



Friday 24th February 2023

Dear Parents and Carers,

Welcome back

The week has flown by as you can imagine. The children have settled back well and enjoyed their first week's lessons.

We have welcomed Sophie in year 4 who I'm sure will make an excellent addition to our wonderful school community.



Discoverers were privileged to welcome Mrs Elobeid into class on Thursday.

They enjoyed developing their understanding of their planet and the importance of a fix and recycle mentality. Thank you very much for sharing your knowledge and experiences. The children really enjoyed the morning.

In fact I know some of Pioneers were slightly jealous as they peered through the window next door.

In other lessons Ruby liked drawing the Eiffel Tower. In fact she was able to recall the city, country and continent.

Alba loved working with numbers up to 1000 in maths lessons.

Pioneers have been working hard developing their reasoning skills in maths. Many children are able to explain their strategies for solving complex problems. Most impressively they are mostly able to use an efficient approach to solving the problems. For example if multiplying $8 \times 27 \times 0$ they are quickly realising that there is no need to multiply any numbers when the answer is clearly 0.

Pippa really enjoyed her Amazon diorama where the children created the four levels in the Amazon.

Question:

Can you name the four different layers? Hint – The canopy is the third layer!

Adventurers have been using images to create vocabulary lists and learning how to use questions to ask why, where, when, how type questions. Seb excelled with his vocabulary list and Emily demonstrated a good knowledge of words when describing the polar bear.

Athena enjoyed sketching animals, Lottie learning about polar bears and Luca solving division problems in maths.

Some of the boys in Explorers were very keen for me to pay to enter their zoo and see the variety of animals inside. Daniel suggested a pound though Miles and Luke were quickly asking for £2 and £3 respectively I noticed!



I would also like to thank the new librarians who have been diligently helping me to reorganise the library bus by sorting out the books. Annie-May was even keen to get the duster out her parents will be delighted to hear!

A few shelves have been organised and we will complete the task over the next few days I'm sure. Thank you Elsie, Annie –May, Sophia, Marlee and Leah.

We aim to paint the bus soon with Mr Andre and volunteer parents adding a much needed coat of paint. I plan to laminate some of the children's art work and then try to convince a very generous carpet fitter to supply and lay the carpet.

As part of the new reading incentive at school, the bus will be used more in the future as it is a great resource and the children love visiting their unique library

I have noticed that there is a need to revamp our reading material. If there are any parents who have expertise in bidding for grants for reading books please let me know.

Parent Governor

Parent governor elections will soon be with us. However please note that no governor is electing to withdraw their service at this time.

World Book Day

Children are invited to dress up as their favourite character to help celebrate world book day. There will be a number of opportunities to share their reading experiences during the day. Please note that we are reverting to Wednesday 1st March to allow more staff to join in with the fun. Apologies for the short notice of the day.

National Strike (South)

At this stage we are not anticipating any need to close any classes and all children should attend as usual.

Parents Evening

I'm delighted to see that many parents have already signed up for parents evening. A quick count suggested that approximately 70% of parents have returned their forms within the first couple of days. Please note this is an essential meeting and all parents should make every effort to attend in order to celebrate your child's progress and to learn how to support your child at home.

I hope you have a great weekend

Mr Wake

Explorers



We have had a great week back this week!

The Explorers have enjoyed helping to turn our home corner into our very own zoo in preparation for our Amazon world trip! This half term we will be looking at animals from around the world and the children are already keen to share what they know about their favourite animals.

In phonics we have been going back over some of our phase 3 sounds, looking at 'qu, ch, sh' this week. We have played some phonics games and done a number of activities such as a tricky word matching game and some independent writing using sound mats.

In maths we have continued to look at 2D shapes, discussing the difference between squares and rectangles as well as what shapes and patterns we can make with different shapes. Earlier this week the children made their own clocks and started to look at how to tell the time.

On Tuesday the children enjoyed celebrating pancake day by making (and eating) their own pancakes! They worked hard to measure and weigh out the quantities needed for the batter.

