



Sciurus Novus 09.12.2024



Dear Families

I hope you all managed to enjoy your weekend and avoid Storm Darragh as much as possible! I am glad the winds have calmed down for the start of our second to last week in school. I cannot believe how quickly the weeks are going by as our weeks are filled with wonderful learning in school.

Last Thursday, our Lanesend Choir performed brilliantly at the Cowes Town Council Christmas light switch on and at the Pontoon Bar in Cowes. This was a fantastic event for all and the children even met Santa! Thank you to those who came to support despite the wet conditions. It was such a honour to be invited to perform. Cowes Town Council have very kindly donated £100 towards our upcoming Dance Live performance. A huge special thank you to Miss Adams, Miss Foad and Miss Dyer for taking the children and a huge well done to all involved!

Over the weekend, some of our children's Christmas Tree decorations were showcased on the Mountbatten tree at Brighstone Christmas Tree Festival. We hope you spotted them if you visited. We were honoured to be asked by Mountbatten to take part as one of their leading schools for Walk the Wight sponsorships. It is really lovely to have such wonderful charity links within our local community.

This Wednesday, our Reception children will perform their Nativity. The performance for families is Wednesday 11th November at 3.30pm in the Hall and we cannot wait to show our families how hard the children and team have worked over the last few weeks. We are so proud of you all! Our lovely PTFA members will be selling Mince Pies to enjoy afterwards whilst your children get ready for home time so please bring spare change to enjoy and get in the festive mood! The children will be featured in the County Press's Reception Nativity feature on Friday 20th December so please look out for their photos in the press! Exciting!

On Thursday 12th December, we are supporting Save the Children with their national Christmas Jumper Day. Children may wear a Christmas Jumper to school if they wish instead of their slip. We kindly ask normal uniform is worn on this day and it is just Christmas Jumpers instead of our Lanesend slip. If your child wishes to take part we have a Lanesend Just Giving page which you can add donations on to and this will go straight to Save the Children directly. Here is the link: [Donate - Donation amount - JustGiving.](#)

Today is the last day to hand in your child's Christmas Movie Afternoon slip and money in for the PTFA. Dance Live will not run on this date so that we can all enjoy a festive film afternoon together.

On the subject of Dance Live and clubs, just a reminder that this week is the last week for clubs and the last day for Dance Live will be this Friday 13th December.

Please note, if your child has had sickness or diarrhea the update guidance is now 48 hours off school since the last episode. Thank you for your understanding.

Please can we remind families that only healthy snacks are permitted in school. Our KS1 children love their healthy fruit and vegetable snacks through the national Fruit and Vegetable scheme. If you would like to donate any fruit for our KS2 class fruit bowls we would be so grateful.

We have some lovely news to share that our Year 1 Dragonfly class were successful in naming Island Road's brand new gritter lorry! Their name 'Snow Wight' was selected and will be printed the side of their brand new gritter! The new gritter will be visiting the children once it is out and about too. Well done Year 1 for taking part.

Finally, we have some staffing news to share. Firstly, our wonderful Miss Foad, teacher of Y5 Swans class, is off on an amazing adventure and is emigrating to Australia! Although we will all miss her so much, we are also very excited for her and wish her every happiness for the future. We are delighted to have recruited a super new teacher who will begin next term as Swan's class teacher, Miss Harrington, who has moved over to the Island from the mainland. Since half term, we have been very fortunate to have had Mrs Dunn teaching in Badger class. Taking over from Mrs Dunn next term, we are pleased to share with you that we have a lovely new teacher

joining us. Miss Richardson is also moving from the mainland. We also have two more new members of staff joining us! Next week we are welcoming two new LSAs to our team, both to work in supporting Year 6. Mrs Osborne will be working in Deer class and Mrs Mitchell will be working three days a week across Year 6. I am sure you will all join me in welcoming all our new staff to Team Lanesend.

Have a wonderful week ahead.

Best wishes

Mrs. Sutton



1 - Our wonderful Choir with Santa at the Pontoon Bar!

