

# Welcome to the Summer Term 2024!

Dear Families,

## Welcome Back!

I hope you all had a good Easter. The summer term is a very busy one with many events. Please see the dates on page 10 and 11 so you can mark them on your calendar and join us for as many as possible.

## Attendance

It is really important that your child attends school every day as each lesson builds on the previous one and children really struggle to keep up if they miss time at school. Remember moments matter – Attendance Counts.



## Assessments

All Queensgate children will be undertaking assessments later this term, but some year groups have national tests too. Our Year 1 children will be having their Phonic Screen as will some of the Year 2 children. Year 4 will be sitting their national times table test and Year 6 will have their Standard Assessment Tests (SATs).

## Dance Live

As you know the Queensgate Dance Live Team reached the finals of the competition. The finals will be taking place on Friday 26<sup>th</sup> April at The Guildhall in Portsmouth. Information to those involved has been sent separately. We wish our Dance Live Team all the best for Friday.

## Year 6 Enterprise

On Monday 25<sup>th</sup> of March, Year 6 held an enterprise event in the dining hall.

In order to hold this event, we had to work extremely hard during our PPA sessions on a Tuesday afternoon. We were tasked with creating some merchandise to sell. After deciding on this, we came up with a business name, a tagline and a logo. We were given £2 each and used this money to buy the supplies needed.

Once we created the products, we also had to market the event by making posters to advertise our small business, what we were selling and the prices.

Everyone in Year 6 had fun selling their products with their friends. We made £284 profit altogether. Overall, we had a great time, enjoyed ourselves and were very pleased with the outcome.

We would like to thank all the parents and children who kindly attended our event.

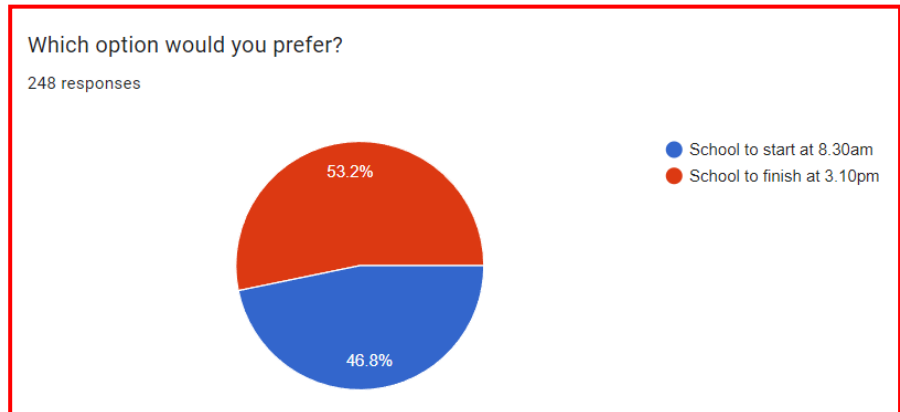
Thank you from Year 6.

## Change of the School Day Consultation

Thank you if you have already answered the question which was texted out earlier this week. If you have an opinion and would like to register your vote then there is still time by following this link: <https://forms.gle/BFskNXATsM7q7GEB7>

There are lots of things to be considered and we value your comments too which have made for interesting reading!

After 248 responses this is the outcome so far, however, it is important to note that the final decision won't be made solely on this consultation as there are many stakeholders and decisions to make!



## Find out more about plans for Island education at public drop-in sessions

The Isle of Wight Council is holding a series of public drop-in sessions which, will focus on improving education provision and how school place planning is undertaken.

The sessions will look at the high numbers of surplus places that currently exists across the primary sector and the further increase that is forecast for future years.

Council officers will discuss the significant impacts that not managing the surplus has on the schools themselves and children's education.

The events are taking place within the context of the development of a new Education Strategy for the Island which, will address all aspects of the system and how we can improve the quality of education on the Isle of Wight.