Yesterday we went on a nature walk around the field to look for signs of spring. The explorers found a number of different flowers at various stages from buds to full blooms. We also talked about what wildlife we might see now spring is starting and listened out for different birds. After this the children all enjoyed creating their own spring flower art work using paint which will go on display in the classroom.



Just a reminder to please bring your book bag and reading folder each day and to please write down any reading done at home in their reading record books!

Have a lovely weekend!

Adventurers



This week has been very egg-citing for our class. They have all been behaving egg-celently and it's no yolk! Our new special visitors have winged their way into school, with the incubator being set up outside of the school office. We will be peeping in at them and monitoring their progress over the next 3 weeks, until it's time for them to hatch.



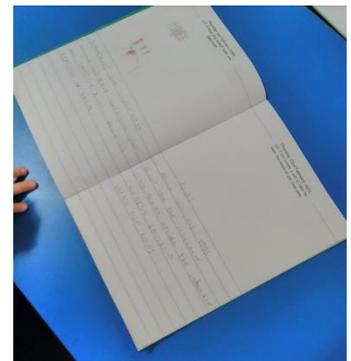
In a week's time, the class will be able to candle the eggs again to see if they're growing as expected. The lovely Mr Enser has kindly lent the school his incubator to hatch our bantam eggs.



The class had lots of fun coming up with the rules for taking care of the eggs whilst in the incubator, what not to do and then how we should handle the chicks once they hatch. They were very sensible in their evaluation of the chick's needs once here.

We are egg-static to see how the eggs progress over their time with our school and can't wait to share that progress with our school community.

We look forward to seeing all of the fab costumes on Wednesday for World Book Day.



Discoverers

In Maths we are rounding numbers to the nearest 10 , 100 and 1000 also comparing numbers.

In English we are deciding what's behind the secret door and what we also described what the door looked like.



In Art we were drawing the Eiffel tower and we will use pointillism to paint it. In Geography we have been locating the different mountains.

In Science we have been learning about plant's and learnings a life cycle of a flower. In guided reading we have been learning about pollution also we read a poem about the pollution and we

filled out a sheet.



Pioneers



This week in Pioneers class we have been completing our Amazon Rainforest shoe boxes as you can see we have made a wall (of boxes) in the classroom displaying our creations. The children were encouraged to think about the different layers of the rainforest and use some materials from outside to complete their forest scenes.

Please create a **unique, colourful and informative** fact file about one of these naturalists/ animal conservationists

Sir David Attenborough, Jane Goodall, Li Quan, Jacques Cousteau, Gerald Durrell, Steve Irwin.

During half term I asked the children to complete some research as their take home task; thank you to all parents for supporting your children with this. Here are several examples, I was very impressed with the detail and effort

involved.

Attendance week from: 06/02/2023 to 10/02/2023

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	96.7%	0	0	0	5
Adventurers	92.5%	0	0	12	6
Discoverers	91.5%	0	0	5	18
Pioneers	95.8%	0	0	1	12

Although we strive for 100%, our whole school attendance for this week was 93.9% which is **below** the national expectation of 96%

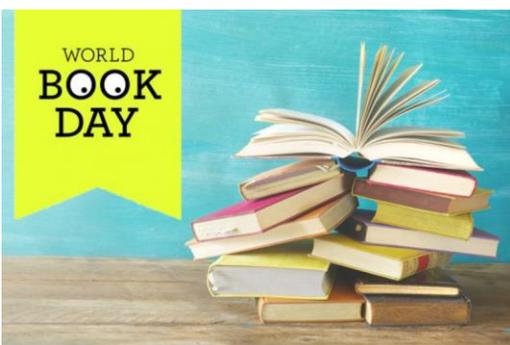
If your child is too unwell to attend school please contact us to let us know. You can phone on 872442 or email us on admin@sthelenspri.iow.sch.uk If you let us know by phone please can you put the reason for your child's absence in writing when they return to school otherwise the absence will be marked as unauthorised. We are required to ask you for this in order to follow the Local Authority attendance procedures, and if we don't receive a letter or email we have to follow it up.



