

Mental Health Support

Dear Parents/carers,

Mental Health Support

I think we are all agreed that life is challenging at the moment. Juggling home learning, screen time and your own work without the release of going out and having visitors could be taking its toll.

We have added a new part to our website

<https://www.queensgateprimary.co.uk/children/mental-health-awareness> this area is designed to give you ideas of how to support your own and your children's mental health. There is also an email address that you are welcome to use if you need support

mentalhealthsupport@queensgateprimary.co.uk This email address will be manned between nine and three during weekdays by a mental health first aider. If we cannot help, we can help signpost you to the right support.

Mental Health Week

Children's mental health week is Monday 1st February to Friday 5th February. We will be encouraging our children in school and home learning to take part in activities and think about keeping healthy in all ways. On Friday 5th February, we will be having a mufti day and the title will be **Express Yourself!**

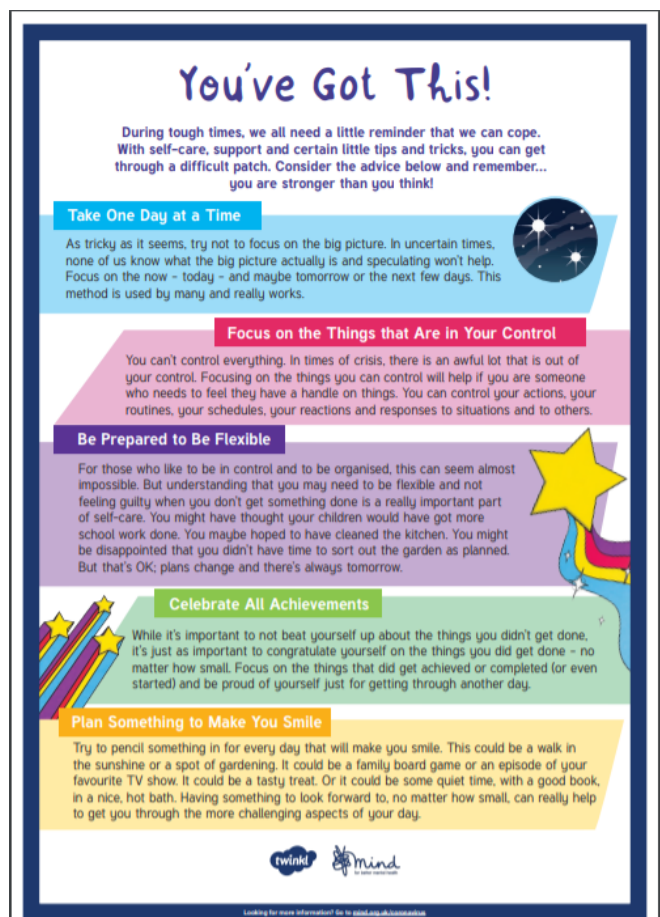


Going for Goals

Thank you to everyone who has sent me their ideas for the new activity zone.

This week we continue the theme of Going for Goals. Please click here for our assembly <https://youtu.be/m6swmz5i0OU> which we have added to our YouTube channel. Keelin Scholes, our new student teacher working in the Year 1

bubble, has put it together. Miss Scholes is a British champion for ice-skating. The assembly talks about her setting goals and working hard to achieve them. You also get to see her skating in the British championships. Please watch this with your children.



You've Got This!

During tough times, we all need a little reminder that we can cope. With self-care, support and certain little tips and tricks, you can get through a difficult patch. Consider the advice below and remember... you are stronger than you think!

- Take One Day at a Time**
As tricky as it seems, try not to focus on the big picture. In uncertain times, none of us know what the big picture actually is and speculating won't help. Focus on the now - today - and maybe tomorrow or the next few days. This method is used by many and really works.
- Focus on the Things that Are in Your Control**
You can't control everything. In times of crisis, there is an awful lot that is out of your control. Focusing on the things you can control will help if you are someone who needs to feel they have a handle on things. You can control your actions, your routines, your schedules, your reactions and responses to situations and to others.
- Be Prepared to Be Flexible**
For those who like to be in control and to be organised, this can seem almost impossible. But understanding that you may need to be flexible and not feeling guilty when you don't get something done is a really important part of self-care. You might have thought your children would have got more school work done. You maybe hoped to have cleaned the kitchen. You might be disappointed that you didn't have time to sort out the garden as planned. But that's OK: plans change and there's always tomorrow.
- Celebrate All Achievements**
While it's important to not beat yourself up about the things you didn't get done, it's just as important to congratulate yourself on the things you did get done - no matter how small. Focus on the things that did get achieved or completed (even started) and be proud of yourself just for getting through another day.
- Plan Something to Make You Smile**
Try to pencil something in for every day that will make you smile. This could be a walk in the sunshine or a spot of gardening. It could be a family board game or an episode of your favourite TV show. It could be a tasty treat. Or it could be some quiet time, with a good book, in a nice, hot bath. Having something to look forward to, no matter how small, can really help to get you through the more challenging aspects of your day.

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Looking for more information? Go to mind.org.uk/education

Out & About

The children in school have been enjoying activities on the Patch this week.

Year 1 have been learning about the weather. The children had fun gathering natural objects from around the Patch to create a rainbow collage in the tree-house. They worked really well together - super team work Year 1 bubble! We have loved watching your home weather reports. Many of them made us laugh out loud!

