



Friday 10th November 2023

Dear Parents and Carers,

We have returned to school after a relaxing half term to very rainy days. Despite the inclement weather, the children have come back and settled in well. Attendance has been very good in general which is always a positive sign.

The children can look forward to another exciting term ahead. In fact, Explorers have already been invited to Nettlestone to watch a play on Friday afternoon.

In November there are a series of exciting events including the winter ball, day trips for Adventurers and Pioneers as well as our next Wellbeing Day on the 30th. And all this before December and then we know what follows....

In class this week, Cai has enjoyed fractions and Barnaby and Emily the art work. Pioneers are excited about their new text *The Wolves of Currumpaw* as well as the associated art.

The Wolves of Currumpaw is a beautifully illustrated modern re-telling of Ernest Thompson Seton's epic wilderness drama *Lobo, the King of Currumpaw*, originally published in 1898. Set in the dying days of the old west, Seton's drama unfolds in the vast planes of New Mexico.





Adventurers and Explores were excited to hear about their impending roles in the Christmas play. Luke seemed particularly proud to be cast as the King and I know the other actors including the camels are looking forward to their parts in the play.

Emily is also looking forward to learning the nativity songs.

In Explorers, the L phoneme has been the sound of the week this and Isabella and others have also enjoyed learning about shapes.

Discovers have completed an exciting home task set during last term. This included The Golden Gate Bridge and the Empire State Building which were excellent examples of landmarks that I have already seen.

On Friday Selena shared her model of the Niagara Falls in assembly which Mr Booth confirmed was a very accurate depiction of the real landmark.

Please remember to keep a note of Nativity dates; 6th and 7th December and of course the Christmas Fayre which is being organised by the FOSH on the 2nd December.

The small group of volunteers have already arranged a number of stall holders for the day and of course your attendance will be very welcome.

Please remember that the FOSH are very keen to enrol new members who are able to help in any capacity they can.

Just today Mrs Trafford was adding the children's self - portraits (and staff) to the school tea towel that will be for sale at the Christmas Fayre. Rowan took on the extremely challenging task of trying to create a pleasant image of the head teacher.

Have a great weekend

Mr Wake

Attendance week from: 16/10/2023 to 20/10/2023

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	84%	0	0	16	4
Adventurers	91.4%	1	40	20	4
Discoverers	92.8%	1	22	12	6
Pioneers	86.9%	0	0	12	22

Although we strive for 100%, our whole school attendance for this week was 89.5% 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	Tilly	Marley
Adventurers	Amelia	Arlo
Adventurers	Emily	Oliver
Discoverers	Belle	Finn
Discoverers	Clara	Selena
Pioneers	Hannah	Amelia
Pioneers	Evie	Nikola



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

Isabella age 5

Jessica age 11

School Dinner Menu (£2.75) 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.

We are on Week 3 next week

Chartwells by school **WEEK 1** W/C: 30/10, 20/11, 11/12, 08/01, 29/01, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
AUTUMN/WINTER 2023	HOT SPECIALS	Cheese and Tomato Pizza 🍕 Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Turkey Served with Roast Potatoes and Crispy	Beef Bolognese 🍷 Served with Wholemeal Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	JACKET POTATO	Sriracha Fried Vegetable Rice 🍚 🌶️ Served with Potato Wedges	Vegetarian Burger 🍔 Served with Potato Wedges	Vegetable Pasty Roll 🥧 Served with Mashed Potatoes and Crispy	Vegetarian Bolognese 🍷 🌱 Served with Wholemeal Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets 🍗 Served with Chips
		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 🍟 with a choice of hot and cold fillings	Jacket Potatoes 🍟 with a choice of hot and cold fillings
	Tomato Pasta Fraï, homemade tomato and beef sauce with pasta 🍝					
	All main meals are served with two vegetables					
DESSERT	Chocolate Brownie	Crispy Crackle Bar with Fruit 🍌	Original Puff Pastry	Carrot, Orange and Sultana Slice 🍰	Vanilla Ice Cream	

PACKED LUNCH AVAILABLE
Ham, Cheese and Tuna Baguettes available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, sealed, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🌾 Whole grain
🍌 Fruity! 🍷 Nutritionist's Choice

Our menu is subject to change. Please be assured that all verified medical diets and allergy requirements will be safely catered for.