THIS WEEKS AWARDS



<u>Class</u>	<u>Worker of the Week</u>	<u>Star of The Week</u>
Explorers	Aaru	Arlo
Adventurers	Seb	Zach
Adventurers	Rosie	Lottie
Discoverers	Clara	Cai-Wyn
Discoverers	Alex	Alba
Pioneers	Nikola	James B
Pioneers	Elsie	Alex L



World Book Day

We will be celebrating on Wednesday 1st March. Please wear your book-related costumes and tell us about your favourite books.



We would like to wish a very 'Happy Birthday' to the following children and staff who celebrated their special day this week:

Mrs Royal

School Dinner Menu (£2.60 per day or free to Reception, Year 1 & 2 pupils)

On **TUESDAYS and FRIDAYS only**, the children will be able to order baguettes - fillings cheese, tuna or ham.

WEEK 3		W/C: 14/11 05/12 09/01 30/01 27/02 20/03		
	NOT SPECIALS...	DAILY FAVES...	PICK A PUDD!	
MONDAY	Pesto Pasta Bake Served with Two Vegetables	Vegetable Chili Served with Wholemeal Rice	Jacket Potatoes with a choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Fruity Flapjack Bar
TUESDAY	Chinese Chicken Noodles Served with Two Vegetables	Vegetable Korma Served with Wholemeal Rice	Jacket Potatoes with a choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Strawberry Ice Cream
WEDNESDAY	Roast Pork Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pastry Roll Served with Roast Potatoes, Two Vegetables and Gravy	Jacket Potatoes with a choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Jelly with Fruit Slices
THURSDAY	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Vegetarian Cottage Pie Served with Two Vegetables and Gravy	Jacket Potatoes with a choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Shortbread
FRIDAY	Fish Fingers Served with Chips	Tomato Veggie Burger Served with Chips	Jacket Potatoes with a choice of hot and cold fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Crispy Crackle Bar

THREE WEEK MENU
AUTUMN/WINTER 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

WEEK 1 W/C: 31/10 21/11 12/12 16/01 06/02 06/03 27/03				WEEK 2 W/C: 07/11 28/11 02/01 23/01 20/02 13/03					
	HOT SPECIALS...	DAILY FAVES...	PICK A PUDDING		HOT SPECIALS...	DAILY FAVES...	PICK A PUDDING		
MONDAY	Macaroni Cheese ● Served with Two Vegetables	Vegetarian Sausage ● Served with Mashed Potato and Gravy	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Vanilla Ice Cream	MONDAY	Cheese and Tomato Pizza ● ● ● Served with Potato Wedges and Two Vegetables	Chinese Vegetarian Noodles ● ● ● Served with Two Vegetables	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Crispy Bar
TUESDAY	Chicken Pie Served with Potato Wedges, Two Vegetables and Gravy	Cheese and Tomato Pizza ● ● ● Served with Potato Wedges and Two Vegetables	Jacket Potatoes ● with a choice of hot and cold fillings, including Salmon Mayonnaise ● Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Jelly with Fruit Slices ●	TUESDAY	Pork Sausages Served with Mashed Potato, Two Vegetables and Gravy	Veggie Sausage Served with Mashed Potato & Gravy	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Orange Shortbread with Fruit Slices ●
WEDNESDAY	Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy	Vegan Sausage Casserole ● ● ● Served with Two Vegetables	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Oat Cookie served with Fruit Slices ●	WEDNESDAY	Roast Gammon Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pie ● Served with Mashed Potato, Two Vegetables and Gravy	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Ice Cream
THURSDAY	Beef Bolognese ● ● ● Served with Garlic and Herb Bread Wedge	Vegetarian Bolognese ● ● ● ● Served with Wholemeal Pasta and Two Vegetables	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Apple Crumble served with Custard ● ● ●	THURSDAY	Chicken Curry ● ● ● Served with Wholemeal Rice	Vegetable Lasagne ● Served with Garlic and Herb Bread Wedge	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Apple and Berry Crumble served with Custard ● ● ●
FRIDAY	Fish Fingers Served with Chips	Quorn Dippers ● Served with Chips and Two Vegetables	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Shortbread	FRIDAY	Fish Fingers Served with Chips	Quorn Dippers ● Served with Chips and Two Vegetables	Jacket Potatoes ● with a choice of hot and cold fillings Tomato Pasta ● ● ● Fresh, homemade tomato and basil sauce with penne pasta	Strawberry Frozen Yoghurt with Fresh Fruit ●

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

● Vegetarian ● Oily Fish ● Wholegrain ● Fruity! ● Nutritionist's Choice ● Hotel Available

If your child would like the vegetarian option on a particular day, please can they let their teacher know so we can order enough portions from The Bay kitchen.



