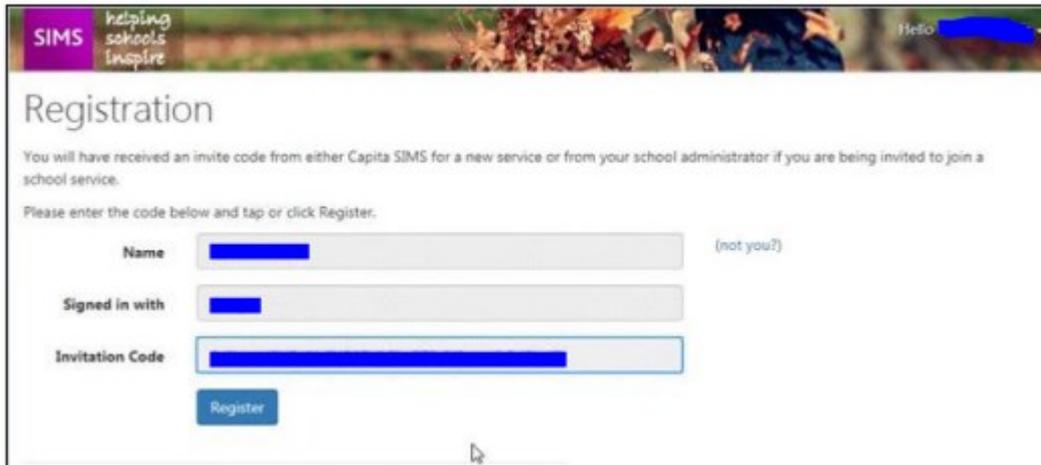
If you do not have any of the above then please find below links to create a free Google or Microsoft Account:

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

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

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

Step 5. Registration! The following page will appear:



The invitation code field will be populated automatically.

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

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

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

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

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

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



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

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

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

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

Free Easter Holiday Activity Club

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

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

ISLE of WIGHT COUNCIL **Hampshire County Council**

Funded April Activity Club
Queensgate Primary School
 Beatrice Ave, East Cowes PO32 6PA

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

CM sports *Where champions are made*

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

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

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

Children that attend will be given a two course lunch.

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

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

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

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

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

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

Follow us on Facebook @CMSports1

Ofsted

Attendance

Whole School Attendance since September is 94.05%

Whole School Attendance this week is 93.59%

KS1 Class with best attendance this week is 2KG - 99.07%

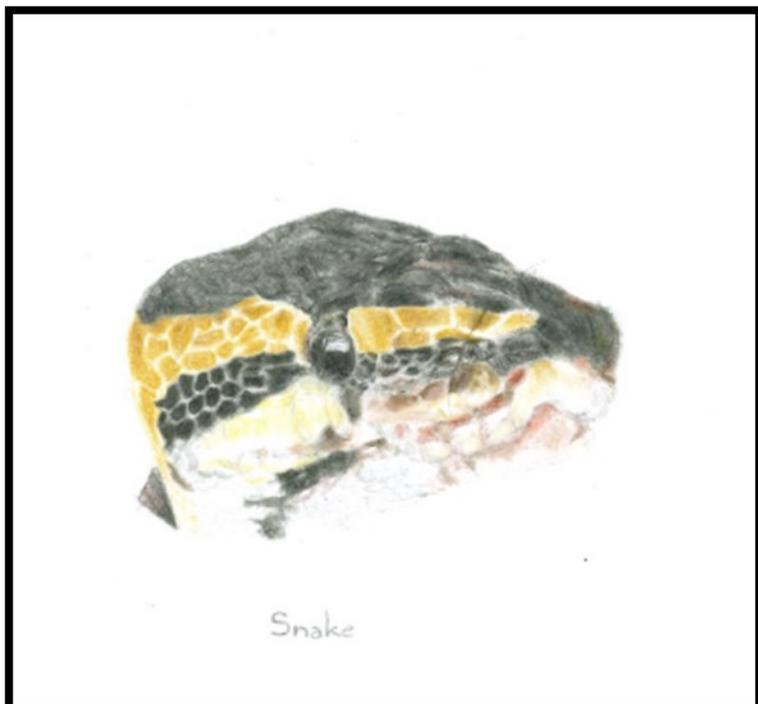
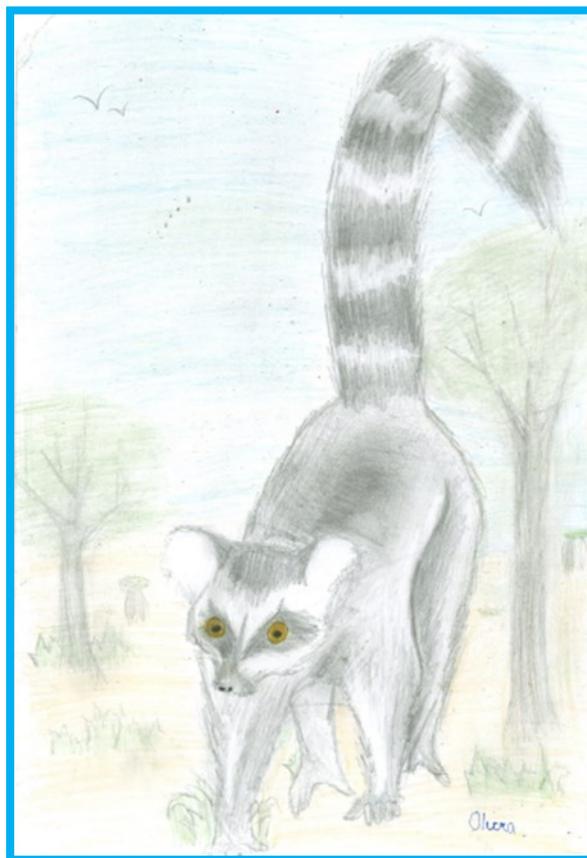
KS2 Class with best attendance this week are 5TS and 5RA with 98.15%

