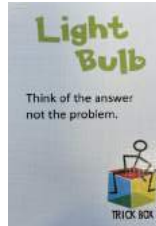


# ad sciurus

## THE SQUIRREL

Issue 39 Thursday 20th July 2023



**I am not making this my last newsletter. I am planning to do one next Wednesday, so this is my penultimate newsletter and what a lovely newsletter to write having just spent a lovely morning celebrating with the Year 6 children and their families. It was so lovely to see so many families joining us today.** I think that is the most ever! The assembly was just lovely and we will share with you the videos and songs for this morning too. We also had a lovely BBQ lunch with the children and families to say thank you and have a moment just being together. I feel so lucky to have been part of the Lanesend family. I just want to take a moment to thank the Year 6 team and all their helpers who have made this Leaver's Assembly and BBQ Lunch just lovely for everyone. I know how much hard work goes in to making these magical moments for the children. I know the children are more than ready to take on their next adventure and rise to the challenges ahead. This year my words to the Year 6 were all about 'loving their life' and that is all that I can ask for Year 6 and all of the children in our school, that they grow and love their life, always.

**I also want to say a big thank you to all the children and team Lanesend who put together our final art exhibition to celebrate our end of term learning on the 'Power of Creativity'.** The vision was to have a rainbow of art and I think we achieved this. I loved it! We are going to add some of the art to our gallery and keep the canvases to put up around school too. We have some very talented artists in school. It has been a lovely creative and imaginative focus on learning this summer term and I know the children enjoy those magical moments of learning.



Our wonderful art exhibition this week



**Tomorrow, the Year 6s and I are off to France until Monday.** I am hoping the weather will stay as lovely as it has been today! I always love going to France and spending time with Year 6. Each year is different because of them and how they respond to the activities and being away from home. I do hope the children enjoy it and make many memories together. The children who are not going to France are off on a trip tomorrow to Robin Hill for a day of fun and memory making too.

**Tomorrow is quite a quiet day in school after a busy week that has included some fabulous 'Sing Up' sessions.** I was saying to the children that when we first started these Sing Up assemblies many of the children found it quite hard to perform and sing in front of each other but this week the confidence of the children was just lovely. I could see how much they enjoyed singing and performing together. It was really lovely to see. We played their performances during the exhibition yesterday and these have also been uploaded onto our YouTube Channel, so do take a look.

**The children have also been getting all their learning ready to bring home and share with you.** Please do take the time to have a look through and talk about the progress every child has made across the year. They have worked hard and it is always lovely when their learning and hard work is valued by the families who love them most.

You can collect your child's learning and personal belongings at the end of school today. Hopefully, the newsletter will be out before the end of the school day!

**Last Friday, it was not Joyce who came in to launch the Summer Reading Challenge but Elspeth instead. The children were very excited to learn about the challenge and I hope that they will all take part in continuing to develop a love of reading over the summer break.** Reading really is the most cheapest and most wonderful entertainment and development of our imagination that you could ever hope for. Greg, from last week, called children who have a love of books and reading a 'booksnuggler'. I love this! I would love all our children to become a 'booksnuggler'. That is our Summer Challenge and maybe the children could also design a 'booksnuggler' certificate and badge?

**Next week in school, we have our Sports Days on Monday and Tuesday and of course our beach trip on Wednesday.** I have everything crossed that the weather will be dry! If not, we will just have to improvise which is always great for the imagination.

**We will be saying goodbye to Mrs Price, Mrs Wyld, Mrs Gangonells, Mrs Revert-West and Miss Caws.** We will have a little moment next week to celebrate their time here at Lanesend and wish them the very best on their next mountain which they are ready to climb.

**Just some information for September, I had a meeting with Chartwells and regrettably we are going to have to raise the prices of the schools lunch from 1st September.** I know that this is not good news for families and it is not good news for the school either as the cost of the meal is going to be greater than the money that we receive for Universal and Free School Meals. **The cost of a child's meal will be £2.55 per day. The school is subsidising 2p per meal as well as the cost of the administration of school lunches. The adult price is going up to £3.60. I am so sorry.** We had tried to hang on for as long as we could. I do think that we need to write to our MP regarding the monies that we receive and yet another cost to the school budget. As always, if you have any worries or concerns, please do let me know. I have also finalised the menu for October through to Easter this week so just a reminder that our current menu continues when we come back for the first half term.