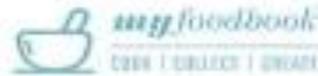
Recipe of the Week

Each week we will share an easy to cook recipe which you may like to try cooking at home with your child. Please email your photos (and reviews) of our recipes to admin@sthelenspri.iow.sch.uk and we will publish them in the newsletter! If you have any tasty, healthy recipes that you would like to share with the school community, please email them to the above address.

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Egg and Spinach Rice Bake

Egg And Spinach Rice Bake



Recipe By: Australian Eggs
www.austlianeggs.org.au

Prep Time: 5 minutes
Cook Time: 35 minutes
Serves: 4

This five ingredient rice bake is full of rhubarb, spinach and eggs to make a delicious and healthy meal in no time. It's also a great way to use up leftover rice or pasta!

Ingredients

- 7 eggs
- ½ cup (125ml) milk
- Salt and pepper to taste
- 450g (cooked) microwave long grain white rice
- 250g frozen spinach, thawed and squeezed to remove excess liquid
- 5 cups (240g) grated cheese
- Serve with side salad

Method

1. Preheat oven 180°C/160°C (fan-forced) and lightly grease a 90-cup capacity ceramic baking dish
2. Whisk 3 eggs and milk together in a large mixing bowl. Season with salt and pepper
3. Heat microwave rice according to packet instructions. Add to egg mixture along with spinach and 1 ½ cups of cheese. Mix well
4. Spoon into prepared baking dish and sprinkle with remaining cheese. Bake for 25 minutes
5. Remove rice bake from oven and make 4 indentations in the top of the rice. Crack an egg into each indent. Return to oven and bake for a further 10-12 minutes or until egg whites are set and yolk is still runny. Serve immediately with side salad

Tips & Hints

1. If using fresh spinach, use a 120g bag of baby spinach and wilt in a pan for 1 minute. Press out excess moisture and use as directed in the recipe.

Dates for Your Diary

Wednesday 1st March – World Book Day – children may wear costume based on their favourite book

Monday 6th March – Staff Development Day – school closed to children

Tuesday 7th March – Explorers visit to Amazon World

Wednesday 15th March – Adventurers visit to Briddlesford Farm

Saturday 17th March – St Helens Horticultural Society Spring show (school hall)

Tuesday 21st March – PARENTS EVENING (Pioneers & Discoverers classes only)

Wednesday 22nd March – PARENTS EVENING – all classes

Friday 31st March – School closes at 3:00pm for the Easter break

Monday 17th April – School reopens at 08:45 for Summer term

Monday 1st May – May Day bank holiday – school closed

Friday 26th May – School closes at 3:00pm for half term

Monday 5th June – School reopens at 08:45

Textile Bank

Don't forget that we have a textile bank where you can donate unwanted **clothes, belts, paired shoes, bags, hats, (in a tied bag)**. The donated items will be collected and weighed fortnightly and the school will receive 20p per kilo towards our funds. **Donated items (bagged please) should be left near to the front entrance of the school. Please let the office know you have left items! *Please do not donate duvets, pillows, cushions, household textiles, soiled rags, curtains, blankets as the recycling company will deduct the cost of disposing of these items from our overall total raised.***

Remember to look at the school website for the latest school updates and information at www.sthelenspri.iow.sch.uk

FOSH AMAZON WISH LIST

The school has a wish list on Amazon to which the staff have added items that they would like for our wonderful school. We appreciate that belts are very tight at the moment but we would like to encourage you all to have a look at this list from time to time to see if there is anything you would like to buy as a gift for school. Items from this list make great end-of-term or Christmas gifts for the school but gifts are welcome anytime and the list is always available and is regularly updated.

