Friday 21st June 2024

Issue 33

Beatrice Avenue, East Cowes, IOW, PO32 6PA. Tel 292872 gueensgateprimary.co.uk

Queensgate Foundation Primary School

# **Remember no School on Monday!**

Dear Families,

### PTFA updates

Please remember to order your child's art from <u>https://mychildsart.co.uk/find-artwork?</u> <u>username=QueensgatePtfa&access-code=y5rv66tu</u> by 12th July.

The summer fair is on **Friday 5<sup>th</sup> July** straight after school.

This week I showed the children the jars that I would like them to bring in next Friday. They need to wash out a jar, decorate it with a summer theme, fill it with goodies and bring to me next **Friday 28<sup>th</sup> June**. If you have any items for the tombola they would be gratefully received on the same date. Here are some examples.

# Dates for your Diary

### 24/06/24 INSET Day - School closed

Week beginning 25/06/24 Careers Week @ Queensgate Primary

25/06/24 Tim Walters, Local Authority, in to visit the school, Y1 & Y2 Team relay at Lanesend.

26/06/24 & 27/06/24 Home visits for New Reception children.

28/06/24 Dream Big Careers Day @ Queensgate

01/07/24 Interview for new Part-time teacher, Eco committee meeting

02/07/24 Y3 & Y4 Team relay @ Lanesend

03/07/24 Transition Visit 1 to Reception from Seashells, OAA Peach event @ Wootton

04/07/24 KS1 Sports Morning, Platform One Concert in hall (Marnie Marie),

**05/07/24** KS2 Sports Day Morning, Transition Visit 1 to Reception from Seashells, 3pm School Summer Fair **08/07/24** Y5 & Y6 Quad Kids B Team @ The Bay

09/07/24 Move Up Morning at Queensgate, Year 6 transition day to secondary schools

10/07/24 The Island Free School Transition Day, 5pm to 6pm Queensgate Showcase evening school open to all

11/07/24 Reserve Sports Day (am-KS2, pm-KS1)

12/07/24 INSET Day (School closed to pupils)

15/07/24 Y6 Dress Rehearsal of play to some of the school, 6pm Y6 performance to parents

16/07/24 1.30pm Y6 Performance to parents

17/07/24 3.15pm - 3.45pm Reception Disco, 4pm - 5.15 Y1, 2 & 3 Disco, 5.30pm - 6.45pm Y5 & Y6 Disco

18/07/24 Cookery Masterclass for Y6, 2.15pm Y3 Roman afternoon in hall (parents invited)

19/07/24 Reports out to parents

22/07/24 Y6 Waterfight, Art Day @ Queensgate

23/07/24 Attendance Assembly

24/07/24 1.15 Whole school assembly for Kezzi Kindness

25/07/24 Attendance trip day

26/07/24 1.30pm Y6 leavers assembly followed by clapping corridor, last day of term for all pupils



#### Out & About

We had two **Reception** Out and About groups on Tuesday morning that had fun together on St Helens Beach. The children loved building sandcastles, collecting shells, burying each other in the sand, sharing seaside stories, playing frisbee and making lots of delicious cakes and ice creams in our sand kitchen! It was amazing to see the children all so engaged in their play, exploring the beach and enjoying their visit with friends.







On Tuesday afternoon our **Year 5** children walked up to the Needles New Battery and the High Down rocket test site. To tie in with their recent learning about space, the children were able to see the impressive concrete site, built into the hillside in the 1950s. The High down site was constructed to test the Black Knight and Black Arrow satellite launchers and the underground rooms within the New Battery were where the rockets were secretly designed! The children were all brilliant at walking and seemed to enjoy taking in the beautiful views of the Island's coastline.

"We went to the Needles. We could see the ocean, cliffs and the lighthouse. The views were amazing! We saw the place where rockets were going to be tested. My favourite bit was going on the bus with my friends." Adriana



The **Year 4** Out and About team walked up to Tennyson Monument on Wednesday morning. The group demonstrated great fitness and resilience, stomping up to the monument in no time at all! The children learnt about the influential Victorian poet, Alfred Lord Tennyson and famous photographer, Julia Margaret Cameron that both lived in Freshwater.

"We went to Tennyson Down and we walked really far, it felt like a hundred miles! He (Lord Tennyson) was famous for writing poems." Harley B 4BM

"We went to Tennyson Monument. We had to walk up a really, really steep hill. It was like walking up a chalk mountain, walking to the monument! My fitness tracker clocked up 5,000 steps! My favourite bit was the biscuits at the top." Harley T 4BM







Working together for a successful future

Our **Year 6** Out and About group went geocaching on Wednesday afternoon. The children were invited to bring their phones along and use the free geocaching app to hunt for caches around the area. The team were all keen to find as many as possible and enjoyed logging their finds and checking out what 'swappable' items were in some of the containers. The aim of our geocaching session was to introduce the children to an active hobby that they might like to try with their friends and family. It would be great to hear from our Year 6s if any have given it ago out of school.