**I have not forgotten to share our National Assessment results and these will be with you tomorrow.** I just want to finish the letter which I will most probably do on the coach going to France and then ask Laura to send this out to you.

**I have asked the office angels and the TAC team to chase monies owed over the next few days.** It is really important that we clear all debts. I would really appreciate it if you could help us by logging onto School Money and clearing any outstanding monies. It would save us so much time when we have so little of it left. Thank you.

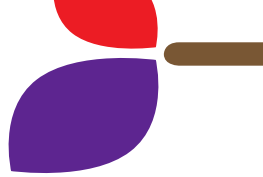
**I am also going to try and do my Friday night video tonight as phone reception in France can be a bit hit and miss!** Again, this will not be my last one. I definitely have one more before the end.

Have a wonderful weekend. I will see you Tuesday but as always, I am contactable via email or through the school office.

*Caroline Sice, Headteacher*



# FOR YOU



Issue 39 Thursday 20th July 2023

Attendance Last Week:

95.5%



## Sports Days

EYFS/KS1 - Monday 24<sup>th</sup> July

KS2 - Tuesday 25<sup>th</sup> July

9am – Year 2

8.45am – Year 4

10.30 am – Year 1

10am – Year 5

1.30 pm - Year R

11.15 - Year 3



# Lanesend Conversation Starters...

Use these prompts with your children at home to start a conversation about their week in school...

*Year R – Talk to me about... . Our Art Exhibition, phonics looking at ed at the end of words, numbers to twenty*

*Words to use... Georgia O'Keeffe, jumped, smashed, melted, trusted, sprinted and phase 4 words some, said, have, like, were*

*Tips for the week... Don't forget Sports Day is at 1:30pm for Reception. Check Dojo for what colour they need to wear.*

*We have been reading... When a hen hatched a cow, The Day the Crayons Quit.*

*Year 1 – Talk to me about...our art exhibition. Ask me about the different steps we have taken to create our masterpieces.*

*Words to use...orange, shade, colour mixing, silhouette.*

*Tips for the week...don't forget your bucket and spade on Wednesday!*

*We have been reading.....You Choose.*

*Year 2 - Talk to me about ... your art exhibition piece and the artist you were inspired by.*

*Words to use ...Vincent Van Gogh, yellow, dark, light, shades, tints, tones.*

*Tips for the week...Think of something positive that has happened at the end of each and every day.*



*We have been reading... The Faraway Tree.*

*Year 3 – TALK TO ME ABOUT pictograms*

*WORDS TO USE... pictures, symbols, data, collect, tables*

*TIPS FOR THE WEEK... writing in full sentences is always better!*

*WE ARE READING... Roald Dahl books*



*Year 4 – Talk to me about the artist that inspired my artwork, what did I learn about them and their work?*

*Tip of the week: less is more. In art, knowing when to stop is a tricky skill to master.*

*We have been reading: 'The Silver Spoon of Solomon Snow'.*

*Year 5 – Talk to me about... the properties of shapes and how to draw accurate squares and equilateral triangles.*

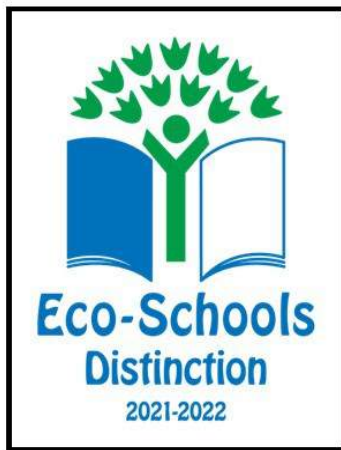
*Words to use... vertices, parallel, perpendicular, right angle.*

*Tips for the week... think about what beach games and activities you would like to do on our beach trip next week!*

*We have been reading... 'Who Let The Gods Out' by Maz Evans.*

*Year 6 – Talk to me about—Leaver's Day and France or Robin Hill*





This is a really simple but good tip that I will definitely be using.