Let's see if we can get a class or two with 100% next term!



Art competition entry

Last week Olivia, Chloe and Lexy produced some excellent art work at home that was entered into an international art competition. They had to research and draw an animal or plant linked to the island of Madagascar. Last Friday, along with other pupils in Year 6 and children across the world, they participated in a webinar where they learnt more about the unique wildlife of Madagascar. Although the girls didn't win, I am sure everyone will agree that they are extremely good artists. Great effort girls.



Snake

TALENT!

Netball

On Tuesday Year 6 took a team to the Cowes Stingers Netball tournament held at Cowes Enterprise College. The children played incredibly well, coming second in their group, with two wins, a loss and a draw. This meant we played for a chance at the final. It was a close match, ending in a draw, which was decided by a single shot from a player in each team. Jack stood up to the mark and scored us our winning goal. We were in the tournament final! Our final match was the closest we played. After the full eight minutes, the score was one all. We went into extra time but after another four minutes neither team had scored. We had to go into a penalty style shoot out to determine 1st and 2nd place. After 3 shots were taken, both teams had scored one each, a final shot was taken, Cowes took the win with a single goal. This meant we took 2nd place in the tournament, meaning we will go on to represent the school in the Island Finals in the Summer term. Every one of the team showed great sportsmanship and impeccable behaviour.

Jack: "I've never played netball before but it was really fun. I didn't expect to get that far so I was so surprised we made it to the finals."

Lacey: "It was really good; it was so scary when Jack took the shot in the semi-final. I'm really happy we are in the finals, we actually played really well."



Football Semi-Final

Last Friday, the Year 4 boys had their semi-final match against Dover Park. The boys were very excited going into the game and were hopeful to progress to the final. The game got underway and both sides started strongly. After some end to end action, it was Queensgate who struck first, making the score 1-0. Late on in the first half, Dover Park started to create more chances for themselves, resulting in them scoring three goals before the half time whistle. The boys went into the break deflated after conceding three goals so quickly, however were determined to turn the tide in the second half. The second half begun and the boys started fast, putting Dover Park under immense pressure. The boys continued to dominate throughout the second half and after many missed chances, finally got the two goals they deserved, making the game level at 3-3. The full time whistle blew and the two teams now faced a penalty shoot out. After an intense set of penalties, it was Dover Park who came out on top winning the penalty shoot out 2-1.



The boys were extremely upset following this result, however they should all be very proud of themselves. This team has improved enormously throughout the season and to have reached a semi-final is a massive achievement. Going into next year, we will hope the team can go one further and get to the finals. Well done boys!

