





Friday 8th September 2023

Dear Parents and Carers,

The children have returned in great spirits which is always lovely to see. Tuesday's welcome assembly was a great example of the excellent behaviour we expect from the children and why I always look forward to my days at school.

The sun may have forgotten to shine during the school holidays but it has certainly been present this week with temperatures reaching the high twenties. Fortunately we have some lovely shaded spaces around the school site when the rooms got a little warm.

We welcomed 13 new Explorers this week who have been an absolute delight and are mixing well with each other and some of the older children at break times. I hope to see two more join the class before too long in order to reach our target number of 15.

This week we have also welcomed Beauin who has joined key stage 2.

All our best wishes goes to Mrs Allman and family as they have welcomed a baby girl to their clan. We welcome Miss Powell who is covering Mrs Allman's maternity leave.

In class, the children have settled well. I am delighted to be teaching the Pioneers for a number of sessions this year and they have certainly impressed me with their great attitude. Pippa is obviously a Shakespearian actress in the making and the attitude of all Upper Key Stage 2 has been exemplary. Thank you for their efforts.

Throughout the classes, the children are settled and ready for an exciting year ahead.

We have had a busy summer at school. There is now a new playground awaiting lining in the next few weeks. We have had a major upgrade on the heating system and the upper floor of the library bus has had a repainting. Thank you to the village volunteers for their efforts. Thank you also to Mr Andre for his efforts during the summer.

All in all we have had a great first week back and I look forward to many more in the future.

Mr Wake

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	90%	0	0	10	4
Adventurers	98.8%	0	0	0	3
Discoverers	93.9%	0	0	10	7
Pioneers	97.1%	0	0	0	9

Attendance week from:17/07/2023 to 21/07/2023

Although we strive for 100%, our whole school attendance for this week was 95.6% 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.



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

> Margaux age 6 James age 11 Luca age 8 Ellie age 11 Raif age 6

School Dinner Menu (£2.75) per day or free to Reception, Year 1 & 2 pupils)

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



,	WEEK	W/C: 17/04,	.08/05, 05/06, 26/06,	7/07, 18/09, 09/10		1 1 1	WEEK	2 W/G: 24/0	4, 15/05, 12/06, 03/07,	.04/09, 25/09, 16/10	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza Served with Potato Wedges	Pork Sausages Served with Mashed Polatoes and Gravy	Roast Turkey ∉ Served with Roast Polatoes and Gravy	Beef Bolognese Served with Wholemed Pasta and Ganic and Herb Bread	Breaded Fish Fingers Served with Chips		Cheese and Tomato Pizza Served with Potato Wedges	Chinese Chicken and Vegetable Rice ∰ ♥	Roast Gammon Served with Roast Poltatoes and Gravy	Beef Lasagne e Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
HOT 5	Tomato Pastag # served with two vegetables	Cauliflower Macaroni Cheese Served with two vegetables	Roasted Vegetable Butterbean Crumble @ @ Served with Roast Rolatoes and Gravy	Vegetarian Bolognese e Served with Wholemed Pasta and Gartic and Herb Bread	Vegetarian Dippers o Served with Chips		Vegetable Pastry Roll e Served with Potato Wedges	Macaroni Cheese Served with two vegetables	Sweet Potato and Chickpea Roast e Served with Roast Potatoes and Gravy	Vegetable Lasagne ⊕ ● Served with Garlic and Herb Bread	Vegetarian Dippers e Served with Chips
JACKET POTATO	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	ACKET	Jacket Potatoes ♥ ● with a choice of hot and cold fillings	Jacket Potatoes ∉ ● with a choice of hot and cold fillings	Jacket Potatoes ∉ with a choice of hot and cold fillings	Jacket Potatoes	Jacket Potatoes ∉ with a choice of hot and cold fillings
	Tomato Pas	ta Fresh, homemade	tomato and basil sau		V 🕸		Tomato Pas		tomato and basil sau	uce with penne pasta	V 🕸
DISSINT	Vanilla Ice Cream	Strawberry Jelly with Fruit ð	Hot Chocolate Sponge with Chocolate Custard	Lemon Slice with Fruit a	Crispy Crackle Bar		Oat Chocolate Cookie with Fruit ⊗	Orange Jelly	Chocolate and Banana Marble Cake	Flapjack with Fruit &	Strawberry Ice Cream
							🕲 Vegetarian 🦈 Oi	Water, salad, yoghu	LE EVERY DA freshly baked brei rt & fresh fruit in Öfruity! % Nu	ad,	•••

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.