Purchased items are posted directly to school and arrive anonymously unless the buyer has added a note to say who they are at checkout. Please don't forget to add a note as otherwise we will not be able to thank you personally. If you are buying a book and would like to write a note in the front with your name and the date of purchase, please let us know on the email address below so we can arrange this when your gift arrives.

If you have any questions about the wish list, please get in touch with Katherine via mail@friendsofsthelens.org

To view the list on Amazon, please follow this link and consider St Helens Primary School when you are shopping online https://www.amazon.co.uk/hz/wishlist/ls/1NM3IHB3UQ7V0?ref_=wl_share



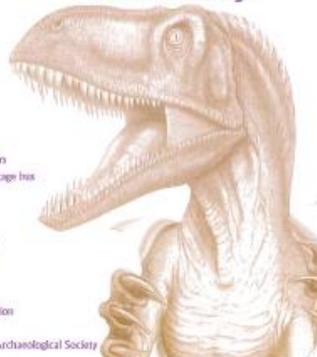
Free Entry

Sunday 26th Feb
10am-4pm
(Last admission 3pm)

Dinosaur Isle Museum Fun Day

Lots of exciting activities and exhibitions

Trading Roman Villa
*Dodec painting
*Face Painting
View finds from local fossil collectors
site of Wight Bus Museum with vintage bus
Dinosaur Roar competition
Tony Trowbridge art activities
site of Wight Heritage service
site of Wight Metal Detecting Club
*rc Consulting
Jebble Webb with Steve Stagg
*Jesse's Forensics
*art: Chess and the Island Collection
*W Railway Dinosaur Day
site of Wight Natural History and Archaeological Society



FAMILY FUNDAY AT DINOSAUR ISLE MUSEUM SUNDAY 26th February 2023

FAMILY IS BACK!

At Dinosaur Isle we feel that it's vital for local children and their families to get exposure to the Island's heritage and be able to experience some of the science behind dinosaurs while still having fun.

On Sunday the 26th February we are offering **FREE ENTRY** to anyone who wants to come along. The day will be focused on children and families with an emphasis on creativity and interactivity. Doors will be open at 10:00am with last entry at 3:00pm.

There will be lots of fun things to do including:

- Identifying different sorts of fossils + hands on experience of real dinosaur bones.
- Dinosaur fossil ID competition
- Painting models of fossils.
- Face painting.
- Activities with Debbie Webb – author of the *Marine Megafauna* books.
- Forensic Forensics.
- Art activities with Tony Trowbridge (artist)
- Roman Bus Museum + a vintage bus
- Reading Roman Villa.
- Activities with IOW Archaeological Society, IOW Heritage and more...
- Refreshments will be available.

We need to get the message out to as many children as possible. We appreciate how busy you are and the many pressures on your time but would be extremely grateful if you would consider letting children and parents know about this event or putting up some posters. We enclose an information pack and flyer. If you would like more or have any questions please contact Sue Wilkins (Dinosaur Isle) 01983 404344, sue.wilkins@diw.gov.uk Thank you for your support!

Kind regards



See Wilkins



Nature Nippers

Discover the world of little creatures in a natural environment
Activities exploring nature
Pre-school children with parent/carer



Tuesday 10 am–12pm
At Naturezones, Blackwater

Cost £5 for parent + 1 child.
Up to 2 more children £1/child
Must book: www.naturezones.org.uk

Classorama

Naturezones' Creative Programme
for Schools
For the entire class or individual pupils

Recycological
Sat 27th and Sun 28th May
&
Spring Competition

Create a piece of art work with a 2D or 3D element inspired by British nature using recycled materials. To be displayed during Recycological.

Materials used could be old furniture, plastic, old clothes etc.

Entries must be delivered to Naturezones
On 23rd & 25th May between 10.30 and 4pm

Summer Competition

Using your knowledge from science lessons create something to inform our visitors about Native British plants.