"Out and About was fun, we went geocaching. We had to find these little boxes, one was a fake rock!" Summer 6LR







#### Out and About next week...

Please ensure your child wears suitable play clothes, comfortable shoes and they bring a sunhat or waterproof coat (depending on the forecast).

#### Tuesday am - Reception Bembridge Lifeboat Station

Archer, Nithya, Eden, Harper, Niamh, Reggie, Chloe, Denis, Finley, Joshua W, Joshua M, Rosey and Ezra. \*Please could you bring a small donation for the RNLI, if possible, for your child to put in the collection pot.

#### Tuesday pm - Year 5 Wight Aviation Museum

Ryan, Connor, Xachary, Emily B, Eliana, Abigail, Maya, Jonny, Guy, Logan, George, Brooke, Braiden, Acacia and Denys.

#### Wednesday am - Year 4 Local Area Careers Walk

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

#### Wednesday pm - Year 6 (6TM) RNLI Boat Building Factory

Logan, Harrison B, Max, Freddie, Charlie S, George, Amber-May, Emily, Lilly, Chloe S, Bella WF, Grace and Robert.

#### Cookery

Please can your child in <u>Year 5</u> bring in a container and ramekins for cookery next <u>Tuesday</u> suitable for Apple Crumble.

Matthew, Florence, Liam, Tom, Teddy, Emily H, Hayley, Emily T, Brody, Evie, Leon, Elvis, Amelia, Halle and Amy.

Please can your child in <u>Year 4</u> bring in a container on <u>Wednesday</u> suitable for Cake. Chris, Tyler, Caiden, Dylan, Logan E, Tilly, Katelyn, Ella R, Freddie, Ella Sch, Alfie, Rory, Connor and Keian.

Please can your child in **Year 3** bring in a container next **<u>Thursday</u> suitable for Pizza**.

Archie, Jack, Oliver, Harlan, Evie, Miliania, Kingsley, Theo, Nimalin, Ben, Lilly, Amber, Eve and Chloe.

If your child attends **Cookery Club** on either **Tuesday** or **Wednesday** please bring a container **Every Week**.

Working together for a successful future

Play, Grow, Grow, Grow, Grow, Grow, Chartwells Store Stor					
	MONDAY	TUESDAY	WEDNESDAY	W/C: 15/04, 06/05, 03/06, 24/06, 15	5/07,09/09, 30/09
R 2024	Cheese and Tomato Pizza Served with Half a Jacket Potato	Classic Beef Burger Served with Potato Wedges	BBQ Chicken Served with Roast Potatoes	Turkey Lasagne <b>⊚ g</b> Served with Garlic and Herb Bread	Fish Fingers Served with Chips
	BBQ Quorn Fillet 🌒 🐲 Served with Wholegrain Rice	Vegetarian Burger Served with Potato Wedges	Cheesy Ploughman's Picnic Plate⊚	Chilli No Carne with Crispy Tortilla⊚ ∰ 參 Served with Wholegrain Rice	Quorn Dippers Served with Chips
RING/	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	Jacket Potatoes ♥ with a choice of hot and cold fillings
Comato Pasta Fresh, homemade tomato and basil sauce with penne pasta 💟 🕸					
DISSING	Crispy Crackle Bar with Fruit	Raspberry Jelly	Carrot, Orange and Sultana Slice⊜ ♥	Vanilla Ice Cream	Original Flapjack

#### **Active Queensgate**

# Weekly update



### It has been a while since we have updated each year's journey to Paris. **Year 5** continue to be the most active year group and are powering their way round the world. Well done year 5. **Year 2** are nearly at Paris – will they make it for next week? 64504KM is the distance it takes to get to Paris. Year 5 continue with their laps of the world.

Total distance

YEAR 5	980566 km
Year 6	322588 km
YEAR 2	59685 km
YEAR 4	28450 km
YEAR 3	27891 km
YEAR 1	1058 km
RECEPTION	620 km

# June 2024

Issue 14

# MHST Newsletter

# iownt.mhst@nhs.net ~ 0300 365 4010

# What's been happening:

- We are working with St Thomas of Canterbury and Haylands Primary to bring them onboard.
- All of our 2023 trainees have now passed their EMHP qualification.
- Our practitioners have been delivering the Worry Management Skills workshops to the year 5 classes, Sleep Hygiene workshops to year 4 classes and Exam Stress workshops to the year 6 classes.
- Various secondary schools and sixth forms have had exam stress workshops.
- MHST have moved into a new office; Exchange House, St. Cross Lane, Newport.

