

# A Great World Book Day!

Dear Families,

## Brilliant World Book Day

Huge thanks to you all for taking so much time and effort to provide the children with World Book Day costumes. All the children looked amazing. Miss Hunter led an assembly and then there was a whole school parade around the big playground.

Here are the fourteen winners. They got a chance to choose a book.



## Walk the Wight

Carol, a volunteer from Mountbatten, came to talk to the children about Schools Walk the Wight. If you register the children they walk twenty-six miles over time. They can include any thirty minutes of physical activity which is the equivalent to one mile. Then the last four miles can be done on the day from Freshwater to the Needles. The children will be bringing home a Walk the Wight book mark in their book bags which have all the details of how to register on.



## Skipping Workshops

It was great to see Lizzie again and the workshops were as fantastic as ever. The children showed real enthusiasm and lots showed real skill and athletic ability. All children, no matter of age or ability, made progress in their workshops, and they all enjoyed seeing other year groups in the assembly at the end of each day. Currently 5TS are top of the national leader board. Well done 5TS. Here are some shots of the skipping in action!



### Keep the Pot Boiling

| Rank | Score | School                    |
|------|-------|---------------------------|
| 1    | 89    | Queensgate, Isle of Wight |
| 2    | 53    | Langham Village, Norfolk  |
| 3    | 51    | Collis, Richmond          |
| 4    | 39    | St Andrews, Barnsbury N1  |
| 5    | 31    | Porthleven, Cornwall      |

## SATs

Our Year 6 children are currently working really hard to prepare for their Standard Assessment Tests (SATs). This is not something that just happens at Queensgate. These tests are for every Year 6 child across the country.

On **Monday 13<sup>th</sup> March at 2:30pm** there will be a SATs talk for parents, carers and families led by Miss Radcliffe and Mrs Michelmore. This is to tell you a little bit more about the SATs and to answer any questions you may have. It may be that you are at work at that time. We are happy to share the PowerPoint on our website and Miss Radcliffe and Mrs Michelmore are happy to answer any questions you may have via their class email addresses.

We believe SATs are positive for the following reasons:

- They show progress for the children across our school
- They focus children and staff's thinking
- They give the children purpose and a deadline to work to
- They help identify gaps that we can analyse to improve our future teaching
- Children like the opportunity to show off what they have learnt
- They are useful to support our transition meetings with secondary school staff
- They unify children and provide a national benchmark
- They help children to overcome fear of tests
- There is a sense of team work from the children – the idea that we are all in something important together
- There is always a real buzz at the free breakfast events during SATs week
- They install a sense of pride with the children
- It's great for our school when we get great results – encouraging others to send their children to Queensgate
- It brings the children as well as the staff together
- It encourages the children to get into good study habits in preparation for secondary school
- There is a sense of achievement and a reason to celebrate!

Year 6 SATs start on Tuesday 9<sup>th</sup> of May. Please note Monday 8<sup>th</sup> May is a bank holiday due to the King's Coronation. Here is the SATs timetable:

| Date                  | Activity   |
|-----------------------|--|
| Tuesday 9 May 2023    | English grammar, punctuation and spelling papers 1 and 2 |
| Wednesday 10 May 2023 | English reading  |
| Thursday 11 May 2023  | Mathematics papers 1 and 2                               |
| Friday 12 May 2023    | Mathematics paper 3                                      |

Year 2 will also be sitting SATS during May.



## Attendance

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

**Whole School Attendance this week is 96.13%**

**KS1 Class with best attendance this week is 2KG with 99.54%**

**KS2 Class with best attendance this week is 5RA with 100%**

Well done 5RA on your 100% attendance this week!



## *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   |
|--|--|---|---|--|
| Macaroni Cheese Served with Two Vegetables             | Chicken Pie Served with Potato Wedges, Two Vegetables and Gravy      | Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy | Beef Bolognese Served with Garlic and Herb Wedge                    | Fish Fingers Served with Chips and Two Vegetables  |
| Vegetarian Sausage Served with Mashed Potato and Gravy | Cheese and Tomato Pizza Served with Potato Wedges and Two Vegetables | Vegan Sausage Casserole Served with Two Vegetables                | Vegetarian Bolognese Served with Wholemeal Pasta and Two Vegetables | 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                      |
| Vanilla Ice Cream                                      | Jelly with Fruit Slices  | Oat Cookie Served with Fruit                                      | Apple Crumble served with Custard                                   | Shortbread   |

Please note that dinners now cost £2.61 per day.

## Out & About

On Tuesday morning the second **RAB** Out and About team visited Ventnor Botanic Gardens to hunt for signs of Spring. In class this half-term they are learning about the Seasons and finding out more about how plants grow. The children were able to see daffodils, camellias, primroses, magnolias and periwinkles all in flower. We talked about what flowers need to grow and shared the story *That's MY Flower* by Alice Hemming (whilst having snack!). The children all enjoyed a play in the park before exploring the gardens a bit more.