Entries should be submitted by 5th July

More Info:
Details of the Spring and Summer competition can be found on our website.
www.naturezones.org.uk

Naturezones is based at Birchmore Lane, Blackwater, PO30 3BP
Postal entries: c/o Padmore Lodge, Beatrice Avenue, East Cowes, PO32 6LP

Christmas Tree Festival

Imaginatively decorate a Christmas tree
To be displayed in the Naturezones Pavilion
On the 16th & 17th December
Deliver on Tuesday 12th or Thursday 14th Dec.

The National Lottery logo is present at the bottom left.




Baby & Toddler Group

FREE for under 5's
Every Thursday | From 10-11am

Come along and meet other parents and carers at a free and friendly play group. Activities and toys available plus tea and coffee. No need to book just come and say hello!

Follow us on Facebook for the latest updates

YMCA Shanklin, Winchester House, Sandown Road, Shanklin, PO37 6HT
Registered charity no: 1069992



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 - 1st dose and 2nd dose only.

For children 12-15 years - 1st dose and 2nd 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 February:

Thursday 27 February 2023, 08:00 – 11:00

Children's Clinics in March:

Thursday 09 March 2023, 08:00 – 11:00

Thursday 30 March 2023, 08:00 – 11:00

Children aged over 16 who require a 1st, 2nd dose or eligible for a 3rd dose, are welcome to 'walk-in' to the St Mary's Hospital Vaccine Hub in South Block, opposite the Duck Pond, on Mondays AND Thursdays 07:40 – 13:00

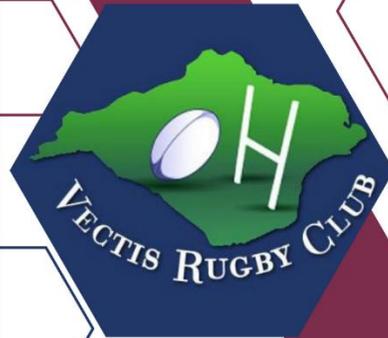
For any other information regarding Children's vaccination clinics, please email the Hospital Vaccine Hub Team: iownt.vaccine-hub@nhs.net.

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
www.vectisrugby.co.uk



Sessions are all delivered by experienced
coaches with first aid qualifications and
DBS Checks.

GIRLS ONLY FOOTBALL



INTRODUCING OUR SANDOWN SOCCER GIRLS ONLY FOOTBALL SESSION!

OUR FUN SESSION WILL BE:

WHEN: Every Wednesday. 5pm to 6pm

WHERE: The Bay CE Primary School, Sandown

COST: £4 for the 1 hour session

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

IS YOUR CHILD TOO YOUNG TO JOIN A TEAM?

DOES YOUR CHILD WANT TO BUILD THEIR CONFIDENCE IN A SPORTING ENVIRONMENT?

DOES YOUR CHILD WANT TO PLAY FOOTBALL BUT NOT IN A TEAM YET?

IF YOU'VE ANSWERED YES TO ANY OF THOSE QUESTIONS, WE'VE GOT
THE PERFECT SOLUTION!

WE PROVIDE A SAFE, ENJOYABLE ENVIRONMENT WHERE
CHILDREN CAN HAVE FUN WHILST IMPROVING THEIR FOOTBALL SKILLS.

OURS AIMS ARE:

- TO ALLOW CHILDREN TO HAVE FUN THROUGH FOOTBALL
- TO IMPROVE CONFIDENCE AND SOCIAL SKILLS.
- TO LEARN AND IMPROVE BASIC FOOTBALL SKILLS: CONTROL, PASSING, DRIBBLING.
- TO DEVELOP AGILITY, BALANCE, CO-ORDINATION, SPEED (ABC'S).

Our fully FA qualified coaches have up to date First Aid training and are DBS checked. Each session will be packed full of fun games played in teams, and as individuals, to help children build friendships as well as independence.

Cost of living information from Isle of Wight Council

www.iow.gov.uk/costofliving

01983 823134

General help and support

Citizens Advice IW can give free help with money issues and much more.

0800 144 88 48 or Textphone on 18001 0800 144 8884

www.citizensadviceiw.org.uk

Debts and paying bills

Citizens Advice Money team.