### What's coming up:

- Our practitioners will be out and about delivering transition workshops to year 6 students.
- We'll be holding year 6 transition workshops throughout the summer holidays. If you have any students that would benefit from this, please refer them into MHST. This offer is open to all year 6 students on the island so long as they are attending one of our secondaries.
- We will be running summer workshops which you can learn more about below.

The Solihull Approach has developed new resources for schools and parents to ease the transition process with a focus on raising children's emotional wellbeing.

<u>www.inourplace.co.uk/moving-up</u> is a parent portal for:

• Easy-to-follow video resources for parents to help support emotional wellbeing during school transitions: with insights from Headteacher of Balsall Common Primary School and NHS Consultant Clinical Psychologist (as well as children sharing their thoughts!)

• Online learning and resources with tailored material for supporting children with additional needs and considerations

• Signposts for practical support and ideas to ensure smooth transitions, including information on mobile phone use and technology

• Extensive additional e-learning content for parents on childhood development and emotional health from 0-19+.

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The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust

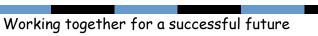
Anxiety has been the highest referral reason for March 2023-2024.

assessments were attended as were 80% of treatment sessions March 23-24

92% of

98% of referrals that had treatment waited less than 18 weeks

Mind and Mood was the most attended workshop in 2023-2024.



NHS

Southern Health

for more information regarding MHST, please email Clinical Team Lead, Charlotte Young: Charlotte.young22@nhs.net

#### Summer intensive workshops (secondary only):

Following on from the success of last year's summer workshops, we are going to run them again for young people (aged 12+). These are going to be pretty intensive – 5 days in a row for 2 hours at a time, but the upside of this is that you will really be able to get to grips quickly with managing your anxiety or emotions. Dates, times and venues are confirmed below.

You can come along by yourself (no parents needed!). Ask your school to refer you to MHST before the end of term if you are interested in coming along to one, or both, of these workshops.

#### Managing Anxiety

This workshop is aimed at young people who are struggling with mild but persistent, ongoing anxiety. It is likely that they will seem worried about many issues, and 'fret' about things. The hope is that young people will be able to learn strategies for tolerating a low level of anxiety and hence build resilience.

#### Managing Emotions

We live in a society which is, in general, wary of people demonstrating intense emotions. This is particularly true of negative emotions: sorrow, fear, shame, anger. In this workshop we will be helping young people to recognise and regulate their emotions, helping them to feel more in control of their emotions even when they are not in control of the situations that provoke them.

			Managing Anxiety	Managing Emotions	
Workshop 1	w/c 29th July	Ryde Family Centre	llam-lpm	2-4pm	
Workshop 2	w/c 5th August	Newport - Victoria Recreation Ground Pavilion	2-4pm	llam-lpm*	
Workshop 3	w/c 12th August	Sandown Family Centre	llam-lpm	2-4pm	

\*Workshop 2 (Managing Emotions) is for neurodivergent young people and those with traits consistent with neurodivergence.



The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust

#### Vacancies at Queensgate

Interested in working at Queensgate? We have two position for September. Please see adverts.





# Queensgate Foundation Primary School



Queensgate Foundation Primary School is a thriving two-form entry primary school in East Cowes. The school has had three consecutive "Good" Ofsted inspections since opening.

#### We are so excited to announce an expansion to our staff This is your opportunity to join our team and help make a difference to our children's lives. Grow your career – Grow yourself

We are looking for an Early Years Teaching Assistant in the first instance 30 hours per week Scale point 5 – actual salary £16,448.73 This is position is permanent with a start date of  $1^{st}$  September 2024

We are looking for someone who:

- > who has a belief that all children can succeed
- is reliable with a track record of excellent attendance
- has a child centred ethos
- has the ability to build great relationships
- is self-motivated and able to use own initiative

We can offer:

- > a very supportive, cheerful and positive staff team
- > a leadership team, which keeps children at the heart of their decision making
- wonderful children!
- support with CPD opportunities to help you grow and become the person you dreamed of

#### Sound like you? We can't wait to meet you!

# You are warmly welcome to visit the school. Please phone us on 01983 292872 to visit the school and meet the Headteacher, Mrs. Sillito

To apply please check the Vacancies section on our school website: <u>www.queensgateprimary.co.uk</u> and send your application to: <u>admin@queensgateprimary.co.uk</u>

> Closing date: July 5<sup>th</sup> 2024 - Noon Interview date: July 11<sup>th</sup> 2024

#### The school is committed to safeguarding and promoting the welfare of our children. The successful applicant will require an enhanced DBS clearance. The school is committed to equal opportunities.