## Charge your phone in airplane mode and before bedtime



You will save electricity by charging it faster!



By charging it before bedtime, you will avoid leaving the phone plugged all night which increases the risk of fire





At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about

# WAPP

AGE RESTRICTION  
**12+**

on the App Store;  
Everyone on Google Play

Developed in Germany, this social networking app is called 'W App' in the Apple Store and Google Play but is also branded as 'Slay' in some territories. Aimed primarily at teens and marketed as a 'zero-negativity' zone, it asks users to connect with others from their school. They are then asked a positive question (such as "Who is the nicest person?") and shown four people from their school to choose from. All users from a school can appear in the poll: not just those a child is friends with. The app is mainly anonymous – but does offer clues to reveal who selected you for each question.

## WHAT ARE THE RISKS?

### FAKE ACCOUNTS

There is no verification when signing up to W App. Once someone joins, they can see all users at their school and add them if they wish. Users provide their name, gender, school and grade – but are also able to change these (aside from their name) as often as they like. This concerned our expert: predators could potentially keep attempting to build connections with children at different schools.

### PROFILE OVERSHARING

Young people tend to have multiple social media accounts, so it's vital their identity is protected online. By default, W App shares someone's school and grade, while users choose whether to share their full name, photo and other social accounts. Most people appear to select this – making it easier for someone to build up a picture of who they are, what they enjoy and where they go to school.

### SPAMMING CONTACTS

The app's activity feed notifies a user when they have been put forward for a poll. They're then given the option to reveal the initial of the person who nominated them, by inviting a friend to join the app. The friend doesn't have to sign up, but they will receive a 'get the app now' text, followed by a link. This process could result in texts being continually sent to a child's contacts.

### CATFISHING RISKS

As well as invented fake accounts, users could also sign up and pretend to be someone else from their school. By joining under another person's name (possibly with their photo), they can take part in polls while masquerading as that other person. Some polls hint at an attraction or crush, which – if deliberately misused by imposters – could result in misunderstandings and embarrassment for teens.

### SUBSCRIPTION COSTS

W App is free to download and use, but there is also a 'gold membership' package (costing £4.99 per week) available. Subscribing allows users to reveal the names of people who selected them in polls (slightly defeating the point of it being an anonymous app), gives unlimited hints and offers exclusive play modes – all of which may tempt a curious young user into spending their money.

### REPEATED USE

Like most other social media platforms, W App wants users to log in regularly. Every time someone completes a set of 12 polls, they earn virtual coins. These can be cashed in for perks such as being included in random polls (so that more users will see them) or adding their name to their crush's poll. This may not seem much of an incentive currently, but that may alter as the app evolves.

## Advice for Parents & Carers

### DISCUSS FRIEND REQUESTS

Talk to your child about the risk of sharing their other social accounts, especially on anonymous platforms where there is no verification – so a user could be anyone. If someone they don't normally talk to at school approaches your child via W App and suggests connecting on TikTok, Snapchat or Instagram, emphasise that it's safest to confirm it with that person face to face before accepting or replying.

### PROTECT PERSONAL INFORMATION

It's crucial that trusted adults regularly remind children about the importance of not sharing too much of their personal information online (and demonstrate it on their own social accounts, where possible). W App automatically displays the user's school on their profile – but if your child does want to use the app, you can advise them to only enter their first name and not to upload an image of their face.

### BE MINDFUL OF REJECTION

The polls in W App are designed to be complimentary rather than negative. However, never being nominated or picked by their peers could leave a child – especially a status-conscious teen – feeling ignored and isolated. If you think that W App is having this effect on your child, it might be time for a supportive reminder that social media doesn't reflect someone's true worth or popularity.