WEEK 2

W/C: 06/11, 27/11, 18/12, 15/01, 05/02, 04/03, 25/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 🍕 Served with Potato Wedges	Turkey Con Chili 🍲 Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Sausage Pasta Bake 🍝 Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Sweet Potato Curry 🍲 Served with Wholegrain Rice	Macaroni Cheese 🍝	Cheery Leek and Carrot Crumble 🥧 Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake 🍝 Served with Garlic and Herb Bread	Crispy Quorn Nuggets 🍲 Served with Chips
DESSERT	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and beef sauce with penne pasta 🍝					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 🍏	Crunchy Chocolate Biscuit 🍪	Chocolate and Vanilla Marble Cake 🍰	Carrot Cake 🍰	Strawberry Ice Cream 🍦

PACKED LUNCH AVAILABLE
Hemp, Cheese and Tuna Burgers, available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🌾 Whole grain
🍏 Fruity! ❤️ Nutritionist's Choice

Our menu is subject to change. Please be aware that all notified medical diets and allergy requirements of the school catered for.

www.chartwells.co.uk

WEEK 3

W/C: 13/11, 04/12, 01/01, 22/01, 19/02, 11/03

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Cheese and Tomato Pizza 🍕 Served with Potato Wedges	Pork Sausage Served with Mashed Potatoes and Gravy	Roast Pork Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma 🍲 Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
JACKET POTATO	Chilli No Cheese with Crispy Tortilla 🍲 Served with Wholegrain Rice	Caiflower Macaroni Cheese 🍝 Served with Garlic and Herb Bread	Sweet Potato and Chickpea Roast 🍲 Served with Roast Potatoes and Gravy	Vegetarian Cottage Pie 🍲	Crispy Quorn Nuggets 🍲 Served with Chips
DESSERT	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings	Jackpot Potatoes 🍟 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and beef sauce with penne pasta 🍝					
All main meals are served with two vegetables					
DESSERT	Magic Apple and Cinnamon Bake 🍏	Strawberry Jelly 🍓	Orange Shortbread with Fruit Slices 🍰	Banana and Carrot Cake 🍰	Chocolate Ice Cream with Shortbread Biscuits 🍦

PACKED LUNCH AVAILABLE
Hemp, Cheese and Tuna Burgers, available daily with veg sticks and fresh fruit or dessert of the day

AVAILABLE EVERY DAY
Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🌾 Whole grain
🍏 Fruity! ❤️ Nutritionist's Choice

Our menu is subject to change. Please be aware that all notified medical diets and allergy requirements of the school catered for.

www.chartwells.co.uk

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 16th November – FOSH Winter Ball 5.00-6.30pm

Tuesday 21st November – Pioneers visit to Osborne House

Thursday 23rd November – Adventurers Inter Film trip to Cineworld, Newport

Thursday 30th November – Autumn term Well Being Day

Saturday 2nd December – FOSH Christmas Fayre in the school hall

Wednesday 6th December – EYFS/KS1 Nativity to school/dress rehearsal

Thursday 7th December – EYFS/KS1 Nativity to parents (2pm and 5.30pm)

Wednesday 13th December – Party Day (EYFS/KS1 morning, KS2 afternoon)

Thursday 14th December – Father Christmas visit AM

Thursday 14th December – School Christmas lunch

Friday 15th December - School closes at 3:00pm for Christmas break

Monday 18th December – Staff Development Day – school closed to children

Tuesday 19th December – Staff Development Day – school closed to children

Monday 11th March 2024 – Staff Development Day – school closed to children

This Week's Class Updates

Explorers

What a lovely week back!

At the start of the week the children talked about the history of bonfires. They enjoyed looking at pictures of bonfires and fireworks together on the carpet.

Later this week we discussed the importance of remembrance day. The children asked lots of great questions! Then we used apples to print poppies for a big class painting.

The children have been busy in maths this week, they have been subitising numbers to 6 with Ms P using a dice game and have started to look at different shapes with Mrs Callaghan.

In phonics this week we have learnt the sounds 'h, b, f, ff, l, ll' and the tricky word 'l'.

The children have enjoyed using the playdough to form the letter shapes and helping me to create their own tricky word sentences on the board.

Yesterday the children were introduced to the songs for our nativity and told what parts they all have and we will begin rehearsals next week!