01983 823898 ext: 2825

debtenquiries@iwcab.org.uk

www.citizensadviceiw.org.uk/money-advice-team

Buying food

www.iow.gov.uk/costofliving and tap on 'food' for more information.

Join a community pantry and for £5 a week, receive over £15 worth of food.

01983 296592 East Cowes Community Pantry

07961 959003 Ventnor Community Pantry

01983 563732 Ryde Community Pantry

Connect4communities

Support including food vouchers, getting weather appropriate clothing (directly with your school) and more.

connect4communities@iow.gov.uk

www.connect4communities.org

Benefits

Check whether you are getting all the benefits you can.

Citizens Advice Help to Claim line.

0800 144 8444

www.gov.uk/benefits-calculators

Energy bills

The Footprint Trust give guidance on energy bills, efficiency and getting grants.

01983 822282

info@footprint-trust.co.uk

www.footprint-trust.co.uk

Pension Credit

If you are of State Pension age you may be entitled to Pension Credit. If you get Pension Credit you can get other benefits.

0800 99 1234 or Textphone on 0800 169 0133

www.gov.uk/pension-credit

Paying for broadband and mobile phone

Social tariffs are available if you're on a low income.

www.ofcom.org.uk/cheap-broadband

Feeling lonely

The Living Well and Early Help Partnership works on the Island to connect people.

01983 240732

reception@lweh.org.uk

www.lweh.org.uk

In a crisis

If you have no money for food, gas and electricity you may be able to get emergency help.

01983 823859

www.iow.gov.uk/HelpThroughCrisis

Other useful contacts

www.helpforhouseholds.gov.uk

www.islefindit.org.ukh

www.gov.uk/helpforhouseholds

Other useful information

Multiply

There are some excellent free maths courses available at the moment.

Any Islander who is aged 19 or over and does not have maths GCSE at grade c or above can take part in free training courses. Multiply is a new programme to help adults improve their maths skills with free courses. The training could lead you on the first steps towards gaining a maths qualification or help you use maths to manage your household budget. Get [more info our website](#).

Funding opportunities

Please share these funding opportunities in your network.

National Lottery funding for Coronation events and activities

Funding is available of up to £10,000 for events and activities through the National Lottery Awards for All programme and you can encourage community groups to apply.

National Lottery Awards for All does not have a deadline, but it can take up to 12 weeks from the point of application submission to receiving funding, which means applications for the Coronation weekend should be made before the middle of February.

[Funding criteria and terms and conditions are on this website.](#)

As with the Platinum Jubilee celebrations in 2022, DCMS will be launching a Coronation website with resources and an interactive map. This will be publicised in their local government bulletin once available. You can subscribe to the bulletin [here](#).

Funding to promote mental wellbeing now available

A new round of our Mental Wellbeing Small Grants Fund is now open for applications from voluntary, community and social enterprise organisations. There is a total funding pot of £50,000. Applicants can apply for one-off grant funding of up to £5,000.

We are looking for applications for schemes that will support the mental and physical wellbeing of children, young people and their families on the Island, particularly those particularly those disproportionately affected by cost of living pressures.

The closing date for applications is midnight 12 February 2023.

[Find out more and apply for funding](#)

Grants available to help Island communities

Community and voluntary organisations and town, parish and community councils, should apply now for grants to help support those in need in their communities.

A total of £240,000 is available to support local initiatives helping to provide vulnerable families with food, utilities and keeping warm.

The deadline for applications is 1 March 2023, but the panel consider applications weekly.

[Find out more and apply on the connect4communities website](#)

The rural cost of living household survey

Research has shown that those living in rural areas face extra costs.

The Rural Services Network and Citizens Advice Rural Issues Group have launched a rural cost of living household survey to find out more about how rural communities are being affected during the current crisis.

