



## Twenty Day Challenge

Dear Families,

### Twenty Day Challenge

Each class is undertaking a twenty-day challenge. This is something that the teacher and the children all agree on that they will **all** achieve by the end of 20 days. Have a chat to your child about their class twenty-day challenge. For example: to use suffix **\_ed**, to form curly letters correctly—**c o a d g**.

### Respect Charter

All schools have signed up to a new Respect Charter. Some teaching unions have also put their logo to the piece of work. Here is a copy of the Respect Charter.

At Queensgate Foundation Primary School we believe staff, parents and children are entitled to a safe and protective environment in which to learn and work. We strive to ensure that our school offers a warm and nurturing environment. All members of the school community and visitors should demonstrate mutual respect, to feel safe, work together and to use restorative approaches as the foundation of our practice. Any behaviour that may lead to feelings of harassment, alarm or distress to members of our community, will not be tolerated and action taken.

Expectations	Types of behaviour that are considered serious and unacceptable
<ul style="list-style-type: none"><li>o That all adults set a good example to children at all times, showing them how to get along with all members of the school and the wider community.</li><li>o That no one - staff, governors, parents, careers, volunteers or children, be subjected to abusive behaviour or any form of threats from visitors on the school premises.</li><li>o That physical attacks and threatening behaviour, abusive or insulting language verbal or written (including on social media), to staff, governors, parents, careers, volunteers, children and other users of the school premises will not be tolerated and may lead to a ban from school premises and/or police action.</li></ul>	<p>This is not an exhaustive list but seeks to provide illustrations of such behaviour:</p> <ul style="list-style-type: none"><li>o Shouting, either in person or over the telephone</li><li>o Speaking in an aggressive/threatening tone</li><li>o Physically intimidating, e.g. standing very close</li><li>o The use of aggressive hand gestures/exaggerated movements</li><li>o Physical threats</li><li>o Shaking or holding a fist towards another person</li><li>o Swearing and name calling</li><li>o Pushing</li><li>o Slapping, punching, hitting or kicking</li><li>o Racist, homophobic or other hateful behaviour</li><li>o Sexist comments or sexual innuendo</li><li>o Disrespecting religion or belief</li><li>o Inappropriate communications (posting on Social Networking sites, emails or letters, etc.) which could bring the school into disrepute or be deemed as bullying, harassment and/or a hate-related comment</li></ul>

The school reserves the right to take any necessary actions to ensure that members of the school community are not subjected to any form of abuse in line with policy and procedure. If you choose to engage in these behaviours you may be asked to leave the site or the police may be called.

**Thank you for your understanding and support**

### Local Authority Review

As you probably know a Primary Phase Inspector from the Local Authority comes and visits us termly to see how we are getting on. Our next review meeting is on Monday 13<sup>th</sup> March. As always, I will let you know how it goes.

### Strike Action

The National Education Union (NEU) has again called for strike action next Wednesday and Thursday. At this time, I am anticipating that Queensgate will be open as usual. I will let you know if this changes.

## Wonderful Woman Shop

On Friday 17<sup>th</sup> March the PTFA are running a Wonderful Woman Shop to help celebrate Mother's Day. Each year group will have a time slot during the day, to go and choose their pre-paid for gifts with a coloured voucher. There will be an opportunity for families to go to the shop themselves between 3.00 and 3:30pm on Friday where you can pay by cash or card.

Can you help with the event?

### Year 6 SATs Meeting

Please remember there is a Year 6 SATs meeting on Monday 13<sup>th</sup> March at 2:30pm in the Year 6 classroom 6TM. Let us know if you cannot make it and would like us to send you the slides.

Mock SATs for Year 6 start on Tuesday 21<sup>st</sup> March.

### 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.

## Wonderful woman Shop Looking for volunteers!



**Sneak peak!**

Gifts wrappers  
In your own time  
Approx 1-2 hours

"Shop keepers"  
17th March

0900 - 1200  
&  
1230-1530  
Or all day!








