



## Queensgate Foundation Primary School



### Do you know anyone with children due to start school in September 2024? We have an open morning!

Dear Families,

#### Open Morning Thursday 5<sup>th</sup> October 9:15 – 10:30

Do you know anyone with children due to start school in September 2024? If so I would love to meet them. On Thursday 5<sup>th</sup> October we are having an open morning. There will be a short talk about our school in the hall at 9:15am followed by a tour of the school. Please display the poster on Page 5!

#### Multiply! Maths to help you help your children plus £5 community pantry voucher to all those that attend

Dee is back at Queensgate on a Friday morning 9:15 – 10:30am in the training room. Today three people attended, but there is still room for more. Dee is very experienced both in maths and supporting parents with maths. She is able to help adults get qualifications as well as helping you to support your children with maths. Come along! It's free! See the poster on page 8.

#### Playground Equipment

Please do not let your children play on the equipment first thing in the morning or after school. Some of it is not suitable for younger children. We monitor its use in school time very carefully. It is not safe for a free for all. Thank you.

#### Visitors in School Next Week

We have Lauren Fry from My Time leading our assemblies about the role of Young Carers.

On Wednesday Queensgate are hosting a Tag Rugby festival. Some of our children will be going out to watch some of the matches.

On Thursday Years 1, 2, 3 and 4 will be seeing a performance of Pippi Longstocking as part of the Isle of Wight Literary Festival. There will be no charge.

On Friday Reception classes will be sharing Nicholas Allan books with the author himself.



#### PTFA

The new PTFA will be meeting at 1:30pm on Wednesday 4<sup>th</sup> October in the Training Room. The agenda is to decide on what events to hold over the year. Please come along if you can.

#### Neon Themed Disco

The PTFA are planning a Neon Themed Disco with AJ the DJ on Tuesday 17<sup>th</sup> October.

## Would you like to join the Governing Board at Queensgate?

Due to Lucy stepping down we have a parent Governor vacancy. Have a look below. Would you be able to take up this opportunity?

We have a vacancy for one **Parent Governor**. Queensgate Foundation Primary School has always aimed for a partnership with parents, which undoubtedly brings great benefits to the children. One of the most significant ways you can help in promoting this aim is to volunteer to be a Parent Governor.

School Governing Boards are made up of people with a range of skills and experiences, who are all volunteers and work together for the benefit of the School.

We are currently looking for volunteers who have -

- a desire to contribute to the development of the school and its community
- an interest in the performance of the school
- an open and enquiring mind
- the ability to look at issues objectively
- a willingness to listen, ask questions and make informed judgements
- the ability to work well with others
- time to help make a difference

The Governing Board's main tasks are:

- to ensure that the school has a clear vision, ethos and strategic direction;
- to hold the headteacher to account for the educational performance of the school and its pupils;
- to oversee the financial performance of the school and making sure its money is well spent.

Parent Governors are welcomed as valued members of the team and play a vital role in ensuring the Governing Board is aware of the views of parents and the local community. We feel sure that there are parents prepared to take on this important role and give their time and commitment to helping us to continue to improve the school's performance.

Whatever your level of knowledge, skills and experience – enthusiasm, interest and a desire to learn are the important factors. Training and support will be available to help you develop into the role.

Being a governor can give you:

- a chance to use and develop your own skills and experience
- the opportunity to work within a team and share your ideas and own skill sets
- experience in working in a strategic environment
- a sense of achievement

If you feel you can help in this capacity please contact the office for an application form, which will need to be completed and returned to the school by 12.00 noon on Friday 7<sup>th</sup> October.

Further information for prospective governors can be found on the <https://www.iow.gov.uk/schools-and-education/school-governors/> or, alternatively please make an appointment via the office to meet with me or Alison May or Peter Genari (contactable through the school).

Please note that for the protection of children all governor appointments are subject to a DBS check. If there are more applications than vacancies, we will hold an election and parents will be sent a voting paper.



