



Friday 15th December 2023

Dear Parents and Carers,

We have reached the end of term after a very very busy few months.

There has been new staff join with Miss Powell taking the reins in Explorers and more recently Mrs Lee taking over the MSA role.

We have welcomed 13 new Explorers, 3 additional pupils with two more joining in September.

Mrs Rue and Mrs Grimes have moved on after 19 years and 2 years' service respectively. Thank you so much for all their support.

In January we will also welcome new staff members and Mrs Lee will extend her role to include some Teaching Assistant work.

In October we had our successful Ofsted inspection after a wait of 5 and a half years. This was certainly recognition of the great collective work from the St Helens community.

There have been multiple trips, visitors, events and clubs including author visits, Wellbeing Day, Harvest Festival, tag rugby, Merry and Bright Club and football clubs to name a few.

More recently the younger classes acted and sang beautifully in their nativity which was very well received by everyone who saw the performance/s.

FOSH have been amazing of course with the Winter Ball and Christmas Fayre just two of the special events they have organised. It is alarming to think that the current FOSH may have to disband in the New Year due to a lack of membership. Katherine, Jo or Tammy are happy to speak to anyone who is able to help.

Hopefully there is enough interest from other parents who are willing to support the school and their children set up a new PTA/FOSH.

I understand that there has even been a recent wedding with two of our parents tying the knot...

In Assembly this morning we welcomed our new trophy to the cabinet. The new attendance trophy certainly stands out. Thank you Mr Searle for providing the cup. I will ask our site manager to check the wall plugs on the cabinet!

8 children won a prize for their tree decorations which were all very varied ranging including a star, candy cane, bracelet and seasonal decorations sewn together

Explorers and Adventurers have enjoyed a vast array of Christmas activities this week. Cards , Santa requests, designs and a persuasive letter to the Grinch featured highly. Discoverers have also enjoyed Christmas activities but maths and English also featured highly in their timetable. Pioneers very much enjoyed the DT Day. See below to see a collection of the electric bugs

Attendance has been good overall this term especially in the first half. Accordingly my half termly visit from the Education Welfare Officer did not cause any alarms this week. However a small number of children continue to cause some concern as prolonged or regular periods of absence will often be detrimental to the education of the child in the longer term.

I hope the break allows everyone to recover from the coughs and colds so they can return to school in January fit and healthy. Undoubtedly the staff will provide some amazing learning opportunities during the next two terms and it will be disappointing if children miss out.

Next week there is a team of contractors arriving to finish the playground so we should be able to look forward to some line markings providing opportunities for the children to play a range of games when we return.

Special Occasion

On the 15th March, St Helens Primary School is 50 years old! Did you know we even have one of the students from the first ever class amongst our staff.

It is our intention to celebrate this day.

I have asked Chartwells, our meal contractors to arrange a special menu for the week. I anticipate that each class will devise their own preferred menu on a specified day with the Friday to be confirmed.

As soon as we return in January, we aim to contact the local historical society, former pupils and the local community to make it a special event.

Please contact the school with any innovative ideas you may have to help make this day a very special occasion.

And Finally...

As we look forward to Christmas, I must say a huge thankyou to all staff, pupils, governors and parents for making it a joy to come to school every day.

I will certainly enjoy the break including the trip to Tapnell Farm and the Steam Railway where Isabella will have the chance to meet a special visitor from Lapland as part of the days as well as a chance to relax with the family.

Nevertheless I always look forward to returning after a holiday in the knowledge that we have a great team at St Helens. Thanks to everyone for all there help and support.

Have a great Christmas.

Mr Wake

St Helens Primary 50th Anniversary Poster Competition

St Helens pupils! Use your imagination over the Christmas break and design a poster to celebrate the 50th anniversary of the opening of the new St Helens Primary school on our current site. Your design should be on A4 paper please. Don't forget to put your name on the back!

Attendance week from: 04/12/2023 to 08/12/2023

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	71.2%	0	0	22	14
Adventurers	86.8%	0	0	2	35
Discoverers	91.2%	1	25	4	18
Pioneers	93.7%	1	25	4	13

Although we strive for 100%, our whole school attendance for this week was 87.9% 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	Rowan	Tilly
Adventurers	Ruby	Miles
Adventurers	William	Emily
Discoverers	Ria	Luca
Discoverers	Emily	Barnaby
Pioneers	Alex	Sami
Pioneers	Nikola	Rowan



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

Mrs Ashdown
Tilly age 5

Several children will celebrate birthdays over the Christmas holidays - we hope they enjoy their special day too!

Alfred age 7
Emily age 9
Rowan age 5
Belle age 8



e Friends of St Helens Primary School (FOSH) AGM
Thursday 25th January 2024 - 7pm The Vine

All parents and staff are members of FOSH and this is your chance to choose who will represent you for the year ahead.