[Please ask everyone you know who lives in a rural area to complete the form.](#)



ISLE OF WIGHT HELP WITH THE COST OF LIVING

01983 823134
iow.gov.uk/costofliving

General help and support
Citizens Advice IW can give free help with money issues and much more.
☎ 0800 144 88 48 or Textphone on 18001 0800 144 8884
✉ www.citizensadviceiw.org.uk

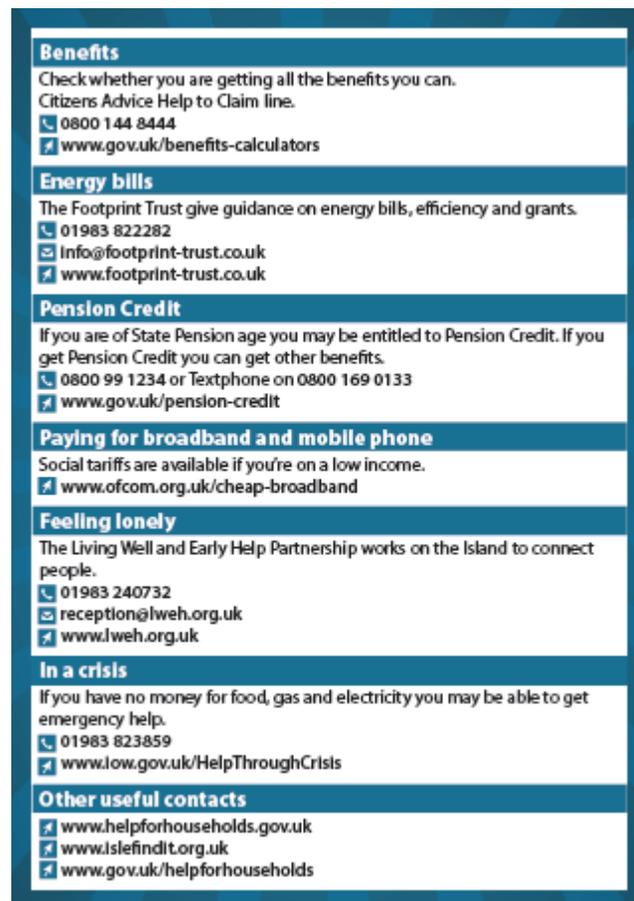
Debts and paying bills
Citizens Advice Money team.
☎ 01983 823898 ext: 2825
✉ debtenquiries@iwcab.org.uk
✉ www.citizensadviceiw.org.uk/money-advice-team

Buying food
✉ www.iow.gov.uk/costofliving and tap on 'food' for more information.
Join a community pantry and for £5 a week, receive over £15 worth of food.
☎ 01983 296592 East Cowes Community Pantry
☎ 07961 959003 Ventnor Community Pantry
☎ 01983 563732 Ryde Community Pantry

Connect4communities
Support including food vouchers, getting weather appropriate clothing (directly with your school) and more.
✉ connect4communities@iow.gov.uk
✉ www.connect4communities.org

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Isle of Wight Council, Citizens Advice, The Foodbank Trust, Connect4communities, Isle of Wight



Benefits
Check whether you are getting all the benefits you can.
Citizens Advice Help to Claim line.
☎ 0800 144 8444
✉ www.gov.uk/benefits-calculators

Energy bills
The Footprint Trust give guidance on energy bills, efficiency and grants.
☎ 01983 822282
✉ Info@footprint-trust.co.uk
✉ www.footprint-trust.co.uk

Pension Credit
If you are of State Pension age you may be entitled to Pension Credit. If you get Pension Credit you can get other benefits.
☎ 0800 99 1234 or Textphone on 0800 169 0133
✉ www.gov.uk/pension-credit

Paying for broadband and mobile phone
Social tariffs are available if you're on a low income.
✉ www.ofcom.org.uk/cheap-broadband

Feeling lonely
The Living Well and Early Help Partnership works on the Island to connect people.
☎ 01983 240732
✉ reception@lweh.org.uk
✉ www.lweh.org.uk

In a crisis
If you have no money for food, gas and electricity you may be able to get emergency help.
☎ 01983 823859
✉ www.iow.gov.uk/HelpThroughCrisis

Other useful contacts
✉ www.helpforhouseholds.gov.uk
✉ www.islefindit.org.uk
✉ www.gov.uk/helpforhouseholds