Dates for Your Diary

Thursday 21 st September – FOSH Beetle Drive 5-7pm
Monday 25 th September – Cardwell & Simons Individual School photos
Tuesday 26 th September – School Nursing team – Flu immunisations (nasal)
Friday 20 th October – School closes at 3.00pm for half term
Monday 6 th November – School reopens at 08:45 for Autumn term 2
Friday 15 th December - School closes at 3:00pm for Christmas break
Monday 18 th December – Staff Development Day – school closed to children
Tuesday 19 th December – Staff Development Day – school closed to children
Monday 11 th March 2024 – Staff Development Day – school closed to children

Flu Immunisations

The school nursing team will be in school on Tuesday 26th September to administer the nasal flu vaccinations.

A letter was sent out to parents and carers this week via email with an information leaflet. This letter contains the link to the online consent form. Children have also brought home a leaflet today.

Explorers

We have had a fantastic first week in Explorers!

The children have all enjoyed exploring the classroom and the garden as well as joining the rest of the school out on the playground at break time.

This week has just been about the children getting to know us, each other and the classroom routines.

They have all already made some great friends!

Some activities the children have really enjoyed have been; racing cars, making sand ice creams, cleaning the mud kitchen, blowing bubbles and making their own playdough!

We hope you have a lovely weekend.

Adventurers

We have had a great first week back!

Discoverers

English

In English we will be looking at Leon and The Place Between by Angela McAllister and The Promise by Nicola Davies. We will be writing a narrative piece about the place between and look into instructional writing when we read The Promise.

Art

Our Art will link to North America (our geography topic). We will look into the work of Andy Warhol before moving onto Native American artwork. In the second part of the Autumn term we will look at sculptures based on North American landmarks. DISCOVERERS Autumn Term

Geography

Our geography topic for this term is

North America. We will spend time

focusing on geographical terms such as

longitude, latitude, northern/southern

hemisphere and linking them to areas

in North America before delving into

the different climates throughout the

continent

Maths

In maths we will be building on skills learnt in previous years. Our first topics are place value, addition and subtraction, measurement and time. We will also have a focus on mental maths, with a daily test to start each lesson. As well as additional timestables lessons mainly for year 4s.

Science Science is timetabled for Tuesday

afternoons. This term our topics are electricity and rocks. We will be looking into how to make circuits and experimenting with different ways to do this. We will also be linking this back to our knowledge of science in previous years.

Computing

Our main focus for computing in the autumn term is online safety. We will also practice computing skills through a range of topics linked in with other lesson in the curriculum. PE Mrs Royal will be taking the class for PE. Thursday afternoons will be football, looking into skills and tactics of team sports. On Friday afternoon the lessons will be cross country and middle distance running. Other Subjects We will also have lessons on RE, PSHE, Music, French, Spellings and Guided Reading

Pioneers

Hello from Mrs Maloney,

The children in Pioneers have settled in brilliantly this week and are already working really hard. Thank you for your support. Please find below some useful documents /information. Further details regarding homework expectations will follow next week. Have a lovely weekend.

Pioneers Class Autumn Term 2023

Team: Mrs Maloney, Mrs Ashdown, Mrs Royal and Mr Wake

Parent Information Sheet: Curriculum Coverage

Dear Parents/Carers,

Hello and a huge Welcome back to school , I do hope you all enjoyed a refreshing break. I am really looking forward to welcoming your child into the Pioneer Class this term. Please find listed below our intended curriculum coverage for the Autumn Term 2023.

Maths Autumn 1 and Autumn 2

The children will cover the age related objectives set out in the National Curriculum and will cover the following areas; place value, addition and subtraction, multiplication and division, measurement, fractions, decimals, geometry and shape. A fluent knowledge of all times tables is a crucial element of maths application and understanding in Years 5 and 6

<u>English</u>

The following texts will be studied: Autumn 1 Street Child by Berlie Doherty and The Jungle Book by Rudyard Kipling. The intended writing outcomes will be: a workhouse non chronological report, diary entries and a "lost Child" narrative.