This afternoon was our trip to Nettlestone Primary to see the opera performance of the book 'Peace at Last'. All the children were amazing! We enjoyed travelling on the bus there and back, looking at the sea and houses that we passed. The children all enjoyed the performance, listening to the music and the singing. Some of their favourite things were "Daddy bear waking up", "The Owl", "Doing the actions" and "Baby bear".

We hope you have a lovely weekend!



Adventurers

The first week back has been a pretty magical one indeed. With this half term being only six weeks and the festive period fast approaching, we have been keen to make sure we cover all of the bases. Our KS1 Nativity will be performed on the 6th and 7th of December, so we only have 4 weeks (including this one) to rehearse and get performance ready. The class have all received their respective roles and enjoyed their first listen to of the songs. Next week they will begin to learn lines and practise the wonderful songs.

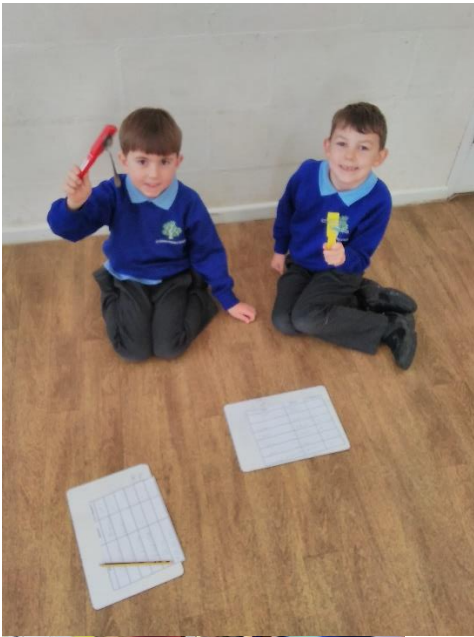
Because of this, we have enjoyed Monday & Tuesday being History and Geography days, and Friday becoming a science day! The class are a wealth of knowledge and got very in-depth with the Great Fire of London, London and it's key landmarks and discovered magnetism and absorbency.

We have also sent home letters today about our upcoming Into Film Festival class trip. We're thrilled to share this fully funded trip with our class, and have big thanks for our wonderful FOSH, who have covered the cost of the return coach journeys.



We've had a wonderful week back and can't get wait to get stuck in!





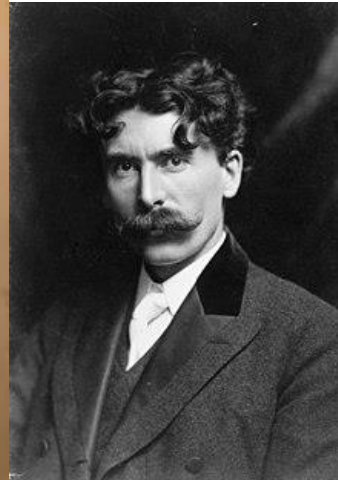
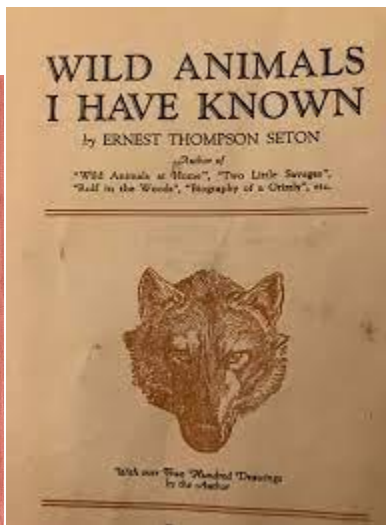
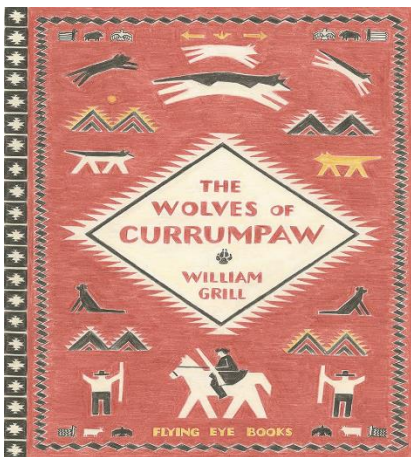
Discoverers

This week Discoverer's have been learning about fractions in maths. In art we made a copy of Georgia O'Keeffe's poppy. In English we are all working on The Fireworks Maker's Daughter. In Science we have been learning about different types of stone's .