These public events are open to everyone and offer valuable insights into the challenges faced by our local education system. The drop-ins are taking place across the Island as this is a 'whole Island' issue and potentially has an impact on all education providers.

Residents will hear how data is collected and used to forecast pupil places, and also how the shortfall in pupil places in schools affects academic outcomes, school budgets and recruitment.

These sessions are an information sharing opportunity to provide context and raise awareness about the local educational opportunities and challenges.

They will be open to discussion, ideas and suggestions. All who are interested in education on the Island are welcome and encouraged to attend and share their views. We expect there to be related formal consultations later in the year, after specific proposals have been developed.

People are asked to book in advance if they wish to attend one of the sessions and further information on how to do that can be found on the council's website.

Upcoming public drop-in sessions:

**Monday 22nd April**, Ryde Academy, PO33 3LN, 5.30pm to 7.30pm.

**Wednesday 24th April**, Cowes Enterprise College, PO31 8HB, 5.30pm to 7.30pm.

**Thursday 25th April**, The Bay CE School, PO36 9JH, 5.30pm to 7.30pm.

**Wednesday 1st May**, Wroxall Community Centre, PO38 3DP, 5.30pm to 7.30pm.

## School Council trip to East Cowes Library

On Friday 22<sup>nd</sup> March, the School Council representatives were invited to the East Side Curve – the East Cowes Community Library. We were welcomed by Angie Matthews. The school council representatives were a real credit to the Queensgate family.

The East Side Curve has lots to offer the whole community including: book requests; reading, writing and poetry groups; Rhyme Time; free WIFI; a café area with free coffee, tea, soup and water plus lots more. You will receive a very warm welcome in this safe space.

Our Year 6 representatives wanted to share their experience:

We - the Queensgate School Council - visited the East Side Curve. The East Side Curve is located next to the East Cowes Town Hall and is not just a library. They have children's fiction and non-fiction books, adult fiction and non-fiction books. There is also an area for making a drink and even a meeting room that you can book out; we had our school council meeting there! Their computer is free to use and you don't have to pay for the WIFI! They also hold Rhyme Time for babies and toddlers as well as book clubs and other groups for adults - Lily Handley-Dixon, 6TM School Council Representative

The School Council visited East Cowes Library. We sat down and had a talk with Mrs Matthews. She told us about how library's work and how you can get hold of a book. We had a walk around the library and read some books. We also had our school council meeting and after that we were read a story. I had so much fun learning about the library - **Alayna E, 6LR School Council Representative.**



Following the School Council Trip, I received this from Angie Matthews, a volunteer at East Cowes Library:

Dear Mrs Sillito,

I just wanted to put into writing my thoughts on welcoming your Queensgate School Council Representatives to East Cowes Community Library on 22<sup>nd</sup> March 2024, as well as my thanks to Mrs Michelmore and Mrs Webb.

I'm sure you wouldn't be surprised to hear that your pupils behaved in an exemplary way, which my library colleagues and a member of the public also commented on. Specifically, they all used good manners and showed respect to our resources, space and to others. It is worth noting that as well as being polite to adults, they were also polite, kind and helpful to each other, with the older pupils supporting the younger ones in accessing our books and talking through what we had learned. All were keen to help pack away at the end of the session.

I was also impressed by their willingness to 'have a go' at the non-fiction/fiction task, despite me tricking them with some unlikely covers to judge a book by! Great resilience and good humour in the face of errors and encouragement of each other, as well as improved reasoning and explanations by the end of the session.

My main purpose in inviting them was to spread the word about all our community library offers to East Cowes. An active school council communicates directly with more children than I can reach in my adverts, and what they remember to talk about is probably what is of most interest to their own age group in class council meetings.

## Out and About

On Tuesday morning our **Reception** Out and About group had an exciting morning riding the train! The children travelled (for free!) on the train from Ryde Esplanade to Brading, where they enjoyed stories on the platform before returning to Ryde. The children really enjoyed the experience and talked about parts of the train, how the train ride felt and how we needed to keep safe. The children all behaved brilliantly and were super ambassadors for Queensgate.