### DO SOME 'APP ADMIN'

Before letting your child download W App, you may want to (via their device's settings) disable the option to make in-app purchases: £4.99 per week for the subscription can soon mount up. Likewise, if a friend's use of W App is causing your child to be inundated with texts inviting them to sign up too, you could suggest asking that friend to stop selecting your child's name from their contacts list.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: <https://apps.apple.com/gb/app/w-app-anonymous-polls/id1845858841> | <https://www.slay.co.uk/>  
<https://techcrunch.com/2023/01/18/german-teens-went-crazy-for-this-compliments-app-and-now-votes-are-backing-its-next-phase/>

**NOS**  
National  
Online  
Safety®

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://www.tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.07.2023



# NATUREZONES SUMMER COMPETITION

Naturezones Wildlife Education Trust (NWET) is a ten acre wildlife field study centre and a Living Natural History Museum in Blackwater. It is a "not for profit" organisation dedicated to educating visitors in the importance of sustaining and creating wildlife habitats as part of the Island's ecology; increasing Biodiversity and nurturing the environment.

## Your mission:

Using your knowledge from Science lessons, create something to inform our visitors about native British plants.

Will yours be interactive, digital, written or maybe art work?



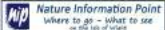
3 prizes, one each for the most informative piece of writing, the greatest increase in effort shown, and for the most learnt while completing the mission.



Send your entries to:

[naturezonesiow@gmail.com](mailto:naturezonesiow@gmail.com), arrange to deliver to Naturezones or post to Head Office, Padmore Lodge, Beatrice Avenue, East Cowes PO32 6LP.

Please include a pupil nominated for each of our 'effort shown' and 'most learnt' prizes. Ensure that all entries have a pupil identifier (i.e. their name or initials) and the school clearly written. Closing date: Friday 14th July 2023. Winner announced before Summer holidays.



## QUAY ARTS OUTDOOR THEATRE

# William Shakespeare's ROMEO AND JULIET

## ROMEO & JULIET

@ IW STEAM RAILWAY, HAVENSTREET

WEDNESDAY 26 JULY

7PM | £18 adv | £20 on the door

The Lord Chamberlain's Men invite you to join them this summer for the timeless and classic love story, Romeo and Juliet. With a history stretching back to William Shakespeare himself they present this great play as he first saw it, in the open air, with an all male cast and Elizabethan costumes, music and dance.

Packed with memorable poetry, devastating twists and turns, and burning passion this is without doubt the greatest love story ever told. A play about the power of true love, the extraordinary sacrifices we make for it and the futility and devastating consequences of entrenched conflict.

Bring a chair and a picnic and prepare to be entertained and transported. Book early to avoid missing out!



**BOOK NOW AT [QUAYARTS.ORG](http://QUAYARTS.ORG)**

## Join Vectis RFC



- ✓ Team work
- ✓ Respect
- ✓ Enjoyment
- ✓ Discipline
- ✓ Sportmanship

**PLAY YOUTH  
RUGBY**

Training is every Sunday  
between September and April

Registration day 3rd September 2023, 11am @ IWRFC,  
Footways, Wootton, PO33 4NQ

Register your interest: [vectisrfccoaching@gmail.com](mailto:vectisrfccoaching@gmail.com)

**[www.vectisrugby.co.uk](http://www.vectisrugby.co.uk)**

**PARENTS VOICE IW**

# Summer Holiday STAY AND PLAY

For children with SEND and their families

July 26th, August 2nd, 9th, 16th, 23rd, 30th

The Pavillion, Victoria  
Recreation Ground,  
Newport. PO30 5AH

**Lots of play equipment**

**Bring a picnic!**

**Refreshments**

**Large field**

**Toilets**

Facebook: Parents Voice IW  
Email: [contactus@parentsvoice-iw.org.uk](mailto:contactus@parentsvoice-iw.org.uk)

Adults are responsible for their children at all times










# Summer Soccer Camp

**1ST 2ND 3RD 8TH 9TH AND 10TH AUGUST**  
**RECEPTION - YEAR 6**  
**10:00 - 2:45 PM**

**RYDE ACADEMY, RYDE PO33 3LL**  
**£12 A DAY**

ALL OF OUR COACHES ARE FA QUALIFIED WITH FIRST AID AND ARE ALL DBS CHECKED.