The children in Year 1 are learning about animals this half term. In class this week they have been talking about different types of animals including pets, zoo animals and farm animals. This week the **1CE** Out and About group visited Nettlecombe Farm in Whitwell to help feed the farm animals. The children hand fed the chickens, goats, donkeys and various different breeds of sheep. At Nettlecombe Farm they raise the animals as pets and have a variety of rare breeds. The children learnt about the animals teeth, what food they like to eat and about their feet or hooves. The children especially liked the little Ouessant sheep. They originate from France and they are one of the smallest breed of sheep in the world!



Working together for a successful future

A huge well done to our swimmers, another brilliant week of lessons! The children are keen to progress whether they are working hard to learn to swim independently, refining and developing their stroke technique or building their fitness and stamina.

This week our swimming awards go to;

Year 3: Mia-Rose, Jacob, Freddie, Harley B, Destiny-Grace and Tilly.

Year 5: Rochelle, Tommy-James, George, Amelia, Kahlel, Harrison B, Charlie, Brook, Theo, James M, Toby B, Chloe Shambrook and Archie.

### **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 in a named bag.

Tuesday 7th March - RSD Ventnor Botanical Garden

Arthur, Peyton, Harry, Daniel, Amelia, Mollie, Sophie, Marley, Matteo, Naomi, George, Neahve and Harrison.

Wednesday 8th March - 1SG Nettlecombe Farm

\*Children must wear wellies on the farm.

Bella, Sophie, Harry, Dèva-Mae, Elijah, Lena, Charlie, Paisley, Riley, Jesse, Figgy, Harry H, Rory and Jack.

### **Year 3 and Year 5 Swimming Lessons (8 of 10)**

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.

### **Cancelled Clubs**

Unfortunately, Girls and Boys Football Club as well as Badminton Club have had to be cancelled on Monday due to a match. They will resume as normal the following week.

### **Spare PE Kits**

If any parents in Year 1 have any Queensgate PE Kits that you children have grown out of, we would love to have these to support some families in our Reception classes. Thank you.

### **Packed Lunches**

Please can you ensure that you do not send your child in with chocolate spread. Although it may say "**does not contain nuts**", many of the chocolate brands state that it has been made in a factory and may contain traces of nuts.

A balanced, healthy lunchbox we have mentioned before and given some suggestions, but it should definitely not contain sweets - not only from a healthy point of view, but also from a sharing and arguing point of view in the dinner hall. Many thanks for your continued support.



# ELSA Support's 30 WAYS TO EXPRESS YOURSELF

www.elsa-support.co.uk

|   |  |  |   |  |  |
|---|--|--|---|--|--|
| <p><b>1</b> What makes you feel happy? Draw anything at all that expresses your happiness.</p>                            | <p>2 Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room</p> | <p><b>3</b> Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now</p>      | <p>4 If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it</p> | <p>5 What is on your mind right now? Draw a huge speech bubble and fill it with drawings</p>                               | <p><b>6</b> Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed</p>                |
| <p><b>7</b> Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination</p>  | <p>8 Draw yourself as a superhero. What is your superpower? How does it feel being a superhero?</p>  | <p><b>9</b> What scares you? Draw your biggest fear!</p>   | <p>10 Draw some important memories for you!</p>   | <p><b>11</b> What does your anger look like? Draw your anger</p>   | <p><b>12</b> Draw something you are thankful for today</p>   |
| <p><b>13</b> Draw around one of your hands and then decorate each finger with something you are good at</p>               | <p><b>14</b> Draw a comic strip of a fun time that you have had. Who was there? What did you do?</p>                                       | <p>15 Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling</p>                | <p><b>16</b> Can you draw something just with the letters of your name today?</p>                               | <p><b>17</b> Draw a gift you would give to someone very special to you</p>   | <p><b>18</b> What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them</p> |
| <p><b>19</b> Make some patterns today and then colour them all in to make a beautiful piece of art</p>                    | <p><b>20</b> Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!</p>                    | <p><b>21</b> Create your own character for the emotion of happiness. What might it look like? Draw it!</p>                     | <p>22 Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!</p>         | <p><b>23</b> What do you dream about? Draw one of your dreams</p>  | <p><b>24</b> Listen to some music at the same time as drawing. What is in your mind when listening to the music.</p>                         |
| <p><b>25</b> Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh</p> | <p><b>26</b> Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face</p>                               | <p><b>27</b> Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose</p> | <p><b>28</b> Draw a picture of someone you admire. Why do you admire them?</p>                                  | <p><b>29</b> Draw a shape and make it into a character. Is your character happy, sad, angry, scared or something else?</p> | <p><b>30</b> Draw a picture of you being brave</p>   |

## Low mood

Are you feeling low? Are you feeling sad?