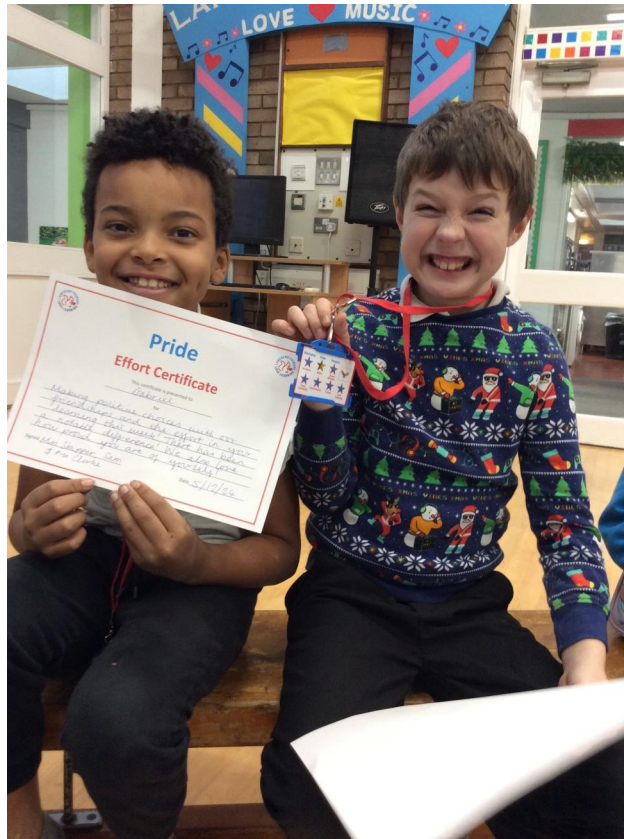
Celebrations in School



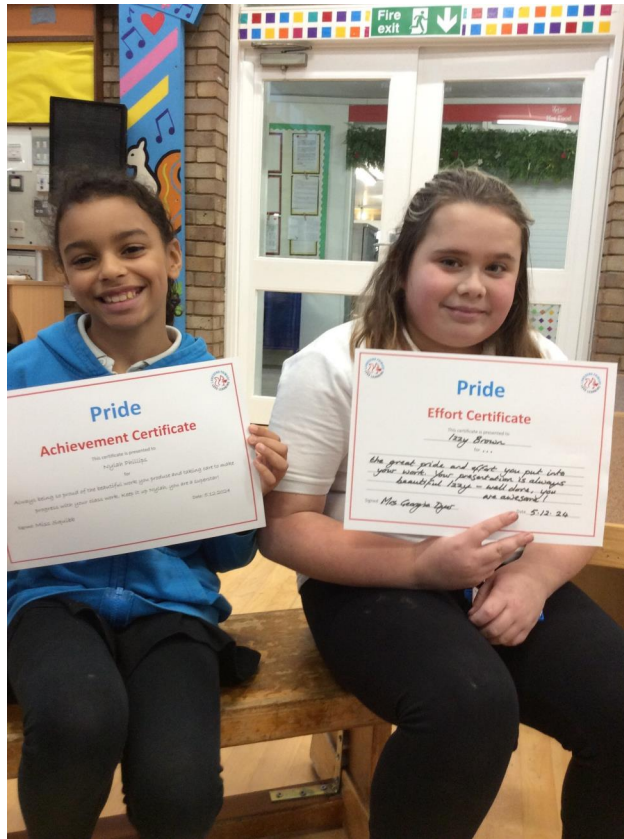
2 - Our KS1 Celebration Assembly children from Friday



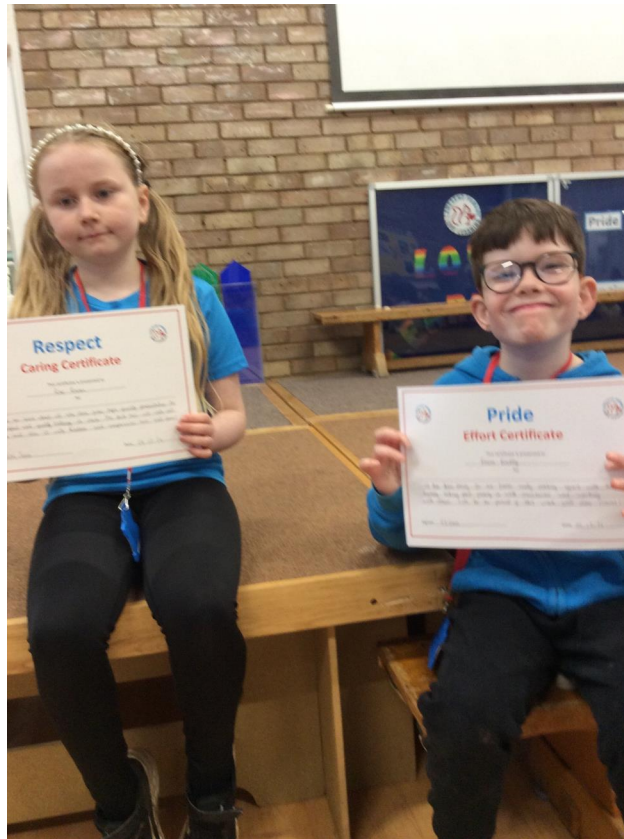
3 - Martha and Diego with their KS2 certificates



4 - Gabriel and Charlie with their lovely awards



5 - Nylah and Izzy with their KS2 Certificates



6 - Rose and Devon with their fabulous certificates



7 - Juliette and Sonny with their wonderful certificates



8 - Ryleigh and Lincoln with their awards this week



9 - Patrick, Pablo and Leo with their certificates



10 - Ashraf and Poppy with their wonderful awards this week



11 - Our Y5 boys team earned a well deserved 2-1 win against Greenmount last week. There was just about enough day light to finish the match!! Well done all.



12 - Our girl's football team had an action packed 30 minutes of football last week! We were so impressed by the growth in confidence on display by all! Our young ladies really have made such amazing progress in their game play since their first match. We continue to be super proud of you all!

Christmas Jumper Day - Save the Children - Thursday 12th December

On Thursday 12th December we are taking part in Christmas Jumper Day for Save the Children.

Children can come to school in a Christmas Jumper instead of a slip if they wish to - our usual Lanesend uniform must be worn with it. There is a Lanesend 'Just Giving' page if you wish to donate if your child does want to wear a Christmas Jumper instead of a slip. This will go straight to Save the Children via this page.