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#### **Careers Week**

Next week we are hoping to celebrate a variety of careers, across the school. Please contact your class teacher (or the school office) if you might be able to pop in to talk to the children about your job. We'd love to welcome as many parents, grandparents, family members and friends to share with the children a bit of information about their job, why they enjoy it and what skills are needed within their career. It would be really lovely to hear from you if you might be able to spare 5-10 mins to talk about what you do with the children. If you aren't able to make it into school, maybe you could share a short video clip or arrange a Zoom call?

#### Handball

On Tuesday Queensgate hosted a Cowes Cluster Handball tournament. As it was a home fixture, we were able to enter both and A and B team which allowed some of our talented Year 5 pupils to get their first experience of playing handball. Both the A and B teams played well. Both teams started strongly winning their opening matches. All teams improved with every game resulting in some very close matches. After four matches, the A team finished joint first and the B team finished 4th.

Special well done to the B team who managed to hold the A team to a 2-2 draw in the final match.

#### **Healthy Snacks**

Please can you follow our school policy on healthy snacks - there are lots of non healthy snacks being consumed at breaktime. These 'treats' need to be for their lunchbox as part of a balanced diet. Fruit and vegetables are an ideal snack with many health benefits. Thank you.

# Attendance

# Whole School Attendance since September is 95.14%

# Whole School Attendance this week is 93.69%

# KS1 Class with best attendance this week is 1SM with 97.33%

# KS2 Class with best attendance this week is 4MC with 98.6%

And Finally...

#### Festival

If you are going to the festival have a great time. I wish you all a very happy weekend. Please remember that Queensgate is closed to children on Monday and will re-open at 8:40am on Tuesday 25<sup>th</sup> June.

	Best wishes,	
Queensgozo	Sillito.	Queensgate
Tauriation Prime	Samantha Sillito	Tomation Pittes
	Headteacher	
•••••••		



Working together for a successful future

#### ABOUT US

The IOW Wellbeing Service has been commissioned by The Hampshire and Isle of Wight Clinical Commissioning Group (CCG). The aim of the service is to support parents and carers of children and young people living on the Isle of Wight who are experiencing distressing or challenging behaviours.

Our information sessions have been designed to support families by implementing strategies at an early intervention capacity to support the emotional

wellbeing of the parent/carer and child. All of our information sessions are free and can be booked without a referral.

By providing early, targeted support through a child-centred approach, the Isle of Wight Wellbeing Service aims to:

Support families to hep their children self manage an maintain good emotional wellbeing

Promote a healthy home environment and improve famil dynamics

support parents and caregivers to evaluate their child's needs, behaviour and emotional wellbeing

Support familied in respect of crisis management a

Support parents and caregivers to learn strategies to enable their child to self-regulate, build emotional resilience



Chillerton and Rookley Primary School Chillerton Newport Isle of Wight—PO30 3EP

01983 640047

mitch.burson@iow.gov.uk





#### **IOW Wellbeing Service**

## A guide to:

# Workshop and Information

sessions

Delivered by the Isle of Wight Wellbeing Service.

Hampshire and Isle of Wight Partnership of Clinical Commissioning Groups

#### BEHIND THE BEHAVIOUR

A 60 minute information session which explores the emotional and sensory reasons for different types of behaviour that is demonstrated in the home. We offer a brief overview of different ways to understand and explore behaviour and provide a range of strategies that can be implemented to support your child in the home.

#### **BOUNDARIES & EXPECTATIONS**

This 60 minute information session aims to support parents and caregivers in understanding different types of boundaries and why implementing boundaries and expectations is important. A step by step action plan is provided to guide you through the process of setting out your individual goals.

#### SUPPORTING THE ANXIOUS CHILD

An early intervention, 60 minute information session providing strategies to support the wellbeing of children who are demonstrating anxious behaviours in the home. (This session is designed at an early intervention level only and you may be signposted to other services depending on your individual circumstances).

#### NAVIGATING NEURODIVERGENCE \*\*

\*\* A 60 minute information session aims to provide an insight into different behaviours and tendencies commonly

demonstrated by those who have received a neurodivergent diagnosis. It aims to inform parents and caregivers of support services that are available and offers an insight into strategies that may help in managing expectations or family routines to support your child. Please note that this workshop is only available

through a PSA referral.