Autumn 2 we will look at both The Wolves of Currumpaw by William Gill and Wolf Wilder written by Katherine Rundell and the intended writing outcomes will be balanced arguments, vivid descriptions and newspaper articles.

Science - Autumn 1 Light Autumn 2 Electricity

The children will be working scientifically by recognising that light appears to travel in straight lines and explaining shadows.

The children will associate the brightness of a lamp or the volume of a buzzer with the number and voltage of cells used in the circuit. Compare and give reasons for variations in how components function, including the brightness of bulbs, the loudness of buzzers and the on/off position of switches. Use recognised symbols when representing a simple circuit in a diagram.

History and Geography - The Victorians on the IOW

The children will research and study Queen Victoria - her life, family, portraits and homes (including Osborne House). Understand some of the changes that took place in Victorian society. Recognise why towns grew during the Victorian era and relate this to the IOW. Understand what life was like for the poor and study workhouses and child labour. Identify the Victorians as great inventors. The study of the Victorians will also include an appreciation of the extent of colonisation ;so this will embed world locational knowledge.

<u>RE - Autumn 1 Belonging Autumn 2 Interpretation</u>

The children will describe their response to the concept of *Belonging and* identify examples of how *Belonging* can be applied in their own and others' lives. The children will link this to how *Belonging* is

important to Muslims. In Autumn 2 the children will consider the concept of *Interpretation* and how there are different narratives about the birth of Jesus in the Christian faith and in the Bible.

<u>PSHE</u>

In this Autumn term we will consider all types of friendships , in particular how to positively manage friendships and deal with peer influences. How to understand opinions and other points of view and respond respectfully to others.

In PSHE lessons we will be using resources from *SCARF* (created by Coram Life Education) which is the leading charity provider of relationships, health, wellbeing, and drugs education to children across the UK.

SCARF, is a comprehensive, fully resourced, progressive PSHE scheme of work for 3-11 year olds, supporting schools with a Whole-school approach to wellbeing and Mental Health. SCARF stands for Safety, Caring, Achievement, Resilience, Friendship

Art and Design

There will be many stimulating art and design opportunities for the children throughout our Autumn Term curriculum subjects; some highlights include: Victorian silhouettes; an investigation of the work of JMW Turner. A vanishing point can be used to give the impression of depth in a picture. The children will also consider how the use and portrayal of shade and colour can impact on the mood and expression conveyed by a piece of art.

We will also be looking at William Morris: getting to know how printing can be done on different materials. We will be working on the skill of recording our observations in our sketchbooks and using them to review and revisit ideas. In the Autumn term 2 in Design and Technology we will be designing, improving and evaluating a Victorian inspired mechanical toy.

MFL

French is now taught weekly using Rigolo. Rigolo is the No 1 Primary teaching resource for French. It is a three-star winner of the Teach Primary Resource Awards 2018! With Rigolo, we can follow the amazing adventures of Jake, Polly and Bof as they discover France through lively interactions and colourful stories.

<u>Music</u>

This academic year our school is beginning to use a new scheme in music lessons called **Kapow**. This critically acclaimed scheme takes a holistic approach to the teaching of music in Upper Key Stage two and is designed in a spiral/ cyclical manner so children revisit concepts and progress in their musical knowledge. The stands of performing, listening, composing, the history of music alongside the interrelated dimensions of music are interwoven into topics which are designed to capture pupils' imaginations and help them explore music enthusiastically. This term we will be

looking at the composer Mendelsohn (a favourite of Queen Victoria) and his piece Fingal's Cave and later in the term studying staff notation and whole class instrumentation lessons using tuned percussion.

<u>Computing</u>

Kapow will also be used to deliverComputing lessons this yaer and in the Autumn Term These are our areas of key knowledge.

Autumn 1 Research Skills

- To know how search engines work.
- \cdot \cdot To understand that anyone can create a website and therefore we should take steps to check the validity of websites.
- • To know that web crawlers are computer programs that crawl through the internet.
- • To understand what copyright is.

Autumn 2 Designing and inventing a new electronic product.

- To know what designing an electronic product involves.
- To know which programming software/language is best to achieve a purpose.
- To know the building blocks of computational thinking e.g. sequence, selection, repetition, variables and inputs and outputs.