Thank you. <https://donate.justgiving.com/fundraising/cjd240023211/donation-amount>



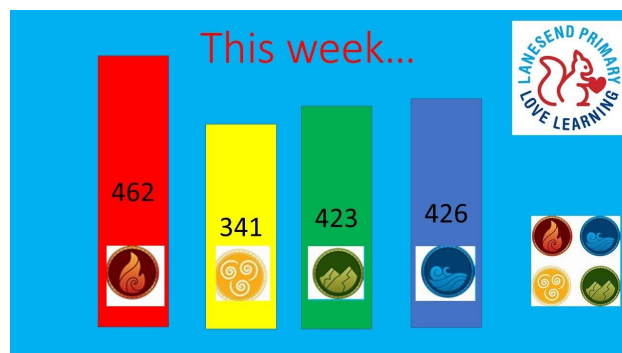
Christmas Lunch and Christmas Mufti £1 donation to the PTFA - Thursday 19th December

Our Christmas Lunch menu is available to book on your relish account now. This is Thursday 19th December alongside Christmas Mufti for a £1 donation to the PTFA. Please log onto your

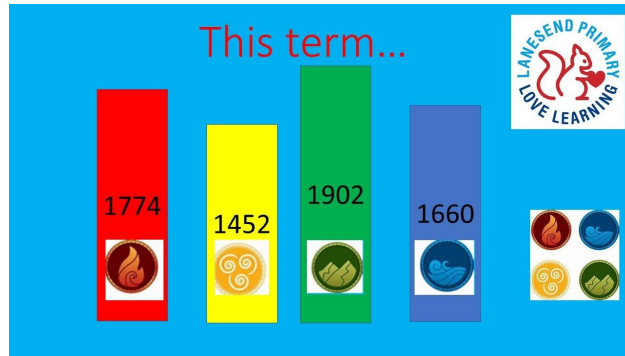
child's relish account to book as the option is Christmas Lunch or packed lunch only this day. Log onto: [Login to the Relish Parents Section](#)



House Points!



13 - Fire House were in the lead last week as we end into the penultimate week for this's term's race to the House Point top! Well done Fire House.

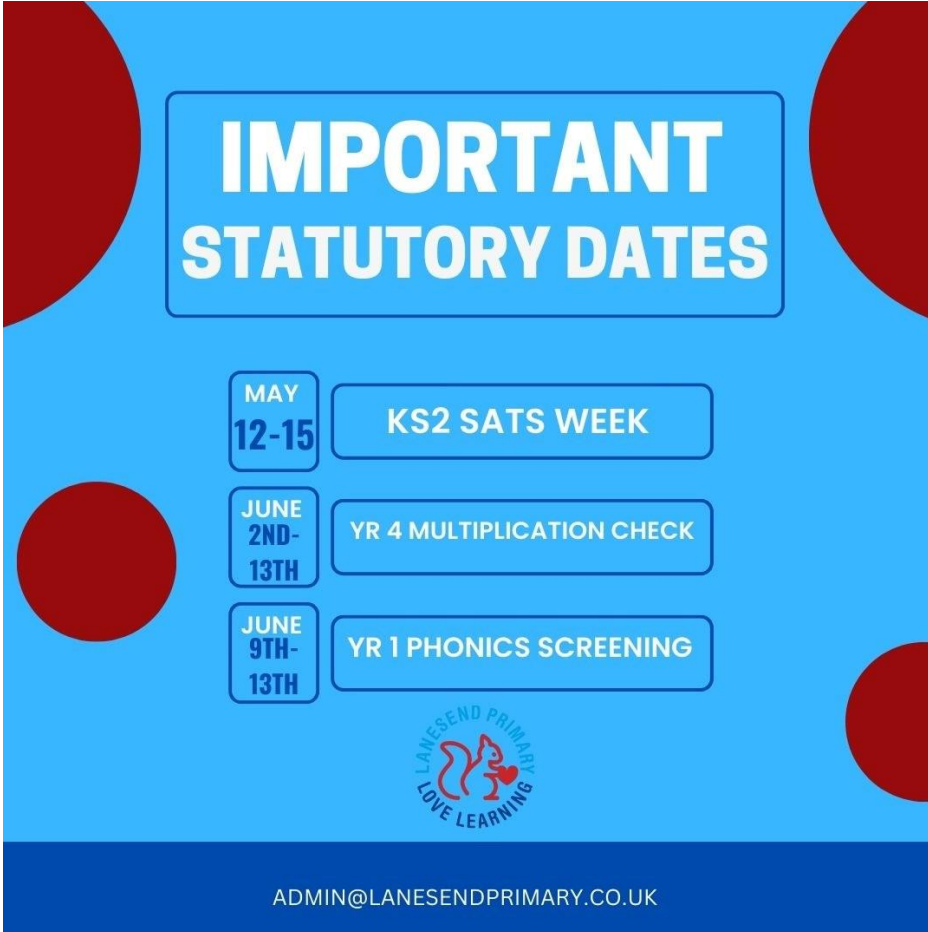


14 - Earth House are still in the lead for the term at the moment but anything can happen in the next two weeks! Who will be the termly champions?!

Dates for the Diary



- Thursday 12th December - Christmas Jumper Day - Save the Children
- Tuesday 17th December - Christmas Movie Night run by Lanesend PTFA - no Dance Live this day
- Thursday 19th December - Christmas Lunch for children and Christmas Mufti - £1 donation to Lanesend PTFA
- **Friday 20th December - Last day of term**
- **Monday 6th January - Development Day - no children in**
- **Tuesday 7th January - Children return to school**



**IMPORTANT
STATUTORY DATES**

MAY 12-15	KS2 SATS WEEK
JUNE 2ND- 13TH	YR 4 MULTIPLICATION CHECK
JUNE 9TH- 13TH	YR 1 PHONICS SCREENING

LANESEND PRIMARY
LOVE LEARNING

ADMIN@LANESENDPRIMARY.CO.UK

15 - Here are some important Statutory Dates for 2025 for your diaries. Thank you.