**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
✗	✗	✗	✗	✗



**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](http://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](http://www.cm-sports.co.uk)  
02392 987 881  
[info@cm-sports.co.uk](mailto:info@cm-sports.co.uk)

Follow us on Facebook  
[@CMSports1](https://www.facebook.com/CMSports1)

## Attendance

**Whole School Attendance since September is 94.11%**

**Whole School Attendance this week is 94.06%**

**KS1 Class with best attendance this week is 1CE with 99.62%**

**KS2 Class with best attendance this week is 5TS with 98.52%**

Lets see if we can get some  
classes with 100% next week  
- go for it!



## *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 Served with Potato Wedges and Two Vegetables	Pork Sausages Served with Mashed Potato, Two Vegetables and Gravy	Roast Gammon Served with Roast Potatoes, Two Vegetables and Gravy	Chicken Curry Served with Wholemeal Rice	Fish Fingers Served with Chips and Two vegetables
Chinese Vegetarian Noodles Served with Two Vegetables	Veggie Sausage Served with Mashed Potato and Gravy	Vegetable Pie Served with Mashed Potato, Two Vegetables and Gravy	Vegetable Lasagne Served with Garlic and Herb Bread Wedge	Quorn Dippers Served with Chips and Two Vegetables
Tomato Pasta or Jacket Potato	Tomato Pasta or Jacket Potato	Tomato Pasta or Jacket Potato	Tomato Pasta or Jacket Potato	Tomato Pasta or Jacket Potato
Chocolate Crispy Bar	Orange Shortbread with Fruit Slices	Chocolate Ice Cream	Apple and Berry Crumble served with Custard	Strawberry Frozen Yoghurt with Fresh Fruit

Please note that dinners now cost £2.61 per day.

## Out & About

On Tuesday morning the **RSD** Out and About team went to Ventnor Botanical Gardens to hunt for signs of Spring. The children enjoyed walking through the gardens, using their senses to explore various herbs, flowers and plants. They looked out for plants in bud and some that had just flowered, including magnolias, camellias, daffodils, periwinkles and primroses. We talked about what plants need to grow. The children had fun in the play park together and then listened to Springtime stories whilst having their snack.



This half term, the children in Year 1 are learning about animals. On Wednesday morning our **1SG** Out and About group visited Nettlecombe Farm in Whitwell to find out more about farm animals. The children met, helped feed and even cuddled chickens, sheep, goats and donkeys. We talked about the different features of each animal, including what they eat, their feet and their teeth or beaks! It was a bitterly cold day and the children did very well to get involved and gained confidence being hands on with the animals despite the weather.



Our **Year 3** and **Year 5** swimmers worked incredibly hard this week to refine their swimming technique and develop their fitness in the pool. The aim is for all children to be able to swim 25m by the time they leave Primary School, as outlined in the National Curriculum. Next week the children will take part in assessments within their lessons to see how far they have progressed.

## Out & About continued

This week our swimming awards go to;

**Year 3:** Ella Lawson, Teddy, Ruben, Christopher, Caiden and Hannah.

**Year 5:** Sadie, Jude C, Jacob, Jude, Hollie, Lily-Fawn and Felicity.

## Out and About next week...

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

Tuesday 14th March - RSD Ventnor Botanical Garden

Sadie, Alfred, Elsie-Mae, Luke, Elijah, Jasper, Freya, Frederick, Ace, Imogen, Wyatt, Olivia, Archie, Penny and Inara.

Wednesday 15th March - 1CE Nettlecombe Farm

\*Children must wear wellies on the farm.

Arthur, William, Hannah, Freddie, Tyler, Daisy, Mia, Teddy, Poppy, Levi, Gracie-Mai, Harvey, Caleb, Jamie and Corey.

## Year 3 and Year 5 Swimming Lessons

### (9 of 10) Assessment Week

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.