By emily

Pioneers

Hello , it was lovely to see all the children this week back at school and rested. We have this week started our new book which is based on the true story of a hunter , who became an inspirational campaigner for the preservation of wildlife. Ernest Thompson Seton 1860-1946.



Thank you for your support helping your children create some wonderful creations for our Victorian invention museum. Of the Victorian inventions the children created, we had a class vote and this resulted in the invention of Electric lighting/ Light bulb and the flushing toilet being in first place, second place going to the invention of the telephone.

Please note the contents of the following letter which should be in bags today. This is specific to Pioneers Class.

Friday 10th November 2023

Dear Parents and Carers,

RSHE , Relationship, Sex and Health Education in Pioneers Class 2023/2024

At St Helens Primary School we believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

Relationships, sex and health education (RSHE) is the statutory element of our PSHE curriculum and **all schools in England are required to teach RSHE**. We will be having sessions about RSHE throughout the year, beginning this half term. These RSHE sessions will include topics such as: naming body parts; families; puberty (including periods) ; babies and birth; relationships and pregnancy.

During these lessons, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. The majority of these sessions will be delivered to the girls and boys separately to enable more open discussions.

RSHE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21st century pupils are exposed to

so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through should you so wish

Mrs S Maloney

If you have any questions, please do not hesitate to contact me by email.

Link to Statutory Guidance see especially pages 21-22

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf

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

From the Isle of Wight NHS Trust

We are offering the following Children's COVID Vaccination Clinics for Ages 5-11, Ages 12-15 and Ages 16-17 in the **Children's Outpatients Department, North Hospital, St Mary's** (NOT the Hospital Vaccine Hub). Accessible parking is available in the North Car Park.

Appointments must be booked in advance using the National Booking Service, we are unable to offer walk-ins.

Children are eligible if:

- they have an immunosuppressed disorder
- or have close family contact with someone who has an immunosuppressed disorder
- or have not had any COVID vaccination in the past.

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 XBB.1.5 vaccines.

Children's Clinics (more to follow)

Wednesday 08 Nov, 08:00 – 11:00

Friday 24 Nov 2023, 14:00 – 17:00

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

Dinosaur Isle Museum
BLAST FROM THE PAST
Saturday 18th & Sunday 19th November
CELEBRATING ISLAND HERITAGE
FOSSILS LOCAL EXHIBITORS GEOLOGY
10am-4pm (last admission 3pm)
www.dinosaurisle.com

Kids Fareham & Gosport
Young Carers Newsletter November 2023

What's New?
Since our last newsletter, Kids has had an exciting brand update so we have a new logo and website as well as new uniform which will be rolled out in the coming months to reflect the update.

Royal Navy/Royal Marine Young Carers Club
The RNRM Young Carers group engaged in pottery decoration at Get Crafty in Gosport and plan to watch Wizard of Oz on ice at the end of November. Young carers in naval families across the UK can scan the QR code to access support from the Hub.

Young Carers PGL Residential Trip
Some of our older young carers recently enjoyed a trip to PGL Marchant Hill where they took part in various fun activities and worked on their team work! The young carers all enjoyed themselves and all agreed they would like to do it again but in the warmer weather!

Young Carers Half Term
For our October Half Term activities our younger and middle group enjoyed going to the cinema and bowling while our Senior group enjoyed an escape room and a spot of lunch in Southampton.

Scan me!

THEATRE TRAIN
DANCE
ACTING
SINGING

Aladdin

THE PANTOMIME

Discover...

.. A Whole New World..

... This Christmas.

SHANKLIN THEATRE

9th December 2pm & 7pm ☆ 10th December 1pm & 5pm

BOOK NOW

📞 01983-868000 🌐 www.theatretain.co.uk/Aladdin-the-pantomime-tickets-on-sale-now/

Would you like information on how to access additional support regarding your child's education?
 Why not attend the Education & Early Help
Drop-in Session

Come and visit us at the Newport Family Centre (next to Barton Primary School) on 14th November 2023 between 1.30pm and 4.30pm.