Lanesend Term Dates 2025 - 2026

Isle of Wight School Terms And Holidays 2025 – 2026

Determined programme of school term and holiday dates for county and controlled schools for the academic year 2025/26

SEPTEMBER 2025 M 1 8 15 22 29 T 2 9 16 23 30 W 3 10 17 24 T 4 11 18 25 F 5 12 19 26 S 6 13 20 27 S 7 14 21 28	OCTOBER 2025 M 6 13 20 27 T 7 14 21 28 W 1 8 15 22 29 T 2 9 16 23 30 F 3 10 17# 24 31 S 4 11 18 25 S 5 12 19 26	NOVEMBER 2025 M 3* 10 17 24 T 4 11 18 25 W 5 12 19 26 T 6 13 20 27 F 7 14 21 28 S 1 8 15 22 29 S 2 9 16 23 30
DECEMBER 2025 M 1 8 15 22 29 T 2 9 16 23 30 W 3 10 17 24 31 T 4 11 18 25 F 5 12 19# 26 S 6 13 20 27 S 7 14 21 28	JANUARY 2026 M 6 12 19 26 T 7 14 21 28 W 1 8 15 22 29 T 2 9 16 23 30 F 3 10 17 24 31 S 4 11 18 25	FEBRUARY 2026 M 2 9 16 23* T 3 10 17 24 W 4 11 18 25 T 5 12 19 26 F 6 13# 20 27 S 7 14 21 28 S 1 8 15 22
MARCH 2026 M 2 9 16 23 30 T 3 10 17 24 31 W 4 11 18 25 T 5 12 19 26 F 6 13 20 27# S 7 14 21 28 S 1 8 15 22 29	APRIL 2026 M 6 13* 20 27 T 7 14 21 28 W 1 8 15 22 29 T 2 9 16 23 30 F 3 10 17 24 S 4 11 18 25 S 5 12 19 26	MAY 2026 M 4 11 18 25 T 5 12 19 26 W 6 13 20 27 T 7 14 21 28 F 1 8 15 22 29 S 2 9 16 23 30 S 3 10 17 24 31
JUNE 2026 M 1* 8 15 22 29 T 2 9 16 23 30 W 3 10 17 24 T 4 11 18 25 F 5 12 19 26 S 6 13 20 27 S 7 14 21 28	JULY 2026 M 6 13 20 27 T 7 14 21 28 W 1 8 15 22 29 T 2 9 16 23 30 F 3 10 17 24 31 S 4 11 18 25 S 5 12 19 26	AUGUST 2026 M 3 10 17 24 31 T 4 11 18 25 W 5 12 19 26 T 6 13 20 27 F 7 14 21 28 S 1 8 15 22 29 S 2 9 16 23 30

Isle of Wight School Terms And Holidays
2025 – 2026

Determined programme of school term and holiday dates for county and controlled schools for the academic year 2025/26

Bank and Public Holidays 2025/26			
Christmas Day	25 December 2025	Easter Monday	6 April 2026
Boxing Day	26 December 2025	May Day Holiday	4 May 2026
New Year's Day	1 January 2026	Spring Bank Holiday	25 May 2026
Good Friday	3 April 2026	Summer Bank Holiday	31 August 2026

* First day after break

Last day before break

School Holidays

Bank Holidays and National Holidays

Autumn Term 2025 starts on Monday 1st September 2025 and ends on Friday 19th December 2025
(Half term from Monday 20th October to Friday 31st October 2025)

Spring Term 2026 starts on Monday 5th January 2026 and ends on Friday 27th March 2026
(Half term from Monday 16th February to Friday 20th February 2026)

Summer Term 2026 starts on Monday 13th April 2026 and ends on Monday 27th July 2026
(Half term from Monday 25th May to Friday 29th May 2026)

Term	Start date	End Date
Autumn 2025	1 September 2025	19 December 2025
	Half term 20 October – 31 October 2025	
Spring 2026	5 January 2026	27 March 2026
	Half term 16 February - 20 February 2026	
Summer 2026	13 April 2026	27 July 2026
	Half term 25 May – 29 May 2026	

Please note that the dates as published are correct.

There has been agreement with island schools that one of the non-teaching days is taken on the first day of the autumn term, the remaining four are determined and allocated by the school as they wish. Please check with your child's school.

Please also note that the first day of the Autumn Term in September 2026 will not be determined until the 2026/27 timetable has been consulted upon and approved in March 2025.

Admission Arrangements 2026-2027

Here is a link to the 2026-2027 Admission arrangements consultation:

<https://forms.office.com/e/Kkmqhv4ipi>

The information and consultation can be found on our website here:

<https://www.lanesendprimary.co.uk/admissions.aspx>

Attendance

Butterflies	94.5%
Ladybirds	88.6%
Dormice	88.1%
Dragonflies	98.0%
Hedgehogs	92.7%
Robins	90.0%
Magpies	96.0%
Otters	95.5%
Badgers	88.4%
Owls	93.7%
Dolphins	95.8%
Foxes	93.8%
Swans	95.2%
Deer	95.4%
Eagles	92.7%
Sharks	96.1%

16 - Here are last week's class attendance figures



17 - Our rewards stickers for last week. Well done all.

Changes to Truancy Penalty Notices (TPNs) for non-school attendance

The Department for Education (DfE) introduced a new National Framework for Truancy Penalty Notices, taking effect from 19 August 2024. A summary of the changes are detailed below.

Per parent, per child

TPNs will be issued to each parent, for each child that was absent from school without prior approval by the school.

For example – three siblings absent for term time leave, would result in each parent receiving three separate TPNs

Five days of term time leave

TPNs will be issued for term time leave of five or more days which have not been authorised by the school.

10 sessions of unauthorised absence in a 10-week period

TPNs will be considered when there have been 10 sessions of unauthorised absence in a 10-week period.