 **073688 86639**  
 **LJRCOACHING**  
 **LJRCOACHING**

 **LJRCOACHING97@GMAIL.COM**

TO BOOK PLEASE USE THE LINK BELOW OR SCAN THE QR CODE:  
[HTTPS://LJRCOACHING.CLASS4KIDS.CO.UK](https://ljrcoaching.class4kids.co.uk)






# Summer Soccer Camp

**25TH, 26TH JULY AND 15TH, 16TH AUGUST**  
**RECEPTION - YEAR 6**  
**10:00 - 2:45 PM**

**ST THOMAS', NEWPORT**  
**£12 A DAY**

ALL OF OUR COACHES ARE FA QUALIFIED WITH FIRST AID AND ARE ALL DBS CHECKED.

 **073688 86639**  
 **LJRCOACHING**  
 **LJRCOACHING**

 **LJRCOACHING97@GMAIL.COM**

TO BOOK PLEASE USE THE LINK BELOW OR SCAN THE QR CODE:  
[HTTPS://LJRCOACHING.CLASS4KIDS.CO.UK](https://ljrcoaching.class4kids.co.uk)




## Girls rugby

**Non-contact rugby sessions**



- ✓ Team work
- ✓ Respect
- ✓ Enjoyment
- ✓ Discipline
- ✓ Sportmanship

**AGES 7-11**

Girls only training is every other Sunday between September and April

Contact rugby sessions also available

**Registration day 3rd September 2023, 11am @ IWRFC, Wootton, PO33 4NQ**

**Register your interest:**  
[vectisrfccoaching@gmail.com](mailto:vectisrfccoaching@gmail.com)

**Join the pack**  
[www.vectisrugby.co.uk](http://www.vectisrugby.co.uk)



VECTIS RUGBY CLUB



## Gymnastics & Trampoline Fun Days!

**Summer Holiday Clubs!**

**Tuesday 1st August 2023**  
**Wednesday 2nd August 2023**

**Tuesday 8th August 2023**  
**Wednesday 9th August 2023**

**Tuesday 15th August 2023**  
**Wednesday 16th August 2023**

**10:00 - 15:00 each day**

Sea Cadets Cowes,  
 Whitegates, Arctic Road, Cowes, PO31 7PG

**£27 per Child for the Whole Day**  
**(£25 for Little Rocket Gymnasts)**

Please Bring a Packed Lunch and Drinks and Wear Suitable Clothing (Leotard / Shorts & T-shirt and Socks)  
**A tuck shop for sweets and drinks will also be available**

**HOW TO BOOK**  
 Please go to <https://little-rockets.class4kids.co.uk> to book your place on line.

If there are any queries please contact Christy on 07518 335319  
 Thank you ☺





JOIN US FOR OUR  
**Summer Fair**  
SATURDAY 5TH AUGUST  
11AM TO 3PM

**FREE ENTRY**

Join us for lots of fun including bouncy castle • stalls • BBQ • face painting • entertainment • games and much much more! Including some special guests...

**ARRETON CRICKET CLUB**  
HEASLEY LANE, ARRETON, PO30 3AL

**Rapunzel 12-12.30**  
**Wednesday 1-1.30**  
**and Spiderman 2-2.30!**



Caulkheads presents to you our

# SUMMER PARTY

Entertainment from

BOUNCY CASTLE    FACE PAINTING  
BALLOON  
STALLS    MODELLING    LIVE MUSIC

£2 per wrist band raising funds for Young people in care

FRIDAY 21ST JULY  
12PM ONWARDS



**16th September 10am - 4pm**

Bouncy Castles, Activities & Show Arena

## Be A Roman For The Day

Entry to Brading Roman Villa £1.00 for Island residents only plus all the Isle of Wight Day Activities.

Join our Roman Parade

Isle of Wight Day

Volunteer Fair



The Starlight Academy presents...

# The summer workshops Free for all those eligible for FSM

August  
21st, 23rd, 24th  
and 25th  
10am-2pm  
Lunch, drink  
and snack  
included

Dance, Aerial,  
Drama, Circus,  
costume design,  
Gymnastics  
and more...