If you are learning at home, you might like to have a go at making your own natural collage.

The children in **Year 2** continued their learning about materials and properties with a hunt around the Patch. The children sorted out what they found and demonstrated a brilliant understanding.

Year 3 have been studying the book A River by Marc Martin. The children worked in small groups to create their own mini river using water on the Patch. They poured water onto the ground and watched the way it flowed, identifying and labelling the parts of their river.

The **Year 4** bubble practised their map reading and compass skills on the field with an orienteering challenge! All of the children were keen to find each marker to work out what word it would spell.



Working together for a successful future



The Style of Wight Children's Writing Competition

is back for
2021

This year there are two age categories - **7 to 11** and **12 to 16**. Entries must be under 500 words - other than that, we're giving you total freedom.

Your story could be about unicorns or UFOs, narwhals or ninjas; it might take place on Mars or the Mottistone Longstone, the Serengeti or Sandown Bay. Alliteration optional. You could cram an entire lifetime into 500 words or pen a 50 second stream of consciousness (ask your English teacher on that one).

Your story, your way.

You've got from now until the end of the summer holidays - entries should be submitted either by email: features@styleofwight.co.uk or by post: Style of Wight Magazine, 8 Salisbury Gardens, Dudley Road, Ventnor, Isle of Wight PO38 1EJ by **Monday 2nd September**.

Shortlisted young writers - judged by a panel of publishing professionals including award-winning children's author Kieran Larwood - will be contacted in the Autumn. Winning entries will be published in an illustrated anthology in December 2021.

Teachers - spread the word
Parents - sow the seed
Young people - get writing!

For more information and writing tips, visit:
www.styleofwight.co.uk

Instagram: @style_ofwight Facebook: @StyleOfWight Twitter: @styleofwightmag

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Telephone Support Line

Open to education staff and parents/carers
Tuesdays, Wednesdays and Thursdays: 9.30am - 11.00am

Hampshire and Isle of Wight Educational Psychology (HIEP) are continuing to run a Telephone Support Line to help education staff and parents/carers during the current COVID-19 pandemic. The support line will be:

- confidential
- provided by educational psychologists
- for parents and carers of children and young people
- for staff in all settings
- for any queries related to the emotional wellbeing of children/young people and their families

What to expect

When you call, a member of our friendly support team will take your details and then ask an educational psychologist to call you back.

Our psychologists are there to listen and to support with the issues that might be concerning you regarding the emotional wellbeing of a child or young person. Some people call us knowing what issues they need help with, whilst other people find it helpful to just talk through what is happening for a child or young person.

How to contact us -
Please phone the number for your local area

Isle of Wight - 02392 441497

North (Basingstoke & North Test Valley) - 01252 814835

South (Fareham, Gosport & Havant) - 02392 441497

East (East Hants, Hart & Rushmoor) - 01252 814729

West (Winchester, Eastleigh, New Forest & South Test Valley)- 01962 876239

Free resources

HIEP have put together a collection of resources which are available to support our communities in managing worries and anxieties. Further information is available by phone and on our website.



www.hants.gov.uk/educational-psychology





What's for dinner next week?

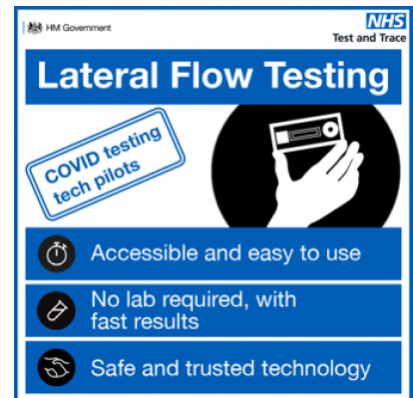
(Remember all Reception, Year 1 and Year 2 children are entitled to Free School dinners.)



Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza with Coucous	Sausages / Vegetable Sausages with Oven Baked Wedges	Roast Chicken, Roast Potatoes and Gravy	Chicken Curry with Rice	Fishfingers with Chips
Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Selection of vegetables	Selection of vegetables	Selection of vegetables	Selection of vegetables	Selection of vegetables
Fruit Crumble with Custard	Vanilla Shortbread	Fruit and Ice Cream	Chocolate Sponge	Fresh Fruit Salad

Lateral Flow Testing for School Staff

At some point next week, we are expecting to receive lateral flow testing kits from the DfES for our school staff. These are tests to help reduce the transmission of Covid 19 by testing to see if people are asymptomatic. One in three people have no symptoms of Covid but can still spread the virus. These tests will join our other measures in the fight against the pandemic. If a member of staff tests positive with the lateral flow test, the bubble in which they work will be sent home and asked to self-isolate.



Still the most reliable way to stop the spread of the virus is by staying home.

Lego Request

If anybody has any spare Lego they no longer need, Breakfast club would be grateful for any donations. Thank you

Positive Quote

"Some children are smarter than you, some children have cooler clothes than you, some children are better at sports than you. IT DOESN'T MATTER! You have your thing too. Be the child who can get along. Be the child who is generous. Be the child who is happy for other people. Be the child that does the right thing. Be the nice child. Just be You."

Best wishes,

Samantha Sillito

Headteacher