First period of unauthorised absence exceeding 10 sessions (within a rolling three-year period).	The first time a TPN is issued for unauthorised absence from school the cost will be £160 per parent, per child if paid within 28 days, reduced to £80 per parent if paid within 21 days.
Second period of unauthorised absence exceeding 10 sessions (within a rolling three-year period)	The second time a TPN is issued for unauthorised absence from school the amount will be £160 per parent, per child paid within 28 days.
Third period of unauthorised absence exceeding 10 sessions (within a rolling three-year period)	For a third period of unauthorised absence a TPN will not be issued, and the case will be presented to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

The education welfare service works with families experiencing attendance issues. If you are struggling with your child's attendance (other than holidays) and need support, please contact the team 01983 823151 or EWS@iow.gov.uk



Truancy Penalty Notices (TPN's) explained:- These may be issued if you take your child out of school for unauthorised absences such as holidays but also consists of 10 sessions of unauthorised absences for O (unauthorised absence) and U (after registration closes) codes. U codes are used when a child has arrived after registration has closed. 10 U or O codes could result in a TPN being issued. If anyone would like to know your child's current attendance or how many unauthorised absence sessions they currently have, they please contact mdyer@lanesendprimary.co.uk. Thank you.

E-Safety Poster - Mental Health and Wellbeing Apps



RSPCA'S Christmas Pet Box Appeal

We are supporting the RSPCA's Christmas Pet Present Appeal again this year. This was so popular last year and the children donated some wonderful items for our Pet Christmas Gift Boxes from Lanesend to the RSPCA as you can see from last year's Christmas photo how lovely the boxes were. These were given to the animals on Christmas Day to make their day special.

We are asking for donations again for this Christmas. If you would like to take part please bring any donations to the office by Friday 13th December so that we can make up the boxes ready for collection by the RSPCA. A huge thank you to Otilie, Marnie, Finlay, Alice, Vasco, Alana, Dotty, Harry, Griffyn, Jenny-Rose, Colton, Phoebe, Emmy, Sebastian Jenson and Evelyn for your kind donations.



18 - Here is a list of desired items from the RSPCA if you wish to donate any items for the appeal.



19 - Our children with the kind donations and boxes from last year's appeal 2023.



20 - Jenson with his donations for our appeal



21 - Evelyn with her kind donations for cats and dogs

Community News and Events



Cowes Community
PANTRY

Unit 1 Seaways
Seaview Road
Cowes
PO31 7US

Tuesday's 10.00 - 12.00
Thursday's 17.00 - 18.00
Saturday's 17.00 - 18.00

PAY £5 FOR £15 WORTH OF FOOD

www.IOWPanttries.org
email: iwpantries@gmail.com
facebook.com/[IOWPantry](https://www.facebook.com/IOWPantry)

SANDOWN SUNDAY SOCCER

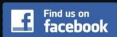


INTRODUCING OUR FUN FOOTBALL SESSION AT THE BAY PRIMARY SCHOOL SANDOWN!

OUR FUN SESSION WILL BE:

*Every Sunday 10am-12pm
at The Bay Primary School,
Winchester Park Road, Sandown.
£6 for the 2 hours per child.*

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



Sandown Soccer - Isle of Wight





EXCITING NEWS!!

MINI MOOVERS

**RUNNING EVERY SUNDAY MORNING
9:30-10:30AM.**

CAFE OPEN UNTIL 11:00!

**FIRST CLASS STARTING ON
SUNDAY 22ND SEPTEMBER!**

£4 A CHILD

Build your little ones co-ordination, confidence strength, social and motor skills using our range of specialised parkour equipment, trampoline and bouncy floor.

Booking not required
Siblings under 12 welcome!

1 SAUNDERS DRIVE, SOMERTON INDUSTRIAL ESTATE, COWES, PO31 8HU



PARENT FITNESS MATTERS



CIRCUIT FITNESS CLASSES

TIME FOR YOUR HEALTH TO BE A PRIORITY!

Cowes Enterprise College @ 7.10 -
7.55pm Wednesdays & Gurnard Village
Hall @ 8 - 8.45am Thursdays
Taster session for £4.50 and normal
sessions from £6
Contact Us Today For More Details:
07757 334092
generationalhealthandfitness@outlook.com



WWW.ISLANDMUSICMAKERS.CO.UK



GUITAR - SONGWRITING VOCAL COACHING - UKULELE

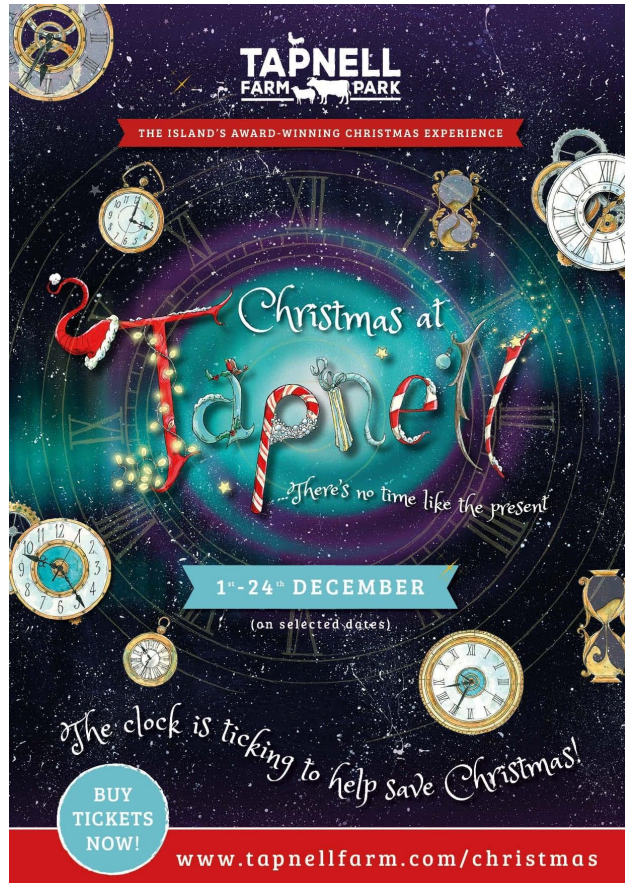
Student led lessons - They pick the songs - They set the pace

Lessons take place during school time - 30 minute sessions

Price per lesson:: £17.50 one-to-one / £12 each for groups of 2-3

Email now to book your child's place for September 2024!