Book now:  
[dancestudio-pro.com/online/starlightacademy](https://dancestudio-pro.com/online/starlightacademy) limited  
spaces available for those not on free school meals

Please contact us directly  
to book your FSM space  
[info@thestarlightboutique.co.uk](mailto:info@thestarlightboutique.co.uk)



## Twilight Storytime Sessions

Wednesday 26th July - Elsa  
Thursday 3rd August- Captain America  
Thursday 10th August- Elsa  
Thursday 17th August- Cinderella  
Thursday 24th August- Elsa  
Thursday 31st August- Aurora

6-7pm



Call 01983 219999 or email [info@ggsiow.com](mailto:info@ggsiow.com) to  
book a table

GGs Bar & Restaurant, Island Riding Centre,  
Staplers Road, Newport, PO30 2NB



## MILLIE'S MISS Great Britain Mindset Morning

Saturday 22nd July, 8am Yaverland Beach

Join myself, Elixir Freshly Frozen, Emma Wharton I.O.W  
Pilates, All Rise bakery and Coached by Soph

We'll start the day with a awakening fitness session coached  
by Soph, followed by Pilates, then embrace the vitamin sea,  
washing away any negative energy, once dried off there will be  
a nutritious freshly pressed juice from Elixir and delicious  
protein bake from All Rise Bakery.

Tickets are £20 and proceeds go to  
Cancer Research UK  
Buy tickets online at [eventbrite](https://eventbrite.co.uk)  
Millie's Miss Great Britain  
Mindset Morning



## Short Story Writing Competition 2023



### THE FUTURE

Enter our competition, with a futuristic theme, for  
a chance to have your story published and  
recorded by a celebrity, plus other great prizes to  
be won!



RICHARD CADELL



CHESNEY HAWKES

### ENTRY FEE (per story)

£8.00 Adults (1500 - 2000 words)

£2.00 12 - 17s (up to 750 words)

£2.00 8 - 11s (up to 500 words)

£2.00 Under 8s (up to 250 words with pictures)

### ENTRY FORMS FROM

Waterstones, Newport

Sight for Wight, Newport

Dress for Less, 57 Pyle Street, Newport

Email: [admin@twsb.org.uk](mailto:admin@twsb.org.uk)



DEBBIE MCGEE



R C BRIDGESTOCK

For more information visit: [sightforwight.org.uk](https://sightforwight.org.uk)

Award Ceremony on Friday 8th December 2023

Riverside Centre, Newport @ 7pm

**ENTRIES MUST BE RETURNED BY 5PM ON FRIDAY 3RD NOVEMBER**

Sight for Wight is the working name for Isle of Wight Society for the Blind  
Registered charity number 1149415 Company limited by guarantee 6240404





## SAVE ON Summer

**Get support with the cost of living this summer**

**01983 823134** [iow.gov.uk/costofliving](https://www.iow.gov.uk/costofliving)

Follow us on social: [f isleofwightcouncil](#) [iowcouncil](#) [iowight](#)  
Sign up for our e-newsletter: [iow.gov.uk/enewsletter](https://www.iow.gov.uk/enewsletter)

**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  
📧 [citizensadviceiw.org.uk](https://www.citizensadviceiw.org.uk)

**Buying food**

📌 [iow.gov.uk/costofliving](https://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  
☎ 07300 329610 The Pyle Street Pantry, Newport

Funded by UK Government  

# Competition



Enter one of our fun maths competitions this summer. We've got prizes to give away including:

- £50 vouchers and Wight Gift Card
- 1 Leisure One Cards
- Entry to our museums

For more details and to enter go to:  
[iow.gov.uk/saveonsummer](https://www.iow.gov.uk/saveonsummer)

This year's Summer Reading Challenge starts on July 8. It's free and runs throughout the summer. All you have to do is read books and you'll get loads of great rewards.  
[iow.gov.uk/libraries](https://www.iow.gov.uk/libraries)

**Summer Reading Challenge 2023**

## Ready, Set, Read!

Presented by The Reading Agency.  
Delivered in partnership with libraries.