Dear Friends,

FOSH are holding our Annual General Meeting (AGM) at the end of January. This short meeting is open to all members of the organisation and its purpose is to celebrate the achievements of the previous year and to look forward to the next with the election of the new Officers who will lead the committee. This is a legal requirement for all charity organisations. As the current Officers will not be standing for reelection the positions of Chair, Secretary and Treasurer all require filling and a brief description of what each role entails is given below:

The Chair

Prepares and chairs regular meetings, inviting and introducing new members. Ensures that decisions are clear and fit the objectives of FOSH's constitution. Writes the Chair's report for the AGM.

The Secretary

Takes and circulates minutes of meetings.
Maintains FOSH records.

Supports FOSH to build effective communication links between school and the organisation.

The Treasurer

Keeps up to date financial records and presents these to the school governors at regular intervals.
Manages the bank account.
Prepares the annual Treasurer's Report for the AGM.

If no one new comes forward to fill each of these roles, FOSH will reluctantly have to be disbanded. We warmly welcome any expressions of interest for any of the roles mentioned above. Roles are voted for at the AGM and officers are elected by majority vote.

Traditionally, in the Spring and Summer terms, FOSH has organised a sponsored event and a community Summer Fayre to raise vital funds. These funds enabled us to provide free activities and events for the children like the Easter Egg hunt and the Winter Ball. FOSH funds have also been used to subsidise travel costs for school trips and buy books and extra playground resources.

If FOSH is allowed to disband, it will have a negative impact on your child so we would love to hear from anyone who is interested in holding one of the key roles or who would like to get involved in the wider committee. Please email foshsthelens@gmail.com or speak to Katherine or Jo outside school.

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.

Chartwells Schools **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 Gravy	Beef Bolognese 🍝 Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	JACKET POTATO	Stir Fried Vegetable Rice 🍚 🌱 🌱	Vegetarian Burger 🍔 Served with Potato Wedges	Vegetable Pastry Roll 🥟 Served with Mashed Potatoes and Gravy	Vegetarian Bolognese 🍝 Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets 🍗 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 Mayo 🐟	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 Fresh, homemade breads and half a size with pizza 🍕 🍝						
All main meals are served with two vegetables						
DESSERT	Chocolate Brownie	Crispy Crackle Bar with Fruit 🍌	Original Flipjack	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, salad, 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 certified medical diets and allergy requirements will be fully 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 Free, 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 Biscuits, 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 Free, 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 Slice 🍰	Banana and Carrot Cake 🍰	Chocolate Ice Cream with Shortbread Biscuit 🍦

PACKED LUNCH AVAILABLE
Hemp, Cheese and Tuna Biscuits, 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

Monday 18th December – Staff Development Day – school closed to children
Tuesday 19th December – Staff Development Day – school closed to children
Tuesday 2nd January 2024 - School reopens at 8.45am for the Spring Term
Wednesday 10th January - School Aged Nasal Flu Immunisations, 2nd visit
Thursday 25th January – FOSH AGM – The Vine Inn, St Helens 7.00pm
Friday 9th February – School closes at 3.00pm for half term
Monday 19th February – School reopens at 8.45am for Spring term 2
Monday 11th March – Staff Development Day – school closed to children
Thursday 28th March – School closes at 3.00pm for Easter holidays
Monday 15th April - School reopens at 8.45am for the Summer term
Monday 6th May - May Bank Holiday – school closed
Friday 24th May - School closes at 3.00pm for half term
Monday 3rd June - School reopens at 8.45am for Summer term 2
Friday 26th July - School closes at 3.00pm for Summer holidays
Monday 17th to Wednesday 19th June – Year 5/6 Residential trip

Flu Immunisations

The school nursing team will return to school on Wednesday 10th January to administer nasal flu vaccinations for any children who may have missed out in September. If your child missed out then and you wish them to receive it please use the previously sent link or QR code to access the consent form.

If you do not wish your child to be vaccinated and do not want to receive any further reminders, please use the link or QR code for the no consent form so that your child's record can be updated.

Please contact the school Aged Immunisation Service if you need any help or advice.
Email: snhs.schoolagedimmunisations-iow@nhs.net or Tel: 0300 123 5074

This Week's Class Updates

Explorers

We have had a very festive week in Explorers!



The children have enjoyed making a number of Christmas crafts including a reindeer photo, reindeer hot chocolate and snowmen christmas cards. They have all done a fantastic job at writing their own christmas cards using their phonics knowledge!

We had a great time at our christmas party on Wednesday playing a number of party games including; pass the parcel, musical statues, christmas four corners. The Explorers all looked fantastic in their party clothes.

Yesterday we had a very special visit from Father Christmas who treated all the children to some sweets for Christmas.

We have also enjoyed reading lots of christmas stories and watching some festive videos such as the cbeebies pantomime which they have all loved. Today we have been making some Christmas shortbread stars, the children have all worked together to weigh out the mixtures and mix the dough together ready to bake and decorate this afternoon!



We wish you all a Merry Christmas and hope you have a happy and safe holiday!



Adventurers



The final week of term has been magical. Filled with glitter, christmas card writing sequins, colouring in, party day, maths christmas puzzles, letters to Father Christmas AND even meeting the big man himself.