Easter Reading Challenge 2023

Once again, we are running an Easter Reading Challenge. Last year we raised around £270 which has been spent on books for the library throughout the year.

ANY reading can be counted! Newspapers, instructions, recipes, poetry, fiction, non-fiction, books, books, BOOKS!!

As before, we will be offering a prize for the highest sponsorship raised and the most amount of minutes read.

The East Side Curve (East Cowes Library) is open from 9am to 5pm Monday to Friday and 9am to 1pm Saturdays.

We have a vast selection of books in our own Queensgate Library, including many new books bought with money from the School Council.

Sponsor form and Reading Record have already been sent home.

Happy Reading!

Mrs Webb

Contacting Queensgate Primary

For general enquiries and changes to details, day to day running of the school please email office@queensgateprimary.co.uk

To contact Mr Chubb or Mrs Sillito please use enquiries@queensgateprimary.co.uk

To contact class teachers:

Reception team can be contacted through Class Dojo

Year 1: 1SG@queensgateprimary.co.uk or 1CE@@queensgateprimary.co.uk

Year 2: 2KG@queensgateprimary.co.uk or 2KA@queensgateprimary.co.uk

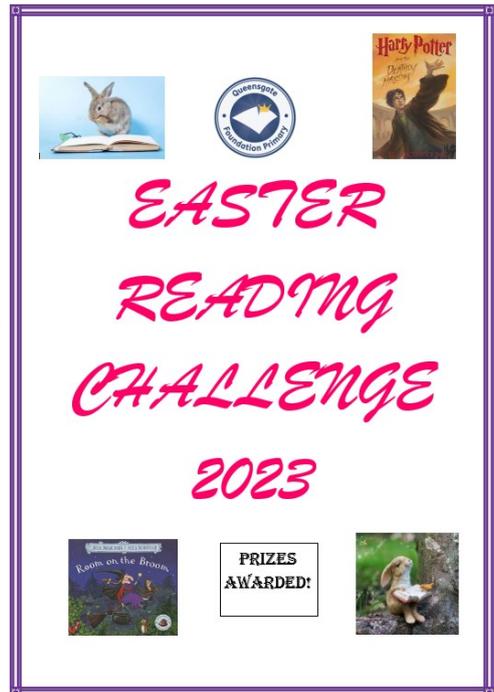
Year 3: 3PT@queensgateprimary.co.uk or 3AH@queensgateprimary.co.uk

Year 4: 4BM@queensgateprimary.co.uk or 4MC@queensgateprimary.co.uk

Year 5: 5RA@queensgateprimary.co.uk or 5TS@queensgateprimary.co.uk

Year 6: 6TM@queensgateprimary.co.uk or 6LR@queensgateprimary.co.uk

Please remember that these class emails are not monitored during the working day when teachers are teaching in class, so they will not always respond immediately.



Family Support

As we come to the end of this term I want to take this opportunity to wish you all a wonderful Easter.

I am not available over the Easter Holidays, but I appreciate that some of you may already be worrying about the cost of extra food and expenses of having the children at home for the next two weeks.

You are not alone and there is lots of support and help available. See below for the **COST OF LIVING** support and please also consider visiting our local East Cowes Food Pantry.

Everyone struggles at certain points in their lives, even more so at the moment so please do not feel ashamed or embarrassed to reach out. Many of these services are available to all, regardless of employment status.

Many supermarkets are offering a 'free kid's meal' with every adult meal purchased but I would recommend ASDA's £1 Childrens lunches, no other purchase necessary and you are also able to takeaway.

When we return after the holiday if I can help you in any way please get in touch.

Mrs Jeffers ajeffers@queensgateprimary.co.uk

Here are some updates on cost of living support from Isle of Wight Council.

Our cost of living web pages can be found at iow.gov.uk/costofliving or you can call 01983 823134.

Accessing food.

A reminder that community pantries are not means tested – anyone can become a member and receive at least £15 worth of food for £5. Please [share our Facebook post](#) about this. There is more information about accessing food [on this web page](#).

There is a list of free and low cost things to do over the Easter holidays on [our website](#). This includes kids go free at Dinosaur Isle with the code available on the website. You can also share [this Facebook post about the offer](#).