✉ islandmusicmakers@gmail.com f islandmusicmakers ☎ 07868651050



TAPNELL FARM PARK

THE ISLAND'S AWARD-WINNING CHRISTMAS EXPERIENCE

Christmas at Tapnell

...There's no time like the present

1st - 24th DECEMBER
(on selected dates)

The clock is ticking to help save Christmas!

BUY TICKETS NOW!

www.tapnellfarm.com/christmas



TAPNELL FARM PARK

WINTER SEASON PASSES

Valid from 7 November 2024 - 21 March 2025

Transferable adult season pass when accompanying a child season pass holder

£30 PER PERSON

ALL WEATHER INDOOR & OUTDOOR PLAY!

FUN EVENTS ALL YEAR!

JUST £6 PER MONTH!

UNDER 2's ARE FREE!

UNLIMITED FREE ENTRY*

Full details and to purchase (online only)
www.tapnellfarm.com/play

see website for full T&C's



COMMUNITY FOOTBALL

MONDAY EVENINGS



**COWES ENTERPRISE COLLEGE
SPORTS HALL**
Crossfield Ave, Cowes, PO31 8HB

6pm - 7pm
Reception to Year 6

£20 Per Month

**Every Monday
all year Round**

To Book

<https://ljrcoaching.class4kids.io>

 07368 886639

 ljrcoaching97@gmail.com

SCAN ME







2/2

WINTER OPENING HOURS

MONDAY- THURSDAY: CLOSED
FRIDAY & SATURDAY: 8:00-20:00
SUNDAY: 8:00-17:00



**BREAKFAST WITH
SANTA!
DATES AND
INFORMATION
RELEASED SOON...**

Southampton and Isle of Wight Music



STRING GROUP

For complete beginners or those who have just started learning to play the violin, viola, cello or double bass



Saturdays during term time
Starting 16 November 2024

11.00 – 12.00pm

At Music Craft

98 High Street, Newport, PO30 1BQ

Termly membership £40

For further information and to sign up please contact us using the details below

music@slowmusic.org

023 8083 3648



slowmusic.org
music@slowmusic.org
023 8083 3648

Opening Hours

Monday:	09:00 – 17:00
Tuesday:	09:00 – 17:00
Wednesday:	09:00 – 17:00
Thursday:	09:00 – 17:00
Friday:	09:00 – 16:00

Isle of Wight SENDIASS is a free and confidential service. We offer impartial information, advice and support on issues relating to a child or young person's special educational needs or disability. We work with parent carers, and with children and young people from 0 to 25, in the Isle of Wight.

We can provide information, advice and support about a range of topics including:

- Listen to your views and concerns and help you to explore your options.
- Your own or your child's rights around education, health and care.
- SEND support in schools, early years and post 16 settings.
- Exclusions.
- Preparing for and attending meetings.
- The statutory assessment process towards an Education Health and Care Plan (EHCP).
- Disagreements, mediation and appeals to the SEND tribunal.
- Local services and support groups.

0808 164 5492
info@iowsendiass.org.uk
www.iowsendiass.org.uk



NHS
Hampshire and Isle of Wight

Not sure how
to treat
coughs, colds,
scrapes and
sniffles?

Download the Healthier
Together app or visit:
what0-18.nhs.uk

Healthier Together provides advice for parents on every common injury and illness your child or teenager might experience, including mental health problems. If you're not sure what the best way to treat something is, or whether it's time to seek help, Healthier Together has the answer.



Hampshire and Isle of Wight

Think Pharmacy First

You can now take your child to your local pharmacy to get treatment for these five common conditions:

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)
- Sinusitis (aged 12 and over)

By going straight to your local pharmacy you can have a consultation with a trained pharmacist and receive advice and even medication (if appropriate).

Get your child on the road to recovery and back to school sooner with support from your local community pharmacy.

Visit our Pharmacy First web page to find out more.



Join Vectis Girls

Join Vectis Girls

Sundays
11.00-11.50am
Wootton Rec
PO33 4NQ
Email:
vectisvc@gmail.com

VECTIS RUGBY CLUB

TRY RUGBY WITH US!
[Visit findrugby.com](http://Visit.findrugby.com)

England Rugby

Sundays
11.00-11.50am
Wootton Rec
PO33 4NQ
Email:
vectisvc@gmail.com

Sundays
11.00-11.50am
Wootton Rec
PO33 4NQ

Email:
vectisvc@gmail.com



**TRY RUGBY
WITH US!**

Visit findrugby.com

VECTIS RUGBY CLUB

ASPIRE



PACT

PARENTS AND CARERS TOGETHER

Communication & Language Drop-In Session

**Free
Event!**

Please take
part in our
simple survey.
Every response
matters!



**Weds 27th Nov 2024
10.30am-12.30pm
Ryde Library
101 George St,
Ryde
PO33 2JE**

**Free £10 grocery
voucher for all
who attend, fill
out our survey &
complete a
feedback form!**

An amazing opportunity to meet
Communication & Language experts
on the Island!

