



Sciurus Novus 16.12.2024



Dear Families

We had another busy week in school last week. We are very relieved that our water issues were resolved late on Thursday evening so that our children could return to school as normal Friday. I am so sorry we had to make the decision to close Thursday but we really had no choice. When the children returned on Friday, they all looked wonderful in their Christmas Jumpers and I am so pleased we managed to open as normal so that we could enjoy this on Friday. We raised £90 for Save the Children from our donations so thank you to everyone for your kindness and support. A true event of togetherness!

Tomorrow, we have our Christmas Film Night. We are really looking forward to spending time after school watching our Christmas films with popcorn. The PTFA, supported by our super team, have worked hard to organise this wonderful event and we are so grateful for their input. The PTFA also sold mince pies and cake at our Reception Nativity and raised £55.10 for our school funds. This will be added to the Christmas film night and Christmas Mufti money on Thursday 19th December and we will let you know the grand total raised from our Christmas fundraising for our children. Thank you all.

On Wednesday afternoon, our wonderful Reception children performed their Nativity for their families. I just wanted to say how incredibly proud of the children we all were. They all performed their hearts out and our families we so proud of their children - it was lovely to

watch. A huge thank you to Mrs. Domoney, Mrs. Lewis, the whole of team Reception and the many staff who stayed to help. We could not have done it without you all! The children's photos will be featured in this Friday's County Press nativity feature so please do look out for them!

This Thursday, we have our Christmas Mufti Day and Christmas Lunch. We are really looking forward to have a festive day in school. Please bring your child's £1 for their mufti in to give to their teacher in the morning and please log on to your child's Relish account to book their Christmas lunch if they would like one. We cannot wait!

After the Christmas break, our 'Multiply Maths' sessions with Dee Swallow will continue in school from Tuesday 7th January, and then every Tuesday after. 9am-10am. We are so lucky to have Dee coming into school to support parents with maths and this has made such a positive impact on so many of our families with increased math confidence, skills and some even working towards unit based qualifications. If you would like to join, please do pop along. We would love to see you.

If you were out and about at the weekend, you may have seen our Lanesend Christmas tree at St Mary's Church Christmas Tree Festival. The children worked really hard on the decorations and it looked fantastic. Thank you to Mrs. Flux for organising this.

Our last day in school is Friday 20th December, ending at the normal time. We are looking forward to having a festive afternoon with class Christmas parties.

We hope you have a fantastic Christmas and New Year. **We look forward to welcoming all children back in school on Tuesday 7th January 2025 for Spring term 1.**

Feliz Navidad!

Best wishes

Mrs. Sutton



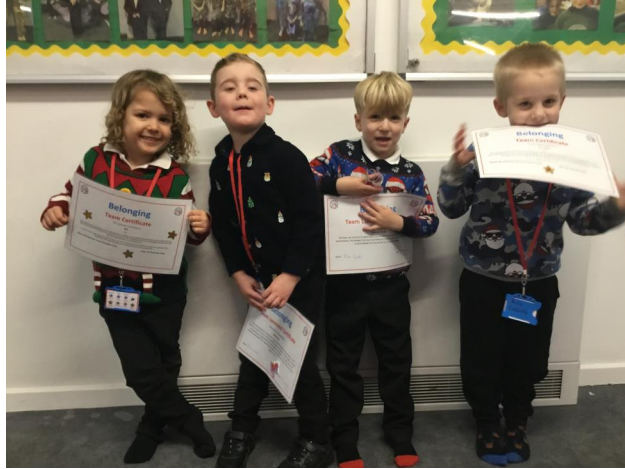
1 - Our wonderful tree at the Christmas Tree Festival at St Mary's Church, Cowes decorated by our children



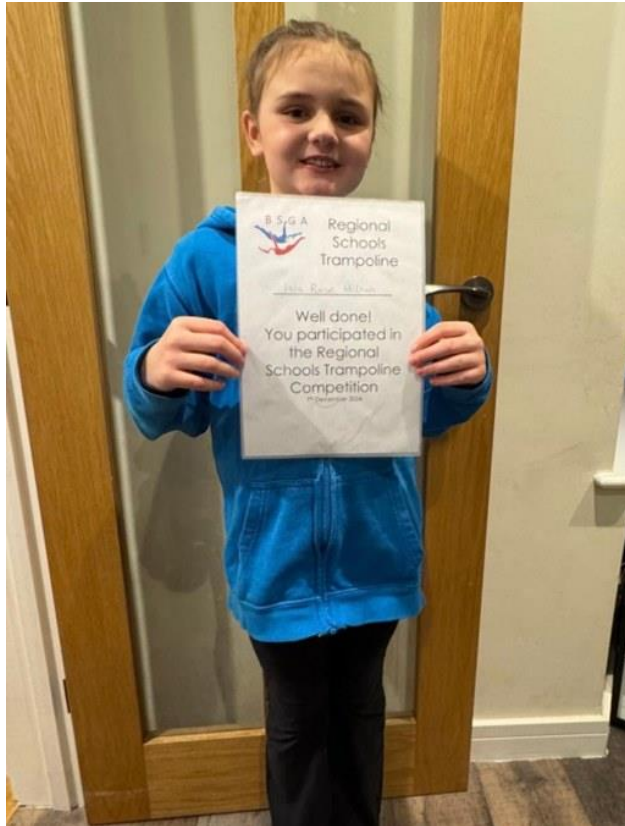
## Celebrations in School



2 - Our wonderful KS1 children with their certificates this week.