Everyone feels sad sometimes and that is normal. Feelings should come and go. However if you are feeling low or sad and it lasts for longer and it starts to affect your every day life, then try some self help tips and seek help if these don't work.

- Talk to someone about your sadness. Sometimes it can be helpful just to talk about it with someone who cares about you.
- Challenge any unhelpful thoughts. Give yourself a talking to! Tell yourself that thoughts are not facts!
- Make sure you take care of your wellbeing. Set a bedtime routine and get enough sleep.
- Eat healthy food that you enjoy.
- Increase your physical activity. Make sure you exercise every day! It might be hard to do but you can do it!
- Get into a habit of looking for the positives in every day. Each night ask yourself 'What are three good things that happened today?' (It can be the tiniest thing)
- Try helping others. It is surprising how when you focus on helping someone else it actually improves your mood.
- Take time out of your day for relaxation. Do something you enjoy.
- Spend time outside in nature.
- Keep a mood diary and jot down your feelings and why you feel that way.
- Make a sadness kit and put things into it that increase your happiness or give you comfort.



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# Mental Health

## How to raise self-esteem

There are so many ways to raise your child's self-esteem. Try some of the following ideas and notice the difference in your child

- Focus on the positives. What does your child do well? Explore strengths and talents.
- Give them specific but positive feedback. Be generous with how you praise them.
- Encourage them to talk about how they are feeling. All feelings are ok!
- Create a sense of belonging. You belong to this family. We can do anything together.
- Mistakes are ok and are a part of learning. Embrace mistakes.
- Give them responsibilities within the home such as feeding the pet.
- Encourage good friendships.
- Celebrate achievements, no matter how small. Help them to feel proud.
- Help them make a list of all the things they CAN do.
- Encourage them to HELP others. It really feels good to help others.
- Set goals that are achievable so they can feel success and understand the work needed to get there.
- Teach them to be grateful and find things each day they are grateful for.



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# Wellbeing

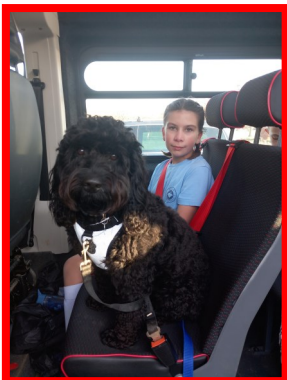
## QUEENSGATE SPORT ROUNDUP



On Tuesday, the Year 4 boys faced The Bay in the quarter finals of the league. The Bay had finished top of their group, so this was going to be a tough test for the team. The game got underway and both sides started strongly, with goal scoring opportunities for each side. Half way through the first half, it was Jonny W who scored the breakthrough goal, giving Queensgate a 1-0 lead. That was the end of the first half and the boys gathered round for a team talk. We discussed that we needed to keep to our positions and that we needed to pass the ball more efficiently. The boys took on the advice going into the second half and started strongly once again. It was an end to end second half, but it all came down to the final minutes of the match. With two minutes to play, Queensgate were awarded a penalty. Unfortunately, we missed and it went out for a goal kick. From that goal kick, The Bay went up the other end of the pitch and were awarded a penalty. The Bay stepped up to take the penalty, however Artem Y (goalkeeper) made an amazing save. He then got the ball and kicked it out to his brother, Denys Y, who ran through 1v1 against their goalkeeper, slotting the ball in the back of the net making the score 2-0 Queensgate. After a dramatic second half, the game came to an end with Queensgate winning 2-0! This was a brilliant performance from all the boys and they now move onto the semi finals. Well done boys!

### **Hockey**

Year 6 competed in a Quicksticks hockey tournament at Smallbrook. All players showed great determination and a positive attitude. After a very difficult game to start with against Ryde Private, the team bounced back and played four very close games. Well done to all players.



Benji news: Benji continued his training by supporting the hockey team. He sat really well both in Minibus (with Roxy supporting him) and at the tournament.

### **And Finally...**

The children have worked hard and are showing good progress in their work. Thank you for your continued support. Have a great weekend.

**Best wishes,**

**Samantha Sillito  
Headteacher**



# 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 sessions 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



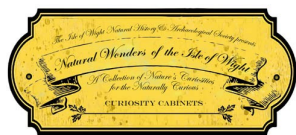
During the Spring term the Reception and Year 6 children are having their height and weight recorded by the School Nurses on behalf of The Local Authority Public Health, as part of the National Child Measurement Programme. Nationally this data is sent anonymously to the Department of Health who use the 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

<https://www.quayarts.org/event/natural-wonders-of-the-isle-of-wight/>



Natural Wonders of the Isle of Wight -  
Quay Arts

Fri 24th Feb - 12th Mar Clayden Gallery, everyday 9am -  
5pm FREE