“We went on an electric train. It felt a bit bumpy. I liked going fast. I was a bit scared of going in the tunnels - it was dark.” Chloe RSD

“We went on the train. I liked the seats. We had to sit down. The train was fast. You don't go over the yellow line (when waiting at the station).” Reggie RBH



The children in **Year 5** have begun their topic on Space. During their Out and About session on Tuesday afternoon, the Year 5 group visited Bonchurch and walked along the revetment towards Ventnor. They followed the Solar System trail, reading the display boards and learning facts about each planet. The children took it in turns to read aloud and share the information with each other. They used sports balls to look at the comparative size of the planets (resisting the temptation to bounce the balls along the seawall!).



Working together for a successful future

On Wednesday morning the **Year 4** children, that did not attend the residential, had a morning playing crazy golf in the sunshine, along Shanklin seafront. The children really got the hang of it, trying to get the lowest score with Keian winning, closely followed by Tyler! The group were very well mannered and great representatives of our school.



This half term, our **Year 6** children will be orienteering during their Out and About sessions. The **6TM** group visited Firestone Copse on Wednesday afternoon. Using maps and compasses, they managed to find eleven orienteering markers around the forest. Max led the group to find the first couple of points (via a very muddy 'off piste' route) and then Harrison, Logan, Robert and Lily-Fawn successfully navigated the group to find more around the northern half of the woods. Great teamwork 6TM!

"We went to Firestone Copse orienteering! It was really fun!" Amber 6TM

"It was really fun, it was a good experience." George 6TM

"We went to Firestone. We did orienteering and I really enjoyed it. It was fun trying to dodge all the mud." Harrison 6TM



**Out and About next week...** Please ensure your child wears suitable play clothes & bring a waterproof coat.

**Tuesday am - Reception Train ride**

Alfie, Coen, Eliza, Hunter, Jason, Romeo, Yazan, Dylan, Jacob, Leo, Layton, Ronney and Luca.

**Tuesday pm - Year 5 Bonchurch Solar System Trail**

Artem, Maizy, Arthur, Bradley, Archie, Skyla, Rosie, Tyson, Levi, Evelyn, Elsie-Mai, Jake, Elanor, Emmie and Evie.

**Wednesday am - Year 4 Bembridge Windmill**

Ashton, Maddie, Annabella, Toby, Destiny-Grace, Hannah, Edward, Jack, Logan, Jesse, Charley, Oscar S, Tommy, Elliot and Kyle.

\*Please bring wellies or old trainers that can get muddy.

**Wednesday pm- Year 6 Orienteering**

Archie, Joe, Zoe, Rochelle, Sarah, Chloe Sh, Keira, Bella, Chyna, Evie, Bongeka, Su, Olivia and Amelia.

\*Please bring wellies or old trainers that can get muddy.



# Eco Schools



Plans are forging ahead for our Eco School Day on May 24<sup>th</sup>. We are still looking for water butt donations, if anyone has a spare/unused ones we would be very grateful.

## Did you know?



**It's Earth Day** on Monday 22<sup>nd</sup> April. It is an event which was first held in 1970 and includes a wide range of events globally, which includes 1 billion people in more than 193 countries. According to a recent study in the journal Science Advances, over the last 60 years approximately 8 billion tons of plastic has been produced – 90.5% of which hasn't been recycled! That is why this year's Earth Day theme is **Planet vs Plastic** demanding a 60% reduction in the production of all plastics by 2040.

On the Isle of Wight Southern Vectis is supporting Earth Day with discounted all-day travel across the Isle of Wight.