To Contact Early Help team please call 01983 823171
 To Contact Education & Inclusion Service 01983 823151

Isle of Wight Council
www.iow.gov.uk



Kids Afternoon Pottery Club

Fridays 4pm - 5:30pm during term time.

£108 for 6 weeks

An exciting opportunity for your child to learn a variety of making techniques in our working pottery studio. Over a 6 week period, we will explore wheel throwing, sculpting and modelling and follow the pottery process through to completion. They'll finish with a range of glazed and fired pieces to take home.



To book visit us at:
www.isleofwightpottery.com



Chief Executive
Wendy Penera

To:
Parents and Guardians

From
Public Health
Floor 4, County Hall
High Street
Newport
Isle of Wight
PO30 1UD

Tel (01983) 821000
Email: publichealth@iow.gov.uk

Date: 18 July 2023

Dear Parent/Guardian,

Following recent national coverage about the underage use of vapes (also known as e-cigarettes), I am writing to you about the harmful effects they can have for our children and young people. I would like to take this opportunity to provide some information about vaping and how you can protect and support your child. Whilst it is important to understand the risk of vaping, I also need to remind you that about 80% of children have not tried vaping and, vapes are a good quit aid for adults trying to give up smoking.

What are vapes?

There are many varieties of vapes, which are battery powered devices that heat a liquid to create vapours to be inhaled. The liquids often contain nicotine flavourings and other chemicals. The vapes may be brightly coloured, with many flavours, increasing their appeal to young people.

Risks of vaping in children and young people

Vapes should not be used by children and young people, and non-smokers should not start vaping. The health effects of vaping can include headaches, coughing, insomnia, worsening of asthma symptoms, and throat and mouth irritation. As vapes are a relatively new product, the long-term health effects are still not known as there is not enough research into long-term use. Exposing children and young people to nicotine, which is highly addictive, could have negative impacts on developing brains.

The law and vaping

It is against the law to sell nicotine products to anyone under the age of 18. It is also illegal to buy vapes on behalf of anyone under 18. Unsafe, illegal vapes have been on the rise with reports showing that they can contain dangerous chemicals like lead and nickel. Some products contain nicotine when claiming they do not, or contain harmful cannabis chemicals.

What is the council doing?

We recognise that this is an issue that needs to be addressed to protect children and young people. We are therefore:

- working to stop underage sales of vapes and tackling illegal vapes. You can report illegal vapes and underage vape sales to www.RestrictedSales.iow.gov.uk

Cont ...

- continuing to support people to stop smoking through our Stop Smoking Service, [Smokefree Island](http://www.SmokefreeIsland.com)
- working to raise awareness and encourage behaviour change to stop smoking and prevent vaping uptake by children and young people.

What can you do?

You can support your children by understanding the risks of vaping in children and young people and talking openly about vaping. There are tips for discussion at the end of this letter.

You can find more useful information on the [Smokefree Island](http://www.SmokefreeIsland.com) or [NHS](http://www.NHS.uk) website. Quit smoking advice is available at [Smokefree Island](http://www.SmokefreeIsland.com) and support relating to a wide range of health and wellbeing issues for families is available at [Family Assist](http://www.FamilyAssist.com) and [IW Family Information Hub](http://www.IWFamilyInformationHub.com).

Yours sincerely

Simon Bryant FFPH
Director of Public Health
Isle of Wight Council

Tips for a discussion with your family:

- Know the facts: get credible information about vapes (some resources are included in the links below).
- Choose the right time and place: A more natural discussion will increase the likelihood that your child will listen, for example, if you see someone vaping or find out someone they know vapes.
- Ask questions, listen, and learn from what they tell you and answer their questions.
- Set your clear expectations with them: explain that children and young people should not vape and share why you don't want them to vape.
- Role model healthy behaviours to your children, for example not vaping in the house or car.
- If your child is vaping, you can help them quit by seeking professional support through our Isle of Wight Stop Smoking Service – [Smokefree Island](http://www.SmokefreeIsland.com)
- It might also be helpful to explore the reasons why they are vaping in case further support is needed, such as anxiety and stress, or low mood.

St Helens Tots




Every Friday 9:30-11:30 term time

St Helens community centre, Guildford Road,
St Helens

£2 per family

Join us for a morning of Playing, crafting, snacks and
singing!

And plenty of hot drinks and biscuits for the adults!

 Find us on Facebook: St Helens tots