## QUEENSGATE SPORT ROUNDUP



On Tuesday, the Year 3 boys had their first game of the year against Hunnyhill. The boys were buzzing going into the game and were hopeful to come away with a positive result. The game begun and the boys started strongly, creating several chances. After some end to end action, it was Hunnyhill who struck first making the score 1-0. The first half came to an end and the boys gathered round for a team talk. We discussed that the game was going well and were unfortunate to be a goal behind. A few of the boys added that we needed to get closer to the goal before shooting as we weren't having much success with longer shots.

The team kept their heads up going into the second half and again started well. We had a handful of chances in the second half, however just couldn't find the back of the net. Hunnyhill went onto score a second and the game finished 2-0. Despite losing, this was a brilliant performance from all the boys



as they were actually playing against Hunnyhill's Year 4s! None of the boys gave up and they battled until the very end.

These boys will prove a very strong side to beat going into next years competitions. Well done boys!

# Separation Anxiety Ideas

**SEPARATION ANXIETY**

**Top Tips**

- Never sneak away
- Make a goodbye routine with your child
- Consistent approach
- Be kind, firm but don't give in
- Ask a familiar person to take them to school, it might break the cycle
- Don't hang around, pass your child to a trusted adult, say your goodbyes and reassure you will see them later. Leave

**Thoughts**

- I will never see them again
- Something might happen when I am gone
- What am I missing at home
- I don't feel safe
- Something bad might happen at home
- They might not come back
- Something is scaring/worrying me at school

**Physical sensations**

- Feel sick
- Tummy ache
- Fast heartbeat
- Hot
- Rapid breathing
- Butterflies
- Trembling or shaking
- Headache

**Feelings**

- Scared
- Worried
- Angry
- Agitated
- Panicky
- Tense
- overwhelmed

**Proactive work**

- Emotions and feelings
- Mindfulness
- Relaxation techniques
- Likely/unlikely to happen scenarios
- Anxiety work
- Worry dolls
- Visual timetable
- Social stories
- Allocate time to talk to carer

**Strategies for support**

- Celebrate achievements
- Give them a job in school
- Transitional object from carer
- Make a plan with carer and stick to it
- A morning transition group with fun things to do

**Book recommendations**

- Huge bag of worries
- The kissing hand
- The invisible string
- Out bobbies
- The kiss box

**Behaviours**

- Delaying tactics
- Clingy
- Tears
- Running away
- Not sleeping
- Angry
- Attention seeking

ELSA support

## Sleep Tips

### Bedtime routine

Make your own bedtime routine and stick to it. You need to set a time with your adults and stick to that too. It might be something like 'BATH, HOT DRINK, HAPPY BOOK, BED'

### Relaxation exercises

Learn some relaxation exercises so you can get yourself relaxed for bedtime.

### Physical exercise

During the day do some physical exercise. This will make your body feel tired at bedtime.

### Happy mind

Watch only happy movies and read happy books before bedtime. You could also try drawing a happy picture which will give you nice things to think about as you drift off to sleep. It might even give you nice dreams.

### Big feelings

Share any BIG feelings with an adult before bedtime so you don't have to think about them. Worry thoughts aren't good for sleeping. You could also make a worry doll and tell your worries to that. Pop it under your pillow and take the worries away. Make a dream catcher to catch any nightmares

### Ready for sleep

Put some warm socks on, grab a cuddly toy, pop a night light on if you find having a little light helps, get into a comfy position and close your eyes and dream lovely dreams.



Night night sleep tight!



Mental Health

Wellbeing



# C.A.M.E.O

COME AND MEET EACH OTHER

Queensgate Foundation

Primary School, Beatrice Avenue, East Cowes

Wednesday 15th March 2023

10am - 12pm

Come and join us for 'MINDFUL PEBBLE PAINTING'.  
An activity where you can let go of your thoughts and allow  
your mind to drift while you work creatively. You don't need  
to have a plan or design in mind, simply follow your  
imagination and see where it takes you.  
All materials provided.