## Reduce, Reuse, Recycle

## Eco Tip!

### Make Green choices:

- Consider alternative ways of getting your children to school, whether walking them or using public transport. **Don't forget to follow our 'NO IDLING'** poster in the school car park. Switch off!
- Donate clothes which are outgrown
- When making packed lunches invest in reusable lunch boxes instead of using paper bags. Avoid using cling film and opt for more environmentally friendly wrapping materials like beeswax

**Inspiring children to contribute to a greener environment and world is something we could and should do.**

## Greenhouse and Sensory Garden

A massive thank you to Mrs Daly, Mr Daly, Jude Daly and Mr J Reardon for putting up our new greenhouse.

It is located on the field at the back of the school and tucked away next to the sensory area.

It looks amazing and was all done voluntarily.

It will be used for the gardening club to grow from seed flowers, plants, herbs and vegetables - which will then be distributed around the school. Hopefully you have all seen the lovely tyres on the path up to the front of the school, which will be fed from this greenhouse.

The sensory area will also benefit from items grown in this greenhouse.

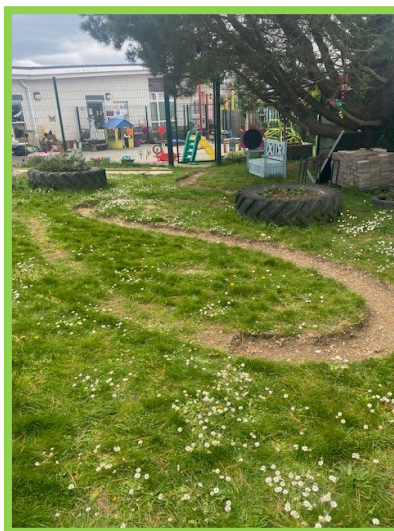
This leads me on nicely to the sensory area:



Mr Chubb has started digging out the sensory path - but is making quite slow progress (his words!)

Do you have a spade and a bit of time to help finish off the path? If you do could you spare some time next Friday at 3pm after school. Please bring a spade and some energy and Mr Chubb will bring the biscuits!

Thank you.



Already dug



Still to be dug





# 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
SPRING/SUMMER 2024	HOT SPECIALS	Cheese and Tomato Pizza Served with Potato Wedges	Beef Bolognese Served with Wholewheat Pasta	Roast Pork Served with Roast Potatoes and Gravy	Butter Chicken Curry Served with Wholegrain Rice	Southern Fried Chicken Served with Chips
	JACKET POTATO	Vegetarian Bolognese Served with Wholewheat Pasta	Veggie Burrito	Quorn Roast Served with Roast Potatoes and Gravy	Macaroni Cheese	Veggie Fingers Served with Chips
	DESSERT	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayonnaise	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta						
All main meals are served with two vegetables						
		Chocolate Cookie	Carrot, Orange and Sultana Slice	Orange Jelly	Chocolate Shortbread with Fruit	Orange Drizzle

## Queensgate in the interschools dressage competition

Three of our pupils entered the competition. The girls had a great day and did really well.

Ellie S (5RA) came 5th in her first competition riding Iris; Evie M (5RA) came 3rd riding Moet and Sophia P (5TS) came 2nd on Dolly. Well done girls!



Working together for a successful future



## Haemophilia Awareness

On Wednesday it was World Haemophilia Day and we would like to take a minute to spread awareness of this rare disorder. For any of you who don't know, Louie in Reception here at Queensgate, has severe Haemophilia A. Haemophilia is a lifelong bleeding disorder in which the blood does not clot properly, or at all.

When a person with haemophilia bleeds, it takes longer than normal for the bleeding to stop. This is because people with haemophilia don't produce enough of an important protein that helps the blood to clot, called a 'clotting factor'.

Louie has severe haemophilia A which means he has less than 1% of the clotting Factor 8 protein in his body, to give you some context a normal person has between 50% and 150%.

Louie has regular medication at home to help manage his condition but still needs to take extra care during physical activities.