Cake, biscuits and glitter tattoos
free on the day!

Come along and have a chat, have
your views heard and questions
answered

Professionals available on the day:

Nadine West - Barnardo's,
Will - Dadzclub

Justine Turner & Becca Burr - Speech & Language Team

Andrew - Parents Voice

Find out more or request transport using the details below



familyinfohub.iow.gov.uk



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



rosie@aspireryde.org.uk



Move on and Thrive Youth Empowerment Fund

SNG Youth Empowerment Fund is aimed towards young people living on the Isle of Wight, who need a bit of help to 'Move on and Thrive'!

Young people between 16-25 years old could receive up to £250 to help with travel, personal development, health & well-being, digital inclusion & moving into a new property.

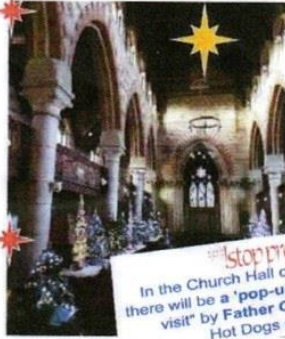
For more information please click [here](#)

COWES CHRISTMAS TREE FESTIVAL

at

ST.MARY'S CHURCH COWES

Friday 13th to Sunday 15th December



stop press!
In the Church Hall on Saturday 14th
there will be a 'pop-up' market, a "flying
visit" by Father Christmas and
Hot Dogs served!!

10 a.m. - 4 p.m. each day
(including Sunday)

Refreshments available

Tea, Coffee, Hot Chocolate, Cakes, etc.

FREE ENTRY

WHEELCHAIR ACCESS





Winter 2024/2025

Newsletter

FREE
until
JAN 25



Understanding the Teenage Brain
Watch this recorded session in your own time, to learn why our teens think, feel and behave very differently from adults and how we can support them.

Thursday
5th Dec
19:00 - 21:00
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
17th Dec
19:00 - 21:00
£24



Facing Defiance
Effective interventions for handling defiant behaviour. ADHD, ODD and PDA relevant as well as regular challenging behaviour. Introduction to the FACE programme - Facing Defiance - 6 week course

Tuesday
7th Jan
19:00 - 21:00
£24



Anxiety-Based School Avoidance
Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Thursday
9 Jan
19:00 - 21:00
£24



**AUTISM:
Improving Communication**
Looking at how small changes in how we communicate with children on the spectrum can lead to big improvements.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

If you can't make the date ask for the link to the recording, available for 48 hours afterwards

Book online at facefamilyadvice.co.uk
go to the PARENT page

FREE - Decreasing Depression FREE - Anxiety Explained	25 NOV 20 JAN
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB

facefamilyadvice.co.uk.

info@facefamilyadvice.co.uk

Santa's Grotto and Winter Wonderland

Friday 13th, Saturday 14th, Sunday 15th December
4 - 6:30pm



**Yarmouth Guide and Scout Hall,
Mill Road, Yarmouth**

•all funds raised go to the running of the Guide and Scout Hall•



Wildheart Wonderland

Join us for a magical experience this December!

Santa needs your help with an urgent mission... Come and join his team of Elves this Christmas at the Sanctuary to help to save Christmas!

Selected dates
14th, 15th, 21st, 22nd and 23rd December 2024

Daily start times
10:30, 11:00, 11:30, 12:00, 13:00, 13:30, 14:00, 14:30

Each Wildheart Wonderland experience is approximately 1 hour long, and the price also includes entry into the Sanctuary for the rest of the day.
This event is suitable for children aged 3+

Tickets
Children £20 | £15 each for accompanying adults.
Members: Children £16 | £11 for accompanying adults.

Book your tickets today!
wildheartanimalsanctuary.org

In collaboration with Enchanted Isle

S.M.E.L.F.



EXPLORE
SOUTHAMPTON'S
SNOW WINDOWS
TRAIL

29TH NOV – 31ST DEC

Magical snow scenes for you to discover!
OPEN 10AM – 5PM (CLOSED CHRISTMAS DAY AND BOXING DAY)

Brought to you by
Visit Southampton

Sponsored by
Brackenwood

Windows artwork by
SNOW WINDOWS

For more information visit: visitsouthampton.co.uk/christmas



**Gymnastics & Trampoline Fun Days!
Christmas Holiday Clubs!**

**Monday 23rd December 2024
Monday 30th December 2024**

10:00 – 15:00

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

**£28 per Child for the Whole Day
(£26 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 ☺



See the IOW County Press for the
Nativity photo special.

Isle of Wight
County Press
on Friday 20th December

**FESTIVE
FOOTBALL
FUN!**



**FESTIVE
FOOTBALL
FUN!**

- Saturday 21st December
- 12-3pm
- Barton School
- 5-a-side fun tournament
- Girls only, Years 4-7
- £5 donation - all
proceeds to Isle of
Wight Youth Trust
(www.iowyouthtrust.co.uk)



To book:

<https://ucanplay.classforkids.io>

info@ucanplay.org

www.ucanplay.org

 UCanPlay
 ucanplay_sports



December 2024
Issue 15

MHST Newsletter

iownt.mhst@nhs.net ~ 0300 365 4010

MHST Update:

- We continue to open up to more primary schools across the Island. Please keep an eye out for the email from MHST with more information. These have been sent to the school's admin/office email.
- We have recently welcomed another EMHP to the team, Aaron D. Continue reading to learn more about him. Please be aware, we now have 2 Aaron's in the team; Aaron YH and Aaron D.
- As part of our Whole School Approach, we have been delivering various workshops across the primary school years. We aim to build an emotional toolkit for the young people by delivering workshops to each year group. The workshops build on knowledge learnt in the previous year. The reception workshop introduces emotions and feelings, with the year 1 workshop progressing to understanding these emotions. The year 2 workshop is 'Worry Awareness' followed by 'Self Care' in year 3 where they are given techniques to help them when they become overwhelmed with emotions. In year 4, they learn about sleep and sleep hygiene and how this can affect their moods which is followed by a workshop delivered to year 5s around managing their worries and what types of worries there are. Year 6 workshops are slightly different as we support them to deal with worries with their SATS and transitioning to secondary school. This programme aims to support children's development.