**Meet New People  
and make a  
Connection**

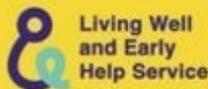


**Do Something  
New, Interesting  
& Exciting**

**Get information  
about services to  
support you**



**Share your  
skills, passions  
and interests  
with others**



**reception@lweh.org.uk 01983 240732**

## And Finally...

Can I remind you that the next INSET day is Monday 17th April, which is the first Monday after the Easter holidays. Have a lovely weekend.

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



LJR COACHING  
 LJR COACHING  
 07368 886639

## ADVANCED DEVELOPMENT CENTRE

LJR COACHING ARE EXCITED TO ANNOUNCE WE HAVE EXPANDED OUR ADC DUE TO SECURING A LARGER VENUE.



**COWES ENTERPRISE COLLEGE**



**AGES 5-10 5:15-6:15PM**  
**AGES 11-12 6:15-7:15PM**

**EVERY MONDAY, STARTING 13TH MARCH**

**ALL OUR COACHES ARE FULLY FA QUALIFIED COACHES, WITH FIRST AID AND ARE DBS CHECKED.**



LJR COACHING  
 LJR COACHING  
 07368 886639

## GOALKEEPING SESSIONS



**COWES ENTERPRISE COLLEGE**



**5:15 - 6:15 PM**

**FOR AGES 7 - 16**

**£30 PER MONTH**

**EVERY MONDAY, STARTING 13TH MARCH**

**ALL OUR COACHES ARE FULLY FA QUALIFIED COACHES, WITH FIRST AID AND ARE DBS CHECKED.**



## FREE Isle of Wight Cricket Board Coaching 2023

For all pupils in YEARS 2,3, & 4

The FREE sessions will be at Ryde School Sports Hall on Friday 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> March between 5.30 and 6.30pm.

We will have all the necessary equipment for you to use at each session if required.

Please wear Sports type clothing and trainers and bring a drink!!

**BOOKING IS ESSENTIAL as we have a limited number of FREE places**

Email Andrew Jasper at [admin@isleofwightcricket.co.uk](mailto:admin@isleofwightcricket.co.uk) to book and for more information

The coaching will be delivered by the Isle of Wight County Coaches who are ECB qualified, and DBS checked.



**CHANCE TO SHINE**  
Spreading the power of cricket

# Getting Ready for School Nurturing Young Brains Workshop



**Monday**

**27th March**

**10-12:00pm**

**Book a free place now on Eventbrite:**

<https://iowfamilycentres.eventbrite.co.uk>

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

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

#### How to get in touch and find out more



Find us on Facebook: Isle of Wight Family Centres



Email us: [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)



Call us: 01983 529208 / 617617 / 408718



Barnardo's  
Family Space

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



## From the Isle of Wight NHS Trust

We are offering the following Children's COVID Vaccination Clinics for Years 5-11 and Years 12-15. Appointments must be booked in advance using the National Booking Service, we are unable to offer walk-ins.

Please note that these will take place in the **Children's Outpatients Department, North Hospital, St Mary's** and NOT the Hospital Vaccine Hub. Accessible parking is available in the North Car Park.

For information about eligibility and how to book your Child's vaccination, please use the online link below, you will need your child's NHS number:

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

All vaccines offered will be the Pfizer (Comirnaty 10) for 5-11 years or Pfizer (Comirnaty 30) for 12-15 years.

### Child Vaccine Doses Offered:

For children 5-11 years - 1<sup>st</sup> dose and 2<sup>nd</sup> dose only.

For children 12-15 years - 1<sup>st</sup> dose and 2<sup>nd</sup> dose.

A 3rd dose is offered if your child is at high risk because of a health condition or because of a weakened immune system, or

living with someone who has a weakened immune system.