The class have been on top form and full of laughter and fun. We've loved every minute of it. But we can all tell they're ready for a break and it's well deserved, They have been hard and work.

We've sent home the letters for the upcoming spring term, with information about our Super Hero dress up day, the next show and tell and all sorts of wonderful things that we have planned. We will also be starting our weekly spelling homework in January, and will give out the books and spellings for the term in the first week back. Any questions, please just ask.

Have a wonderful Christmas period, we hope it's filled with magic and lovely memories- I really did enjoy hearing about each household's festive traditions this week. From trips to Grandma, cookie making, leaving presents for Santa, decorating the tree as a family and so much more.



See you in the New Year!



Discoverers

For design and technology day our class learnt about different types of bridges before embarking on creating our own truss bridges, either in pairs or individually. The children demonstrated great teamwork and resilience, especially due to the challenging nature of building with either spaghetti or paper straws. At the end of the day finished bridges were stress tested for their load-bearing capabilities with amazing results!

As term has wound down lots of Christmas arts and crafts have been produced including Santa sleighs and Christmas cards using watercolour techniques we've been learning about. Other highlights of the week have included Christmas party day and a special visit from Santa himself!



Pioneers

This week we had a DT day on Monday and had fun making *Electric Bugs*. In the afternoon we designed and made *light up* cards. (Maybe you will see one over the Christmas period!) I don't want to include any photos in case I ruin a surprise.



Just to say, I hope that you all have a safe and restful holiday period and look forward to seeing you all in 2024. I have really enjoyed teaching Pioneers class this term. They are a fantastic group of children who have worked extremely hard every week. I am very proud of them all.



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

December 2023
Christmas edition

MHST Newsletter

lownt.mhst@nhs.net ~ 0300 365 4010

Please note the MHST is closed on the 25th and 26th December 2023, and the 1st January 2024.

Christmas is a time for giving; presents, cards, love and more. Giving can have a good effect on your mental health so this Christmas, why not try these ideas [Youth Trust](#) have highlighted (and some are free):

- Surprise someone
- Compliment someone
- Host a game night
- Volunteer with animals

For some, however, Christmas can be overwhelming; additional social events, less routine, more family gatherings. To help with these extra pressures, [Mind](#) have gathered some tips to help you cope over Christmas, such as:

- Include your regular routine as much as possible if this helps you.
- Be nice to yourself and do what is best for you.
- You can say 'no' to things that you don't find helpful.



Do more of what you enjoy this Christmas to improve your [wellbeing](#).

[Music](#) can lessen stress, and improve sleep.

[Talking](#) through your struggles with family and friends can help with Christmas struggles.

Have a break from [social media](#) as looking at others' 'perfect' social media posts can make you sad.



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



mental
health
support
TEAM

Services here to help you

Counsellors available 24 hours a day, 7 days a week, online or on the phone, for children, young people and parents.
Call 0800 1111 or visit childline.org.uk

childline
COUNSELLORS AVAILABLE 24/7

Find the help and advice you need.
You are not alone.

youngminds.org.uk

YOUNG MINDS
Helping the young people of Great Britain

Whatever you are going through, call free at any time on 16 123, email joesanvitas@samartans.org or visit samartans.org

SAMARTANS

Call 111 and speak to a health advisor. A mental health advisor will call you back in a timely manner, based on your need. Alternatively, visit 111.nhs.uk and follow the online instructions.

NHS



CHRISTMAS MINDFULNESS

TRACE THE RIBBONS ON THE TREE.
TRACE UP & BREATHE IN.
TRACE DOWN & BREATHE OUT.



Mindfulness...

...is 'paying more attention to the present moment' as well as recognising what is happening inside and outside our bodies. Two main parts of mindfulness are focusing on our senses; tastes, smells, sounds, sights in addition to recognising our emotions and feelings as they are happening.

The OT Toolbox has created a Christmas mindfulness activity that can help to focus on one thought at a time as well as lessen anxious thoughts.

From the Isle of Wight NHS Trust

Children's COVID-19 Vaccination Appointments – Children's Outpatient Department, North Hospital

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, we are unable to offer walk-ins.

After the 15 December the NBS booking system will not be available until the Spring and so **please book appointments by calling 0300 561 0018**

Please note that 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.

All vaccines offered will be the Pfizer XBB.1.5 vaccines.

Upcoming Children's Vaccination Clinic times (more to follow in January):

- Monday 18 Dec 2023, 08:00 – 12:30
- Monday 22 Jan 2023, 08:00 – 11:00

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

BEAVERS

TIME FOR FUN

For Children aged 6 - 8

For fun, friendship and
activities that get you thinking
as well as doing.

Join 2nd Ryde Beavers on
Wednesday 6-7.15pm

8 Somerset Road.

Contact Wayne on 07425157023
wkibblewhite@yahoo.co.uk

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JOIN US FOR A

CHRISTMAS MARKET



SATURDAY 16TH DECEMBER

10:30AM TILL 4PM



ST CATHERINE'S CHURCH, CHURCH STREET,
VENTNOR