## 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	Butter Chicken Curry Served with Wholegrain Rice	Roast Pork Served with Roast Potatoes and Gravy	Breaded Fish Fingers Served with Chips	Cottage Pie Served with Two Vegetables
Vegetarian Bolognese Served with Wholemeal Pasta	Tomato Vegetable Burger Served with Potato Wedges	Cheesy Ploughman's Picnic Plate Served with Bread	Vegetarian Dippers Served with Chips	Macaroni Cheese Served with two vegetables
Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta	Jacket Potato or Tomato Pasta
Berry Flapjack with Fruit	Shortbread	Chocolate Brownie with Fruit	Pineapple Upside Down Cake	Ice Cream

All main meals are served with two vegetables

### Attendance

**Whole School Attendance since September is 96.69%**

**Whole School Attendance this week is 95.33%**

**KS1 Class with best attendance this week is 1CE with 96.43%**

**KS2 Class with best attendance this week is 4MC with 99.26%**

10 days of absence during the school year causes your child's attendance to drop to 95%

20 days of absence during the school year causes your child's attendance to drop to 90%

40 days of absence during the school year causes your child's attendance to drop to 80%

If your child's attendance falls below 90% they are classed as persistently absent



**Is your child due to start  
school in September 2024?**

**Join us for our  
New Intake Morning**



**Tuesday 5th October 2023**

**9.15 - 10.30am**

We would be delighted if you could join us to  
meet the Headteacher, Reception Class teachers  
and Team and tour our school!

*This is not a drop-in session; there will be a short talk at 9.15am followed by the tour*

*Refreshments will be available.*

*Working together for a successful future*

☎ (01983) 292872

🌐 [queensgateprimary.co.uk](http://queensgateprimary.co.uk)

## Sports Report

On Thursday, nine Year 6 girls went out to Wootton Recreation Ground to play a non-contact tournament of tag rugby. We ended up with the following results:

Won - two games

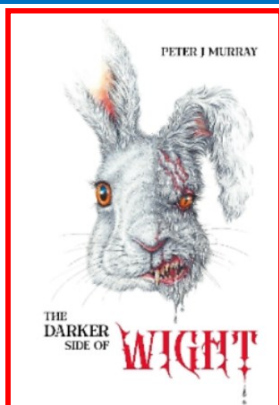
Lost - two games

Drew - one game.

I scored two tries in one game, Brooke scored 3 tries and Isabella scored 3 tries so all of the girls worked really hard in all five matches.

To pass time we ended up playing a friendly against Haylands Primary which we won 3 - 2, although sadly this didn't add to our overall score. We watched the other teams very carefully so we could work out who was really fast, who scored the most tries, people who were good taggers and who got passed to the most so it would help us when we played them. It was great fun!

Sadie Year 6



## Peter Murray visit

On Thursday 28<sup>th</sup> of September 2023, an author called Peter J Murray came to Queensgate to share his new book called, The Darker Side of The Wight and explained what it was about. It has several chapters, which are all exciting and scary. I enjoy it when he comes to our school and talks about his new books and ideas. He finds most of his ideas on the Isle of Wight because there are a lot of spooky places you can think of and write about, that is why he is personally, one of my favourite authors and why I love his books.

By Sophia Y5



## Out and About

On Tuesday morning the **2KA** Out and About team visited St Helens Duver Beach. The children recapped the story *The Dot* by Peter Reynolds, that they have been sharing in class. They talked about how the girl in the story was feeling throughout the book and how she overcame her worries, discovering she could create amazing artwork. The children looked at some images of land artist, Jon Foreman's work and were challenged to create their own land art on the beach inspired by *The Dot*. Some children chose to work alone and others in pairs, each 'Dot' creation was very unique.



This half term the children in Year 3 have been learning about forces during Science lessons. The **3AH** Out and About group explored forces in Seaclose play park on Tuesday afternoon. They worked in small groups to identify each force in action when using the play equipment. They labelled whether it was a push or pull force. The children all enjoyed playing in the park and talking about forces.