<u>PE</u>

PE lessons will be the last lesson of the day on both a Thursday and Friday ; please could your child attend school in their school PE kit on these days.

<u>Homework</u>

Will be given out on a Thursday and is to be handed in the following Wednesday morning: further homework expectations and some guidance is contained in a separate communication. The main focus this term will be spellings.

If you have any questions or need to share information or concerns please do not hesitate to contact me by email.

sarah.maloney@sthelenspri.iow.sch.uk

Many thanks Mrs Maloney

English

Autumn 1 Street Child Non chronological report about workhouses Jungle Book A 'lost child' narrative Autumn 2 The Wolves of Currumpaw Persuasive writing Wolf Wider Narrative suspense



French is taught using Rigolo



RE and PSHE

A study of the Islamic faith specifically regarding Belonging. In Autumn 2 the focus will be on Interpretation: particularly the birth of Jesus scriptures of the Christian church.

PSHE focus Friendships/ Relationships



Science Autumn 1 Light Autumn 2 Electricity Music and Computing



Pioneers Class Autumn Term 2023

Maths

Number and place value, addition and subtraction, multiplication and division, fractions, measurement and geometry, times tables.





Art and Design

Autumn 1 Focus on William Morris Printing Autumn 2 Focus on Turner Watercolour/ Vanishing points and colour

Autumn 2 Design a Victorian inspired mechanical toy



The children will research and study Queen Victoria - her life, family, portraits and homes (including Osborne House). Understand some of the changes that took place in Victorian society. Recognise why towns grew during the Victorian era and relate this to the IOW. Understand what life was like for the poor and study workhouses and child labour. Identify the Victorians as great inventors. The study of the Victorians will also include an appreciation of the extent of colonisation ;so this will embed world locational knowledge.

Pioneers Timetable Autumn Term 2023

	8.45-8.55	9.00-9.25	9.25-10.25	10.25-10.40	B R E K	11.00-12.10	LOZCI	1.00-2.00	2.00-3.00
Monday	Register and Early Tasks	Gulded Reading	English	Assembly		Maths 🌺		ART/DT	Music
Tuesday		Guided Reading	English	Assembly		Maths 🌺			Computing
Wednesday		Gulded Reading	English	Whole school READING Assembly		Maths 🧩		History/Geography	French
Thursday		Guided Reading	English	Assembly		Maths 🌺		RE	PE
Friday		Celebration Assembly Until 9:25am	English	Handwriting Practise		Maths 🌺		PSHE	PE

A Parent's guide to Online Safety



Being online presents lots of great opportunities for children, from supporting them with school work to communicating with friends and family. However, being online can also come with numerous risks. At home is where your child will spend most of their time online, so it is vital for you to know how to help keep them safe.

Key considerations

Sharing information:

Does your child overshare when they are on the Internet? Do they know not to share personal information such as their full name or address online? Spend time talking to your child about what is safe and not safe to share online.

Age restrictions:

Are you aware of the content your child is accessing? Some content out there is not suitable for children. If children are playing games online, they usually come with an age certification but when accessing online content through a video streaming platform, this is not always the case. Encourage your child to ask you for guidance when accessing new content or websites so you can help show them if it is safe and/or suitable for them. https://www.commonsensemedia.org/

Gaming:

More and more games are regularly available for your child to access online. Online games may involve online chats, live chats or include pop-up advertisements that encourage your children to buy products or more lives. Regularly chat to your child about what games they are playing online and what peripheral content they might be subjected to. Websites such as <u>https://www.commonsensemedia.org/</u> can also support you with keeping up to date with new games that are available and their age restrictions.

Online Bullying

Children find it a lot easier to be hurtful towards others when they are online than face to face. Encourage regular talks with your child about how to be kind when they are online. When online, your child could also be a victim of bullying. If you do suspect your child is being bullied, talk to them and ask them to explain what is happening. All apps and websites have the ability to block and report users. You can use this website to find out how help to keep your child safe from cyberbullying: <u>https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/</u>

0 5



- CÊ

Online grooming:

It is important for your child to understand that not everybody they meet online is who they say they are. Regularly review your child's friends and contacts and ask them who they have been talking to online. Any incidents can be reported to https://www.ceop.police.uk/Safety-Centre/

Screen time:

With an increased dependency on technology, it can sometimes be hard to reach a balance between screen time and 'non-screen' time. Encourage activities away from the screen such as playing a board game or going for a walk.