### Children's Clinics in March:

Thursday 09 March 2023, 08:00 – 11:00

Thursday 30 March 2023, 08:00 – 11:00

For any other information regarding Children's vaccination clinics, please email the Hospital Vaccine Hub Team: [iownt.vaccine-hub@nhs.net](mailto:iownt.vaccine-hub@nhs.net)



The Way Forward Programme  
presents

# Annie

and

# Oliver

## The Adventure

FRIDAY 2nd JUNE 2023

6:45pm

Medina Theatre, Newport

[www.wayforwardprogramme.org.uk](http://www.wayforwardprogramme.org.uk)

25 Dalish Way, Newport, Isle of Wight, PO30 5XJ

Registered Charity Number: 1007947





**ACADEMY**  
ASMIR BEGOVIĆ

**EASTER CAMP**

**ISLE OF WIGHT**

**WEDNESDAY  
APRIL 5TH**

HOLY CROSS PRIMARY SCHOOL  
MILLFIELD AVENUE  
EAST COWES  
PO326AS

@ABGKAcademy

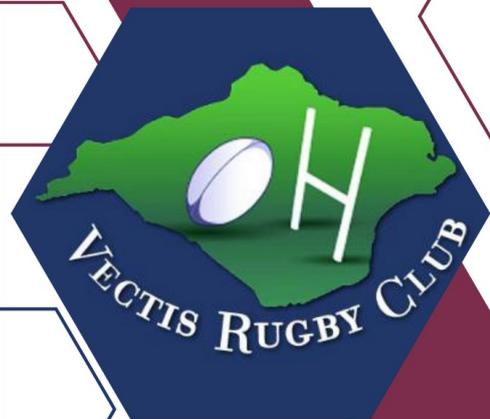


# PLAY JUNIOR RUGBY

Vectis Rugby club have spaces open in our  
Under 8s (Year 3) and Under 12s (Year 7).  
*Every Sunday at IWRFC in Wootton at 10am.*

First two session are free  
Email for more information

Email: [vectisrfccoaching@gmail.com](mailto:vectisrfccoaching@gmail.com)  
[www.vectisrugby.co.uk](http://www.vectisrugby.co.uk)



Sessions are all delivered by experienced  
coaches with first aid qualifications and  
DBS Checks.

Working together for a successful future

## TO THE PARENTS/CARERS OF RECEPTION AND YEAR 6 CHILDREN



During the Spring term the Reception and Year 6 children are having their height and weight recorded by the School Nurses on behalf of The Local Authority Public Health, as part of the National Child Measurement Programme. Nationally this data is sent anonymously to the Department of Health who use the BMI (Body Mass Index) calculated from the measurements to target relevant services to specific areas of the country.

Locally this data is kept on your child's health notes and soon you will be sent a letter informing you of which range your child's BMI falls into. It is important to remember that whilst this BMI data is useful to show national trends, individually it may produce some unexpected results. The BMI ranges try to account for the fact that children are constantly growing but occasionally an anomaly will occur and a child who looks to be in proportion will record a BMI outside the 'healthy range'.

If you receive a letter that puts your child into a different range to one you were expecting or you have a concern regarding your child's growth, please contact the School Nursing Team who will be happy to look at individual data and offer any support or advice.

Your School Nurse can be contacted on 0300 123 5224

## HOVER DAYS

*Delve into your wild side*  
and join us at Longleat Safari Park this March!

Visit the kings of the jungle in Lion Country  
and brave Monkey Mayhem.

This hassle-free way to enjoy a day trip is  
great for all ages.

26<sup>TH</sup>  
MARCH 2023



Our great value combo tickets include return coach journey and return hovercraft flight.  
Visit [hovertravel.com/hover-days](https://hovertravel.com/hover-days) and book online!



Ryde  
Carnival



*Ryde Carnival  
Royalty*

*Selection Night*

*Ryde Library*

*Saturday 25th March 2023*

*Boys and Girls  
Age 8-18*

*Start= 5:30pm  
Judging= 6:15pm*