As part of the Year 4 topic on *Charlie and the Chocolate Factory*, the **4BM** Out and About children visited the Needles sweet making factory at Alum Bay on Wednesday morning. The children were able to watch and learn how sweets have been traditionally made over the last 100 years, using original techniques and machinery. The group were all mesmerised whilst watching the hot, melted sugar and glucose syrup be turned into peach and cream flavoured sweets. Afterwards they walked along towards the Needles Old Battery, looking at the unusual geology of the cliffs down at Alum Bay.



## Out and About

The children in Year 1 have been sharing the story *The Paper Dolls* by Julia Donaldson. After creating their own group chain of paper dolls, the Out and About group took their dolls on an adventure around East Cowes. The children followed a trail around the town, visiting different shops, landmarks and play parks, sharing their knowledge for their local area as they walked. The children were all very sensible walking alongside the road and playing well together in the parks. Well done **1SM**!



## Out and About next week...

Please ensure your child wears suitable play clothes and brings a water bottle and a sun hat/raincoat (depending on the forecast).

Tuesday am - 2KG

*Beach sculptures inspired by 'The Dot'*

Lexi, Lena, Daisy, Poppy, Milania, Macie, Ellis, Teddy, Levi, Harvey, Joe, Seb, Harry, Jack and Clay.

Tuesday pm - 3AH

*Identifying forces within play parks*

Callum, Henley, Oliver C, Archie, Max, James, Ollie L, Jack, Mia, Ayia, Peyton, Danielle and Milana.

Wednesday am - 4BM

*Sweet making demo at The Needles*

Harley, Zayn, Tayla, Joshua, Harvey D, Scarlett, Maisy, Ella, Toby, Harley, Flynn, James, Mirabelle, Georgie and Logan F.

\*Please note - the children will be given a few sample sweets to bring home at the end of the day.

Wednesday pm - 1SM

*East Cowes photo trail*

Rudy, Freddie, Elijah, Ace, Lenny, Marley, Harrison, Harry, Milly, Marnie-Rae, Rosie, Isabelle, Cassidy, Talima and Sadie.

## Lost Property

Here is a picture of the current lost property - if you recognise any of it, or know your child is missing a jumper, then please ask them to speak to Mrs Wiper who will be able to return it. With the coat if you could name the brand that would help. Please do remember to label everything with your child's name. Many thanks.





# Thrive 365

## Dragonfly: Impact Education



### Did you know?

Panic attacks are relatively common, although often not talked about. Some people might only have one, whereas others might have lots over the course of many years.

They are different from general 'panic' because they can come out of the blue, are not in response to a scary situation, the feeling is intense, and it lasts for longer than a few minutes. The symptoms are very physical, and some people even mistake them for a heart attack. Despite this, panic attacks are not physically harmful.

1

### Breathe out

When we're scared, we start to breathe more quickly and shallowly. This can cause light-headedness or dizziness which then leads to more panic and creates a vicious cycle. Practise calm, regular breathing (not too deeply). Breathe into your belly, so it rises and take the focus off your chest. Breathe in for a count of 4 and out for a count of 4. By making the out breathe longer, you are engaging the parasympathetic nervous system to signal to the body that you're safe. It's best to practise lots when you're calm so that it's easier to use this technique when you need to.

2

### Rehearse thoughts

Notice the thoughts you have which add to your panic. When calm, come up with some more realistic thoughts you can bring to mind to challenge the unhelpful ones. For example, instead of thinking 'I'm going to faint', replace it with 'People having panic attacks rarely faint. I've never fainted before. This will pass'. It can also be helpful to have a pre-rehearsed mantra as logical thought can be inaccessible when we panic. Something as simple as "this will pass" can be reassuring and self-soothing.

3

### Don't shrink

Fear can make us change our behaviour as we try and avoid or escape things to stay safe. It's important to slowly and gradually face the situations that might cause feelings of panic. If you find you've been avoiding supermarkets, for example, start by going to a shop, then a short trip to the supermarket, and then gradually build up the time you spend there. Remember that panic attacks cannot physically harm you and whatever you do/don't do the panic will always stop eventually.