So far this year, we have made 4596 contacts which could either be through 1:1/group support, liaison or whole school approach.

The most common reasons for a referral into MHST is anxiety, low mood and struggling with emotions.

Our high intensity therapist, Sarah, has changed her surname to Murgatroyd (previously, White).

Our team have recently undertaken 'Decider Skills' training to help support young people with emotional resilience.

The Mental Health Support Team is closed on Wednesday 25th and Thursday 26th December as well as Wednesday 1st January 2025.

4 youth trust

BARNARDOS

Changing childhoods.
Changing lives.

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

mental
health
support
TEAM

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



CHRISTMAS BARN

14th, 15th, 19th, 21st,
22th Dec'

Adult entry
£5 - includes
mulled apple
juice and mince
pie

Gifts and
cards and
art
flapjacks

19th - Mulled apple
juice, mince pies and
Carols

KIDZONE

Track down the 10 snowmen to
claim your chocolate

Make a tree decoration £5

Please book this activity on our website
before 8.30am of the day



MORE INFO'
www.naturezones.org.uk
BLACKWATER



For more information regarding MHST, please email Clinical Team Lead,
Charlotte Young: Charlotte.young22@nhs.net

Hi there! I'm Aaron and I am a new EMHP here at the MHST. I trained to be a EMHP over in Southampton as part of Southampton MHST & recently made the move back to my homeplace the Isle of Wight to work here. I have previously worked in a psychiatric intensive care unit in adult mental health & graduated from University in 2018 with a degree in Applied Psychology. It is my passion to support young people with their mental health and wellbeing whilst at school as I understand that our school years, whilst being the most important, can sometimes be a difficult time for us to manage. Outside of work, you will find me on the football pitch, in the gym, or DJing, all of which give me a creative or physical release and help me to feel good.



Holiday Self-Care Tips



A Merry Christmas Self-Care Checklist

NO GIFT IS MORE IMPORTANT

*Don't let the frenzy of celebrating of Christmas eve and day become an excuse for not caring for yourself.
Make sure to check each ornament as needed for your physical and mental health needs.*

Drink a glass of water

Take a moment to listen to your body

Grant yourself a moment to rest

Be mindful of what you are eating.

TheDisabledDivaBlog.com

Services who can support your mental health over the Christmas holiday:

Samaritans

116 123

jo@samaritans.org

Calls will be answered quickly. Emails are replied to within 24 hours.

NHS

111

OR

Visit A&E

The Mix

Crisis Messenger:

Text; THEMIX to 85258

youth trust

BARNARD'S

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Changing lives.

NHS

Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust



**mental
health
support
TEAM**

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For more information regarding MHST, please email Clinical Team Lead,
Charlotte Young: Charlotte.young22@nhs.net

Tips to help with your mental health over Christmas:

Use your phone for something different to get outdoors and in nature every day... identify trees by recognising leaves, sticks, tree shape and even bark! We are surrounded by trees most of the places we go, especially on the island, but do we know much about them?

Noticing our surroundings and taking time to understand and appreciate our living landscapes can help us feel connected to nature – we can feel more grounded and less trapped in our own thoughts, which can happen at a time like Christmas when we are away from our usual routines and friends. Sometimes it can feel like everyone else is busy having fun without us, but often having some time outdoors can help shake that feeling and improve our mood. So, try taking yourself for a walk – or invite along a friend or family member – and use a phone app to identify different trees along the way, such as this one from the Woodland Trust: <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/>

You could collect the information and photos of your trees to share with someone else – you'd be surprised how good it feels to know which trees are which, just by looking at them, and some interesting facts about them. Try it!

IDEA:
You could
maybe take
fallen leaves
home and make
a wreath?



4youth trust

BARNARDOS

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Changing lives.

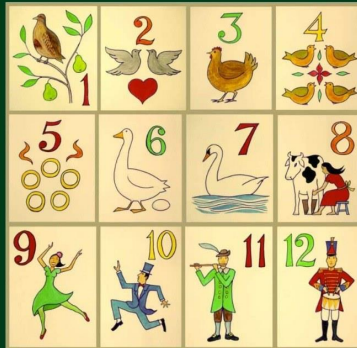
NHS

Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

**mental
health
support
TEAM**

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Barnardo's and the Isle of Wight Youth Trust.

The Island Storytellers Present:
Twelve Days of Christmas
14th-21st December 2024



Storytelling at Cowes Library

Join the Island Storytellers for fun stories connected to the gifts in the song "The Twelve Days of Christmas."

Sat. 14th December
11am-12pm

Sat. 21st December
2-3pm

Window Spotting Competition

Find all of the characters from 'The Twelve Days of Christmas' song hidden in Cowes' shop windows between 14th-21st December.

Pick up a form from Cowes Library, Spence Willard or at somewhen.org.uk and return it by 28th Dec. for a chance to win a prize!

All activities are free and suitable for ages 3-103!

somewhen.org.uk