On Wednesday, Louie gave all his friends in reception haemophilia stickers. You can find out more at: <https://haemophilia.org.uk/>

## Attendance

**Whole School Attendance since September is 94.96%**

**Whole School Attendance this week is 96.16%**

**KS1 Class with best attendance this week is 1SM with 100%**

**KS2 Class with best attendance this week is 3PT with 98.52%**

## Head Lice

We have had a case of headlice this week. Please have a look at this link to see how to detect and treat headlice. <https://www.nhs.uk/conditions/head-lice-and-nits/>

And Finally...

Have a lovely weekend and remember to Read, Chat and Play with your children!

Best wishes,



Samantha Sillito

Headteacher




### Diary Dates

Monday 22 <sup>nd</sup> April	2.15 Eco-Committee Meeting in music room 2.30 Anti-bullying ambassadors meeting in Training room
Tuesday 23 <sup>rd</sup> April	9.00 - 2.45 Year 2 trip to Wildlife Sanctuary
Wednesday 24 <sup>th</sup> April	Year 6 Bikeability 1.30 - 3.30 Boys Tag rugby @ Wootton 2.30 Singing Assembly (KS1)
Thursday 25 <sup>th</sup> April	1 - 1.45 Ed Stolliday cookery workshop (4MC) 2 - 2.45 Ed Stolliday cookery workshop (4BM) 2.15 School Council meeting in Dining room + travel ambassadors Year 5 / 6 Basketball B Team at Cowes
Friday 26 <sup>th</sup> April	<b>DANCE LIVE FINAL</b>
Tuesday 30 <sup>th</sup> April	1.15 - 2 Belief coaching with 6LR 2.05 - 2.50 Belief coaching with 6TM
Friday 3 <sup>rd</sup> May	PJ / MUFTI day for Ukraine
Monday 6 <sup>th</sup> May	<b>BANK HOLIDAY—school is closed</b>
Tuesday 7 <sup>th</sup> May	Year 5 trip to Winchester Science Museum
Thursday 9 <sup>th</sup> May	Freestyle footballer in
Sunday 12 <sup>th</sup> May	Walk the Wight
Monday 13 <sup>th</sup> May	Year 6 SATS Grammar, Punctuation & Spelling Paper 1 Spelling SATs test
Tuesday 14 <sup>th</sup> May	Year 6 SATs Reading paper
Wednesday 15 <sup>th</sup> May	Year 6 SATS Mathematics Paper 1, Year 6 SATS Mathematics Paper 2
Thursday 16 <sup>th</sup> May	Year 6 SATS Mathematics Paper 3
Monday 20 <sup>th</sup> May	Year 6 UKSA Sailing session all day 2.15 Eco-Committee Meeting
Tuesday 21 <sup>st</sup> May	Year 6 Skateboarding workshop
Friday 24 <sup>th</sup> May	Last Day of term Mrs Heng last day ECO Dress Up day (MUFTI) 3pm Plant sale PTFA at front of school
	<b>Half Term Monday 27<sup>th</sup> May to 31<sup>st</sup> May</b>
Monday 3 <sup>rd</sup> June	Year 4 multiplication check week Year 1 phonics check begins
Tuesday 4 <sup>th</sup> June	Proposed Year 4 trip to Winchester Science Museum (Sounds)
Wednesday 5 <sup>th</sup> June	Year 6 Residential to Runways End, Aldershot
Thursday 6 <sup>th</sup> June	Year 6 Residential to Runways End, Aldershot
Friday 7 <sup>th</sup> June	Year 6 Residential to Runways End, Aldershot am - 3PT trip to Newport Roman Villa
Monday 10 <sup>th</sup> June	9.30 - 11.30 Year 6 Sea Swim session 2.15 - 4.15 Yr 5 / 6 Quad kids @ The Bay
Wednesday 12 <sup>th</sup> June	JS photography in for groups and leavers photos
Monday 17 <sup>th</sup> June	2.15 Eco-Committee Meeting
Wednesday 19 <sup>th</sup> June	OPEN MORNING - New reception parents
Monday 24 <sup>th</sup> June	<b>INSET DAY – School closed</b>
Friday 28 <sup>th</sup> June	Dream Big Day - whole school assembly - 'we can be heroes'. 10 – 2 Yr 3 / 4 PEACH Games at West Wight Sports Centre
Monday 1 <sup>st</sup> July	2.15 Eco-Committee Meeting – Green Flag Submission
Thursday 4 <sup>th</sup> July	<b>KS1 SPORTS DAY</b> (9.15 - 12.00) 3.15 - 7 Vocal festival prom at Carisbrooke Castle