ISLE OF WIGHT HELP WITH THE COST OF LIVING
01983 823134 | iow.gov.uk/costofliving

General help and support Citizens Advice IW can give free help with money issues and much more. ☎ 0800 144 88 48 or Textphone on 18001 0800 144 8884 🌐 www.citizensadviceiw.org.uk	Energy bills The Footprint Trust give guidance on energy bills, efficiency and grants. ☎ 01983 822282 ✉ info@footprint-trust.co.uk 🌐 www.footprint-trust.co.uk
Debts and paying bills Citizens Advice Money team. ☎ 01983 823898 ext: 2825 ✉ debtinquiries@iwcab.org.uk 🌐 www.citizensadviceiw.org.uk/money-advice-team	Pension Credit If you are of State Pension age you may be entitled to Pension Credit. If you get Pension Credit you can get other benefits. ☎ 0800 99 1234 or Textphone on 0800 169 0133 🌐 www.gov.uk/pension-credit
Buying food 🌐 www.iow.gov.uk/costofliving and tap on 'food' for more information. Join a community pantry and for £5 a week, receive over £15 worth of food. ☎ 01983 296592 East Cowes Community Pantry ☎ 07961 959003 Ventnor Community Pantry ☎ 01983 563732 Ryde Community Pantry	Paying for broadband and mobile phone Social tariffs are available if you're on a low income. 🌐 www.ofcom.org.uk/cheap-broadband
Connect4communities Support including food vouchers, getting weather appropriate clothing (directly with your school) and more. ✉ connect4communities@iow.gov.uk 🌐 www.connect4communities.org	Feeling lonely The Living Well and Early Help Partnership works on the Island to connect people. ☎ 01983 240732 ✉ reception@lweh.org.uk 🌐 www.lweh.org.uk
Benefits Check whether you are getting all the benefits you can. Citizens Advice Help to Claim line. ☎ 0800 144 8444 🌐 www.gov.uk/benefits-calculators	In a crisis If you have no money for food, gas and electricity you may be able to get emergency help. ☎ 01983 823859 🌐 www.iow.gov.uk/HelpThroughCrisis
	Other useful contacts 🌐 www.helpforhouseholds.gov.uk 🌐 www.islefindit.org.uk 🌐 www.gov.uk/helpforhouseholds

4898 04/11/16

Department for Work and Pensions | Local Authorities | Community Action Isle of Wight | The Footprint Trust | connect4communities | Help for Households

ISLE OF WIGHT COUNCIL

Maths Challenge Heroes!

Congratulations to all the children that completed all of the maths challenges this term in Mrs Dye's class - great effort!

Rainbow Raffle

The draw was made today by the PTFA - all winners have been notified by text. The PTFA would like to thank everyone for all of their contributions to the raffle and for supporting



the raffle by buying tickets. A full break down of money raised will be included in the first newsletter back after Easter.

Bunny Hop

Well done to all the children for getting involved in this today - it was very blustery

and I'm sure a few bunny ears got blown away!

Easter Egg Hunt

Reception spent their last morning at The Patch searching for hidden Easter eggs. The children loved the challenge and proved very good at finding all of the eggs!





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
INSET DAY	Pork Sausages Served with Mashed Potatoes and Gravy	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Cauliflower Macaroni Cheese Served with two vegetables	Roasted Vegetable Butterbean Crumble Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholemeal Pasta and Garlic and Herb Bread	Vegetarian Dippers Served with Chips
	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta
	Strawberry Jelly with Fruit	Hot Chocolate Sponge with Chocolate Custard	Lemon Slice with Fruit	Crispy Crackle Bar

Please note that dinners now cost £2.61 per day.

Clubs

All clubs have now ended. There will be no clubs the first week back after Easter. Clubs will go live on Clubbly on Tuesday 18th at 6pm.

And Finally...

It has been a very busy and enjoyable term. Thank you, as always, for your continued support. I hope you all have a very good Easter. We look forward to seeing the children back to school on Tuesday 18th April. Don't forget Monday 17th is an INSET - this is a training day for teachers and no children should be at school.

Accept both compliments and criticism. It takes both sun and rain for a flower to grow.

(Wonders Diary)

Best wishes,

Samantha Sillito

Headteacher

JUNIOR NETBALL



Isle of Wight Netball Clubs are welcoming new junior members!