Illustrations by Loretta Schauer and © The Reading Agency 2023

**Connect4communities**

Support including food vouchers and more.  
✉ [connect4communities@iow.gov.uk](mailto:connect4communities@iow.gov.uk)  
📌 [connect4communities.org](https://www.connect4communities.org)

**School uniform basics**

Worried about affording school uniform basics? Contact your child's school; funding may be available.

**Benefits**

Check whether you are getting all the benefits you can.  
Citizens Advice Help to Claim line.  
☎ 0800 144 8444  
📌 [gov.uk/benefits-calculators](https://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](mailto:info@footprint-trust.co.uk)  
📌 [footprint-trust.co.uk](https://www.footprint-trust.co.uk)

**Find friendly support**

The Living Well and Early Help Partnership works on the Island to connect people.  
☎ 01983 240732  
✉ [reception@lweh.org.uk](mailto:reception@lweh.org.uk)  
📌 [lweh.org.uk](https://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  
📌 [iow.gov.uk/HelpThroughCrisis](https://www.iow.gov.uk/HelpThroughCrisis)

**Mental Health**

Isle of Wight Community Mental Health and NHS 111 online.  
📌 [iwmentalhealth.co.uk](https://www.iwmentalhealth.co.uk)  
📌 [111.nhs.uk](https://www.111.nhs.uk)

**Useful links**

**Short Breaks Programme**  
Fun activities for young people with additional needs.  
📌 [iow.gov.uk/shortbreaks](https://www.iow.gov.uk/shortbreaks)

**The Family Information Hub**  
Local information for families.  
📌 [familyinfohub.iow.gov.uk](https://www.familyinfohub.iow.gov.uk)

**1 Leisure**  
All the family can have fun, get fit and stay fit – together!  
📌 [1leisure.co.uk](https://www.1leisure.co.uk)

**Newport Roman Villa and Museum of Island History**  
Discover the Island's past.  
📌 [iow.gov.uk/museums](https://www.iow.gov.uk/museums)

**Dinosaur Isle**  
Discover the Island's dinosaur history.  
📌 [dinosaurisle.com](https://www.dinosaurisle.com)

**Isle of Wight Libraries**  
Free fun for families in the school holidays. Library members get free access to ebooks, audiobooks and more.  
📌 [iow.gov.uk/libraries](https://www.iow.gov.uk/libraries)



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**Build your maths confidence with free courses and qualifications**

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Mini Music Academy

MUSIC CRAFT C.I.C  
Making Music Accessible

arts award

# SUMMER SCHOOL

LEARN AN INSTRUMENT!

31 JULY - 4 AUGUST WOODWIND  
7 - 11 AUGUST BRASS  
14 - 18 AUGUST STRINGS

+ CHOIR + ARTS AND CRAFTS

[HTTPS://MUSICCRAFT.MY  
MUSICSTAFF.COM/SUM  
MER-SCHOOL-](https://musiccraft.mymusicstaff.com/summer-school-)



# GAME ON!

Sports Crafts Activity Afternoon.  
at Cowes Library

Monday 21st August  
2pm - 4pm

Come and have a go at making some sports related crafts and designing your own new sport!

Game on!

All children must be accompanied by an adult throughout.

[www.lwight.com/thelibrary](http://www.lwight.com/thelibrary)  
lwlibraries @lwlibraries

Your library informs, inspires, entertains



# MUSIC CRAFT C.I.C Making Music Accessible

## ARTS AND CRAFTS SUMMER CAMP

2 - 4 PM  
JULY 31 -  
AUGUST 18



MUSIC CRAFT C.I.C  
Making Music Accessible

# SUMMER SCHOOL

PLAY IN A ROCK BAND!

11-18 YRS  
21 - 26 AUGUST  
29 AUGUST -  
1 SEPTEMBER

GUITAR/DRUMS/BASS/VOICE/KEYS  
[HTTPS://MUSICCRAFT.MY  
MUSICSTAFF.COM/SUMMER-SCHOOL-](https://musiccraft.mymusicstaff.com/summer-school-)