Friday 5th July	<b>KS2 SPORTS DAY</b> (9.15 - 12.15) School summer fair
Monday 8th July	2.15 - 4.15 Year 5 / 6 Quad kids B Team @ The Bay
Tuesday 9th July	Move Up Morning (Queensgate) Yr 6 Transition Day to Secondary schools
Wednesday 10th July	The Island free School Transition Day <b>SHOWCASE</b> evening: Open school 5:00 - 6:00pm
Thursday 11th July	Reserve Sports Day (am - KS2 - pm KS1)
Friday 12th July	<b>INSET day School Closed</b>
Monday 15 <sup>th</sup> July	1.30 Dress rehearsal Y6 to rest of the school Year 6 show to parents 6:00pm
Tuesday 16th July	1.30 Year 6 play to parents
Wednesday 17th July	3.15 - 3.45 Reception Disco 4pm - 5.15 Y1, 2 & 3 Disco 5.30 - 6.45 Y4, 5 & 6 Disco (Year 6 free)
Thursday 18th July	Cookery Masterclass for both Year 6 classes
Friday 19th July	Reports out to parents
Monday 22nd July	Year 6 Waterfight Art day
Wednesday 24th July	1.15 Whole school assembly for Kezzi Kindness
Thursday 25th July	Attendance trip day to Appley Park and Beach
Friday 26th July	1.30pm Year 6 Leavers assembly and clapping corridor

Multiply



Free, informal  
Maths Workshops  
for parents and  
carers at Queensgate  
Primary School

From the Isle of Wight  
Adult Community Learning Team

Brush up on your maths skills and increase your confidence


Support the kids with their homework

Meet new people and have fun!

Every Friday 9:15-10:15am  
NEW LEARNERS ALWAYS WELCOME!

Why not pop in this Friday after you've dropped the kids at school?

Please contact Miss Rorich at school, or call Dee at Community Learning (01983 817280) for more details.



## Adult Community Learning

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



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

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

For more information and to book, head over to our website [www.iow.gov.uk/ACLCourses](http://www.iow.gov.uk/ACLCourses), call our office on 01983 817280 or pop into The Learning Centre, Westridge, Ryde.

We look forward to seeing you.

*Chris*

**Chris Groves** | Adult Community Learning Officer | Isle of Wight Council |  
The Learning Centre | Westridge | Brading Road | Ryde | Isle of Wight PO33 1QS  
Tel : (01983) 817280 Extn: 5820 | Email: [christine.groves@iow.gov.uk](mailto:christine.groves@iow.gov.uk) |  
Web: [www.iow.gov.uk/ACLCourses](http://www.iow.gov.uk/ACLCourses)

## ADHD workshop for Parents

Sarah Hussey, is running two ADHD workshops for parents.

One is **Monday 22nd April** at Building 41 in Northwood 5pm - 6:30pm in person.

Second is **Monday 29th April** 6:30pm - 8:00pm online.

The cost is **£20 per person** and the best way to sign up for the workshops is via her FaceBook page where they are advertised.

<https://www.facebook.com/sarah.hussey.16>





Isle of Wight Pottery

Spring term starting Friday  
19th April!!



# Kids Afternoon Pottery Club

Fridays 4pm - 5:30pm during term time.