[www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk) @dragonflyimpact  
[www.dragonflyimpact.com/how-we-can-help](http://www.dragonflyimpact.com/how-we-can-help)  
Email: [info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)



*Islands in the Stream*  
Senior Mental Health Leads  
in Schools  
by Claire Pass & Rachael Bushby



# 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!

**Why not drop in and find out more about how the  
Multiply programme can help you?**

**Information/taster session on Friday 29th  
September at 9:15am**

*Tea/coffee & biscuits provided!*

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



Best wishes,

Samantha Sillito

Headteacher







# The Footprint Trust

Join us here at  
The East Side Curve  
On

**Tuesday 10th October 2023**

For coffee and cake to  
support

**The Footprint Trust**  
at

**10am—12 noon**



# THE SONGWRITERS DEN

A PLACE FOR LIKE MINDED YOUNG PEOPLE TO GET TOGETHER AND WRITE SONGS

WRITE LYRICS AND  
SHARE IDEAS

CREATE CHORD PROGRESSIONS  
AND COMPOSE MUSIC

TRY OUT DIFFERENT  
INSTRUMENTS

LEARN SONG WRITING  
TECHNIQUES

SUPPORTS GCSE AND  
BTEC MUSIC

OPPORTUNITIES TO PERFORM  
SONGS AT FESTIVALS

FOR 8 TO 16 YR OLDS - NO EXPERIENCE REQUIRED  
MEETS EVERY WEDNESDAY - CARISBROOKE CHURCH HALL @ 3.45PM TO 4.45PM  
£28 PER MONTH (£14 PER MONTH FOR BARNARDOS'S REFERRALS)  
FOR INFO PLEASE EMAIL: ISLANDMUSICMAKERS@GMAIL.COM  
OR CALL 07868 651050 - VISIT US AT FACEBOOK.COM/ISLANDMUSICMAKERS



Barnardos



ISLE of  
WIGHT  
COUNCIL

musictribe



# NEW SHORWELL MINI'S

FOR AGES 5-8

THURSDAYS 5PM - 5.30/6PM  
AT CHRIST THE KING SPORTS HALL

Shorwell Netball Club are offering a new netball session for ages 5-8 years old!

Sessions will take place every Thursday at Christ the King Sports Hall in Newport from 5pm. Most sessions will be an hour long but due to bookings there will be some that are only 30mins long.

Come along and have a go! First session is FREE and then £3 thereafter for an hour.



Contact Ann Selby: easelby47@gmail.com, 07785750266



**BEE NETBALL BUZZERS**  
**AGE 5-7 & FLIERS AGE 7-9**  
**IOW RYDE ACADEMY**

**TUESDAYS**  
**5.30pm-6.30pm**



**Contact:**  
**Chris on 07969**  
**504734 or**  
**cmg1504@gmail.**  
**com**

**Contact: carey.mccormick@englandnetball.co.uk**





The Island Savoyards present

# SHREK The MUSICAL

Based on the Dreamworks Animation Motion Picture and the book by William Steig

Book and Lyrics by  
**David Lindsay-Abaire**

Music by  
**Jeanine Tesori**

Originally produced on Broadway by  
DreamWorks Theatricals and Neal Street Productions

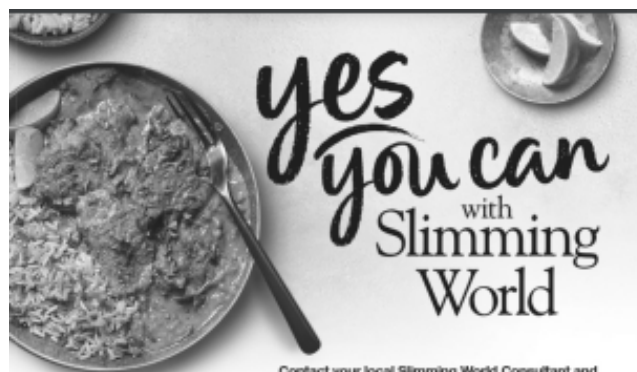
**SHANKLIN THEATRE**  
**OCTOBER**

**25-28 | 7.30pm ★ 28 & 29 | 2.30pm**

**TICKETS | Adults £20 | Children £18**

This amateur production is presented by arrangement with Music Theatre International  
All authorised performance materials are also supplied by MTI  
www.MTIShows.co.uk

**BOX OFFICE 01983 868000 | shanklintheatre.com**



Contact your local Slimming World Consultant and  
join a friendly and super-supportive group today!