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



Get in TOUCH!

Solent Netball Club

Contact Chris Grimes: 07969504734, cmg1504@googlemail.com

Tuesday
Ryde Academy



BEE Netball
Years 1-6
5.30pm - 6.30pm

Years 7-10
6pm - 7pm



Shorwell Netball Club

Contact Ann Selby: 07785750266, easelby47@gmail.com

Monday
Ryde School (winter)
Seaclose Park (Summer)

Years 3-7
5.30pm - 6.30pm

Years 7-10
6.30pm - 7.30pm

Additional Sessions
Years 3-10

Wednesday
Seaclose Park
5.30pm - 6.30pm

Saturday
Ryde Academy
10.30am - 11.30am



f Sandown Soccer - Isle of Wight

SANDOWN SOCCER

at The Bay CE Secondary

FOR CHILDREN AGED 4-11

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



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

10AM - 3PM £12 a day

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



Player of the day!

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

5 hours of fun EVERY day!

10am - 3pm

Inclusive football for ALL abilities!

Only £12 a day!

Find us on Facebook Sandown Soccer - Isle of Wight

Have questions or would like more information?

Contact Lewis (Mr Mitchell) sandownsoccer@yahoo.com

07594 389531

SANDOWN SOCCER

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

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

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



BUMPER GENERAL KNOWLEDGE QUIZ

IN AID OF WIGHT HORSE CIC

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

Teams of up to 6 people must be booked in advance

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

Please send cheques payable to 'Wight Horse CIC' or cash with team contact name, email address & number in the team to

Tracy and Pete. 9 Greenwood Walk, Newport, IOW, PO30 2JS

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

Additional raffle tickets can be bought at the quiz.

Silent auction. Licensed bar. Plenty of free car parking.

For further information contact tracy71pete57@hotmail.co.uk



ACADEMY
ASMIR BEGOVIĆ

EASTER CAMP

ISLE OF WIGHT

**WEDNESDAY
APRIL 5TH**

HOLY CROSS PRIMARY SCHOOL
MILLFIELD AVENUE
EAST COWES
PO326AS

@ABGKacademy



**Fully-funded Wellbeing
Community Event**

Mastering Anxiety

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

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

WHERE?

Medina Valley Centre

Dodnor lane, Newport,
IOW PO30 5TE

WHEN?

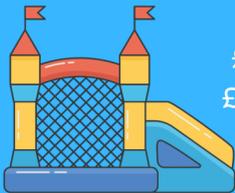
Wednesday 3rd May 2023

18:00- 20:00pm

INFLATE-A-DAY

Thursday 6th April

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



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

SESSION
TIMES

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



Cowes Yacht Haven PO317BD

Tickets: Eventsatcowesyachthaven

www.cowesyachthaven.com

WIGGLE TOTS

ISLAND WIDE



we can't wait to meet you!

FIRST SESSION FREE

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



Paint and Scribble

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

FIND US ON FACEBOOK
AND INSTAGRAM



Play - Learn - Grow Together

Easter Scurry

Egg Hunt

4th, 6th, 9th
April

Between 10.30 am and 3pm

PLEASE BOOK

Adult £5 - Child £4

WWW.NATUREZONES.ORG.UK

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, blogs and sign for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you - or your child - took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here.

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about 'putting up with things' either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times. It's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself - and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen - ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

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

PUT SAFETY FIRST

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

GET THINGS CLEAR IN YOUR HEAD

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

Meet Our Expert

Copy: Joerges is a registered counsellor with the Health Professions Council of South Africa, working for a private provider counselling children, teenagers and young adults. She is the founder of Single Parents, Providing Resources and Solutions to achieve work-life balance.



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- Open to all aged 8-14
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annette.purser@yahoo.co.uk

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

Easter Soccer Camp

4TH, 5TH, 6TH APRIL
RECEPTION - YEAR 6
10:00 - 2:45 PM
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£12 A DAY

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[HTTPS://LJRcoaching.class4kids.co.uk](https://LJRcoaching.class4kids.co.uk)

Easter Soccer Camp

3RD & 11TH APRIL
RECEPTION - YEAR 6
10:00 - 2:45 PM
ST THOMAS', NEWPORT
£12 A DAY

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

📞 **073688 86639**
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