Online safety checklist

Ensure that location is disabled on any device your child uses so your child can't accidentally share their location.

Either ensure that no credit cards or bank details are linked on your child's device, or if they are, make sure they can only be used with a password.

On some devices, parents receive a message when their child tries to download any apps - on Apple, this is called Ask to Buy and can be used on Family Sharing.

Ensure that devices are set up appropriately for children by choosing "child" during the setup process.

Check children's privacy settings on any social network they are using to ensure they cannot be contacted by people they don't know.

Have regular conversations with your child to find out what they are doing online, to find out if they are having any worries and problems.

Encourage a healthy balance between 'screen' and 'non-screen time'. Parental settings do allow for devices to be locked after a set time.



FOSH (Friends of St Helens Primary) News

FOSH FAMILY BEETLE DRIVE

FOSH are holding a Beetle Drive on Thursday 21st September 5-7pm. Beetle is a fun game that is suitable for all ages and we would love to see you there! A jacket potato supper will be included in the ticket price of £5 per person. Letters will be coming home with the children over the next few days so please look out for more information.

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 <u>www.sthelenspri.iow.sch.uk</u>



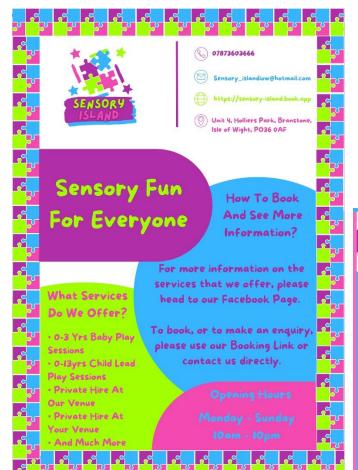
OPEN MORNING SATURDAY 7 OCTOBER 10.00AM UNTIL 12.30PM

Join us for tours of the School, a Q&A session with the Head Master and senior team and an opportunity to talk to pupils, staff and parents. Enjoy displays, live music and drama rehearsals and join in with science experiments.

An island school with a global outlook



WITH UPPER CHINE



SEN	SORY ISLAND SE	ND	LE
DAYS/ TIMES	FRIDAY	SATURDAY	SUNDAY
10:00am - 11:00am	O-2 YEARS	0-2 YEARS	O-12 YEARS
11:15am - 12:15pm	0-12 YEARS	0-12 YEARS	0-12 YEARS (QS)
12:30pm - 13:30pm	18+ YEARS	O-12 YEARS	O-12 YEARS
13:45pm - 14:45pm	SOON TO COME!	13-17 YEARS	SOON TO COME!

PRIVATE HIRE AT Y	SENSORU SENSORU OUR VENUE PRIC	CE LIST
BUNDLE	2 HOURS	6 HOURS
MAGICAL MUSIC	£ 10	£15
TUNNEL TENT 2	£30	£45
WOODEN WONDERS	£40	£60
FIDGET FUN	£40	£60
ILLUMINATING INTERACTION	£50	£75
DARK DISCOVERY DEN	£60	£90
FULL PARTY PACKAGE (ALL BUNDLES)	£200	£300
PLE	ASE NOTE:	

* 25 *

- delivery, set up & pack down is included free for bookings over ± 50 - a 10% first time booking discount will be applied to all bookings

SENSORY ISLAND SESSIONS PRICE LIST SESSION AGES 0-17 YEARS 18+ YEARS SESSION PRICES PER PERSON E6.50 PER HOUR £8.50 PER HOUR

PLEASE NOTE:

PRE-BOOKINGS ARE ADVISED FOR SESSIONS, ALTHOUGH WALK INS ARE
 WELCOME, PLEASE NOTE FOR AGES 0-47 WE HAVE A MAXIMUM CAPACITY OF 45
 SLOTS PER SESSION (4 SLOT PER CHILD/ YOUNG PERSON) AND FOR AGES 18+
 WE HAVE A MAXIMUM CAPACITY OF 42 SLOTS PER SESSION (4 SLOT PER ADULT)
 PRE-BOOKED SESSIONS MUST BE PAID UPON BOOKING TO SECURE YOUR SLOT
 AMENDMENTS OR CANCELLATIONS MUST BE MADE AT LEAST 24 HOURS PRIOR
 TO YOUR SLOT TO ENSURE IT WILL BE RESCHEDULED OR REFUNDABLE
 ALL CHILDREN/ YOUNG PEOPLE UNDER 18 MUST BE CACOMPANIED BY AN
 ADULT AT ALL TIMES. PARENTS/CARERS OF OVER 18'S ARE ALSO WELCOME
 SESSIONS MARKED WITH GS ARE OUR QUIET SESSIONS

PRIVATE HIRE AT SEN	ELESORY ISORY ISLAND F	RICE LIST	CONTRACT BASED HIRE AT SENS	ORY ISLAND PRICE LIST
SENSORY ISLAND VENUE HIRE	2 HOURS	6 HOURS	SENSORY ISLAND VENUE HIRE	CONTRACT PRICE
VENUE PARTY PACKAGE (MOST BUNDLES & MORE)	£200	£300	8 HOURS	£280
	EZOO	1,000	12 HOURS	£390
PRIVATE VENUE HIRE ADD ON'S	7 ITEMS	11 ITEMS	16 HOURS	£480
SENSORY PARTY BAGS	£3 PER BAG	£4.50 PER BAG	PLEASE NOTE • YOUR WEEKLY SLOT MUST BE A MINIMUM	OF 2 HOURS PER SESSION PER
SENSORY PARTY BAGS £3 PER BAG £4.50 PER BAG PLEASE NOTE: • • MORE INFORMATION ON PRIVATE BOOKINGS CAN BE GIVEN UPON REQUEST, PLEASE CONTACT US DIRECTLY FOR MORE INFORMATION • • A 20% DISCOUNT WILL BE APPLIED TO ALL BOOKINGS • • A 20% DISCOUNT WILL BE APPLIED TO ALL BOOKINGS • • BOOKINGS • ONLY DRY FOOD IS ALLOWED WITHIN SENSORY ISLAND. WE CAN SET THIS UP FOR YOU IF ITEMS ARE DELIVERED TO OUR VENUE 24 HOURS PRIOR TO YOUR BOOKING			WEEK. BANK HOLIDAYS AND HALF TERMS WILL REGARDING WEEKLY • CONTRACT AVAILABILITY IS MONDAY • FULL PAYMENT MUST BE MADE PRID • AMENDMENTS OR CANCELLATIONS MUST BE I TO YOUR SLOT TO ENSURE IT WILL BE RE • IF YOU WISH TO DISCUSS A LONG TERM C QUERIES, PLEASE CONTACT	SLOTS - THURSDAY 10AM-10PM R TO BOOKING ANY SLOTS MADE AT LEAST 24 HOURS PRIO SCHEDULED OR REFUNDABLE DNTRACT OR HAVE ANY OTHER

Adult Community Learning are pleased to launch their new Autumn programme. We have a wide range of workshops and courses on offer, if you are interested in any of the following: Functional Skills English and/or maths, Multiply maths, ICT, Art, Craft, Health and Wellbeing or FREE online short courses, please head over to our website <u>www.iow.gov.uk/ACLcourses</u> for more information and to book. If you would rather speak to a member of staff, call the office on 01983 817280 or pop into The Learning Centre, Westridge, Ryde and someone will be only too happy to help you.

If you are interested in developing your skills further, perhaps to retrain or return to work, why not book a careers appointment with our information, advice, and guidance professional? She will tailor the appointment to your needs and can offer you help with CV writing, covering letters, application forms or support you with career changes, redundancy, education and training.

We also have an ICT suite which is open every Friday 9.30am to 12.30pm (term time only) starting Friday 22 September, for anyone wishing to access online learning or get support from a tutor.



Girls rugby Non-contact rugby sessions - Try for free! Starting 17th September

Team work

Respect

Enjoyment

Discipline

Sportmanship

Girls only training is every other Sunday between September and April

From 17th September 10am @ IWRFC, Wootton, P033 4NQ Register your interest: vectisrfccoaching@gmail.com

Contact rugby sessions also available

Join the pack

www.vectisrugby.co.uk



AGES 7-11