**Every Wednesday**  
starting 4th October

**at Queensgate Foundation  
Primary School,  
Beatrice Avenue, East Cowes**  
(lots of free parking on site)

**6pm**

Contact **Tina** on 07772 285 288 or  
[eastcowesslimmingworld@gmail.com](mailto:eastcowesslimmingworld@gmail.com)

**NEW MEMBERS WELCOME**

[slimmingworld.co.uk](http://slimmingworld.co.uk)

#YesYouCanWithSlimmingWorld



If you wish to try orienteering or would like to find out more about the sport, then please encourage your family and friends to join our **Autumn Events for 2023 – Registration opens at 10am. Starts from 10.30-12.00**

**Sunday 29<sup>th</sup> October at Firestone Copse, Havenstreet** (parking at main car park)

**Sunday 17<sup>th</sup> December - a fun Christmas themed event will be organized at Borthwood Copse, Apse Heath.**

**Cost for adult non- members £5, family groups £6.00 and juniors just £1.00**

**Courses for all abilities with advice and training offered if required to new members.**

**See website for parking details: [www.wight.org.uk](http://www.wight.org.uk)**

Permanent Orienteering courses are available in Firestone Copse, Brighstone Forest and Parkhurst Forest for practise at any time. Free maps and score cards are available from Brian Bailey;  
Tel: 07773 852548

We also have a Facebook page: Wight Orienteers



**ALL WEATHER**

**TAPNELL FARM**  
ISLE OF WIGHT

# PUMPKIN FESTIVAL

Weekends 7th - 8th and 14th - 15th October  
Half Term 21st - 31st October




**LIVE MUSIC**

**PUMPKIN CARVING**

**AXE THROWING!**

**DRINKS & TREATS!**

**PICK YOUR OWN PUMPKIN PATCH!**

Standalone event in Event Barn - Small additional charges for some activities - Full details online

[www.tapnellfarm.com/events](http://www.tapnellfarm.com/events)

Christmas at  
**Tapnell**  
...Santa's Missing Mail

**1st - 24th December**  
(on selected dates)



Get ready for another immersive experience - a new story and new adventures filled with wonderment for the whole family!

*Buy Tickets Now*

**TAPNELL FARM PARK** [www.tapnellfarm.com/christmas](http://www.tapnellfarm.com/christmas)

**OR SALE NOW!**

**JUST £30 PER PERSON!**  
Under 2's FREE

**Winter Season Passes**

**ALL WEATHER FUN!**  
Indoor and Outdoor Play

Valid from 9th November 2023 - 22nd March 2024  
Unlimited FREE ENTRY - See winter opening times on website

Transferable adult season pass when accompanying a child season pass holder

*The Wayforward Programme Presents*

# The Journey to the Lamp

Medina Theatre, Newport

**Wednesday 6<sup>th</sup> December 2023**

**at 6:45pm**

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

25 Daish Way, Newport, Isle of Wight, PO30 5XJ Registered Charity Number: 1007947



**OSEL**  
outstanding support,  
education & learning

**WIGHT CRYSTAL**  
Spring Water

Working together for a successful future



Did you miss our Year 6 Open Evening?

We will be holding additional tours for prospective Year 6 parents on Monday 2nd & 9th of October at



Cassanova's Barbershop in East Cowes has a trainee barber offering haircut appointments for just £5.

Limited times and availability. Find on Facebook:  
The Headmistress - Barber in Training.