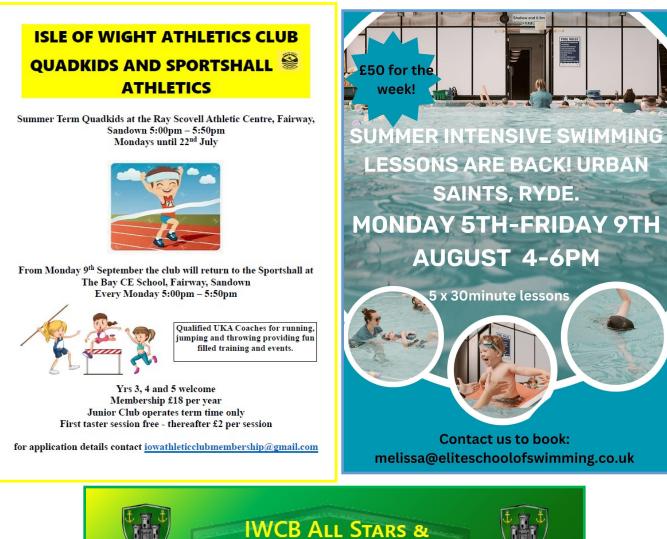
#### CHILD TO PARENT VIOLENCE AND AGGRESSION

This 90 minute information session is designed to support parents and caregivers who are experiencing physical and verbal violence, aggression and abuse in the home from children. By providing an insight into patterns of behaviour that are developed from an early age we will demonstrate how simple interventions can help to improve family dynamics and reduce conflict.

#### SEASONAL SENSORY INSIGHTS

This 60 minute session highlights and explains why events such as Halloween, Bonfire night, birthdays and Christmas can often be overwhelming for children who have sensory sensitivities. It provides strategies and approaches to hosting your celebrations in a sensory friendly way to help you and your family enjoy the festive season.







Newclose County Cricket Ground Monday 29th & Tuesday 30th July Shanklin & Godshill Cricket Club Monday 5th & Tuesday 6th August

**Cowes Cricket Club** Monday 19th & Tuesday 20th August **Brighstone** Recreation Ground Tuesday 27th & Wednesday 28thAugust **St Helens Cricket Club** Monday 12th & Tuesday 13th August

Spaces limited to 16 All sessions FREE All equipment provided All Stars - Ages 5-8 Dynamos - Ages 8-11

All camps 10am-3pm and run by DBS checked ECB Qualified Coaches To sign up, email Alex at wgdo@isleofwightcricket.co.uk

School/College	Date	Time
Carisbrooke College	1 October 2024	Year 6 open evening: 5-8pm
Christ the King College	19 September 2024	Year 6 open evening: 5.30-7.30pm
	07 November 2024	6 <sup>th</sup> Form open evening: 5.30-7.30pm
Cowes Enterprise College	1 <sup>st</sup> to 24 <sup>th</sup> October 2024	Year 6 45-minute bookable tours will take place on Tuesdays and Thursdays and will be led by a member of the senior leadership team who will be able to answer any specific questions you have about year 7, our curriculum and enrichment opportunities. Tour times to be confirmed. <i>Bookings can be made by calling the academy on</i> <u>01983</u> <u>203103</u> from the 2 <sup>nd</sup> September 2024
	November 2024	6 <sup>th</sup> Form Open Month. Tours will take place on Mondays, Wednesdays and Thursdays around the sixth form campus, providing a first-hand experience of what it is like to be a student at Cowes Sixth Form. Bookings can be made by calling the academy on <u>01983</u> <u>203103</u> from the 2 <sup>nd</sup> September 2024
Island Free School	12 October 2024	Y6 open day: 09.30-1pm
		Headmaster's Talks at 10am, 11am and 12noon
Medina College	26 September 2024	Year 6 open evening: 5-8pm
Ryde Academy	9 October 2024	Y6 Open Evening
	20 November 2024	6th Form Open Evening
Ryde School	5 October 2024	Y6 and 6 <sup>th</sup> Form Open Morning: 10-12.30pm
The Bay CE School	3 October 2024	Y6 Open Evening: 5-8pm
The Island VI Form	14 November 2024	VI Form open evening: 5-8pm
The Isle of Wight College	26 June 2024	4-7pm
	24 September 2024	4-7pm
	16 November 2024	Open Day
	8 January 2025	4-7pm
	1 February 2025	Open Day
	24 April 2024	Open evening tbc
The Priory School of our Lady Walsingham	n/a	Don't hold open days. Ring up to make an appointment for a show round. Marion Ahmed – Tel: 861222 or email: mail@prioryschool.org.uk

Please note St Georges is not offering open days. Places are allocated via the SEND department.

Working together for a successful future