£108 for 6 weeks

An exciting opportunity for your child to learn a variety of making techniques in our working pottery studio. Over a 6 week period, we will explore wheel throwing, sculpting and modelling and follow the pottery process through to completion. They'll finish with a range of glazed and fired pieces to take home.



To book visit us at:  
[www.isleofwightpottery.com](http://www.isleofwightpottery.com)

ASPIRE



# PACT

PARENTS AND CARERS TOGETHER

Come along to our 'Pop in and Ask' Family Hubs drop-in session!



Find out about our services

Give us your views!

Children welcome

Monday 3rd June 2024  
12.30-2.30pm  
Ryde Family Hub  
George St  
Ryde  
PO33 2JF

Relevant for expectant parents and parents/carers of children who are:  
Babies  
Toddlers  
Pre-schoolers

## BARNARDOS

The Barnardos Family Centre team will be available to chat to

Find out more



[familyinfohub.iow.gov.uk](http://familyinfohub.iow.gov.uk)



[IWFfamilyinfohub](https://www.facebook.com/IWFfamilyinfohub)



[rosie@aspireryde.org.uk](mailto:rosie@aspireryde.org.uk)

# SANDOWN SUNDAY SOCCER



## INTRODUCING OUR FUN FOOTBALL SESSION AT THE BAY PRIMARY SCHOOL SANDOWN!

OUR FUN SESSION WILL BE:

Every Sunday 10am-12pm  
at The Bay Primary School,  
Winchester Park Road, Sandown.  
£6 for the 2 hours per child.

To Book: Text your child's name, school, year group and parent name to **07594 389531**



Sandown Soccer - Isle of Wight

## Aged 9-13? Bored on a Saturday?

We are a small, welcoming drama group who would love you to join us!

We play all sorts of hilarious drama and improvisational games... we are looking for young comedians, role players, budding actors or downright fun-seekers to try a session with us for free!

Saturdays | 10.45-11.45am

Cowes Combined Services & Social Club



Email [llamadramaiow@gmail.com](mailto:llamadramaiow@gmail.com) or check out Llama Drama IOW on FB

Working together for a successful future



# Addictive Behaviour

## 18th April (7pm to 9pm)



An online session looking at the process of addiction and how we can fight back

Available to book now £24

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)  
on the PARENT page

## An introduction to OCD



Would you like to learn more about this serious and complex condition?

book online [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

16th April 7-9pm



# Thrive 365

Dragonfly: Impact Education

## Spirituality

Spirituality is having a sense that there is something greater than yourself. It's one of the dimensions of wellness Bill Hettler came up with around 48 years ago - and it remains true today. In fact, the Royal College of Psychiatrists say that spirituality can be a central part of wellbeing. Why is this? Well, it fosters a sense of hope, purpose, and belonging. It can also encourage us to feel at peace and be more forgiving, as well as helping us to be more calm and mindful. Spirituality can also help us with the most stressful and anxiety inducing of circumstances - the unknown - and help us through life's challenges. So, how can we develop our spirituality?

### 1 Connect mind, body, and spirit



Yoga connects all three. Yes, we know yoga and wellbeing have become a bit of a cliché! However, there is a solid evidence base to show that yoga reduces symptoms of stress, depression, and anxiety.

Hettler's dimensions of wellness:



### 2 Connect with community

We often think about churches and religions when we think about spirituality. This is because they are communities of faith - connecting with those who have the same outlook, the same values, the same beliefs can be incredibly supportive of wellbeing. However, there are other ways to connect with like-minded communities - for example by volunteering or through hobbies.

### 3 Disconnect

After thinking about how connection can help us develop our spirituality, maybe now it's time to think about how disconnection can help us. Essentially, this is about slowing down and stepping back - both pretty essential if we're going to see the bigger picture and feel a part of something larger than ourselves. Meditating for as little as 5 minutes a day can increase mindfulness, decrease stress, anxiety and depression, and help us to slow down our body and mind. Getting out into nature can also be an effective way of doing this.