*3 - Well done to Otis, Ollie, Harrison and Arlo for their certificates in Year R*



*4 - A huge well done to Isla-Rose Hilton for your certificate from the Regional Schools Trampolining competition in which you represented Lanesend. We are so very proud of you.*

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

On Thursday 19th December, it is Christmas Mufti Day for a £1 donation to the PTFA. Please give your child's £1 to your child's teacher on the morning. These funds will go directly back to the school for our children.

Our Christmas Lunch menu is available to book on your relish account now. 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](#)

LANESEND PRIMARY SCHOOL'S

# Christmas Mufti Day

THURSDAY 19TH  
DECEMBER 2024

ANYTHING CHRISTMASSY GOES!  
JUMPERS, DRESSES, HEADWEAR!  
GO ALL OUT FESTIVE! PLEASE  
GIVE YOUR £1 DONATION TO YOUR  
TEACHER IN THE MORNING

**£1 cash donation per child to the  
Lanesend PTFA**







Lanesend  
Christmas Lunch

**Thursday 19th December 2024**



**Roast Turkey or Vegetable Filo Cracker  
Pigs in Blankets  
Stuffing  
Roast Potatoes  
Carrots  
Peas  
Gravy**



**Chocolate and Vanilla Ice Cream  
Jelly or Fresh Fruit Pot**

## 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

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

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

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

**Summer Term 2026** starts on Monday 13<sup>th</sup> April 2026 and ends on Monday 27<sup>th</sup> July 2026  
(Half term from Monday 25<sup>th</sup> May to Friday 29<sup>th</sup> 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	92.8%
Ladybirds	92.4%
Dormice	96.6%
Dragonflies	100.0%
Hedgehogs	93.7%
Robins	94.2%
Magpies	93.4%
Otters	99.6%
Badgers	96.6%
Owls	93.4%
Dolphins	94.3%
Foxes	88.1%
Swans	98.4%
Deer	94.8%
Eagles	90.9%
Sharks	92.5%



## 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.

<b>First period of unauthorised absence exceeding 10 sessions (within a rolling three-year period).</b>	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.
<b>Second period of unauthorised absence exceeding 10 sessions (within a rolling three-year period)</b>	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.
<b>Third period of unauthorised absence exceeding 10 sessions (within a rolling three-year period)</b>	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](mailto: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](mailto:mdyer@lanesendprimary.co.uk). Thank you.



# E-Safety Poster - Safety at Christmas Poster

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and Climate Change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, tips and tips, please visit [wakeupwednesday.com](#).

## 10 Top Tips for Parents and Educators

### SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, travelling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

- #### 1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Parents and educators should monitor children's online activity and encourage children to engage positively online. Use parental controls to restrict access to inappropriate content, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and ongoing communication with children about online safety are essential.
- #### 2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, heaters and electrical decorations. Open fires, heaters and candles are the most common causes of house fires. Educate children on fire safety, including how to use fire extinguishers and how to evacuate in case of a fire emergency. Avoid leaving candles unattended and use fire covers to prevent mishaps.
- #### 3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic congestion and winter weather conditions. Educate children on road safety and family safety plans. Discuss road rules, seat belt use and emergency procedures. Plan routes to schools and work and allow extra travel time to avoid rushing and fatigue. Encourage children to be vigilant and report any suspicious activity to the police.
- #### 4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Check menus and labels, avoid buffet and food of allergy. Notify others of food allergies. Communicate with caterers about allergies. Encourage children to be vigilant for themselves and recognize allergen foods and reactions to safer alternatives.
- #### 5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like the new COVID-19. Encourage good hygiene, including hand washing and frequent use of hand sanitizer. Encourage children to avoid close contact with others, especially in crowded settings. Encourage children to wear face masks in crowded settings. Communicate with children about proper hygiene practices to reduce the spread of illness.
- #### 6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Encourage safe driving practices, including wearing seatbelts and avoiding alcohol. Encourage children to be vigilant and report any suspicious activity to the police. Encourage children to be vigilant and report any suspicious activity to the police.
- #### 7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles are popular but can be dangerous if not used correctly. Encourage children to be vigilant and report any suspicious activity to the police. Encourage children to be vigilant and report any suspicious activity to the police.
- #### 8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Encourage children to be vigilant and report any suspicious activity to the police. Encourage children to be vigilant and report any suspicious activity to the police.
- #### 9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Encourage children to be vigilant and report any suspicious activity to the police. Encourage children to be vigilant and report any suspicious activity to the police.
- #### 10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Encourage children to be vigilant and report any suspicious activity to the police. Encourage children to be vigilant and report any suspicious activity to the police.

**Meet Our Expert**  
 James Mitchell is a specialist health and safety consultant with 15 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.

[@wake\\_up\\_weds](#) [/www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.22.2024

## Community News and Events



*Coles 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.IOWPantries.org](http://www.IOWPantries.org)  
email: [iwpantries@gmail.com](mailto:iwpantries@gmail.com)  
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

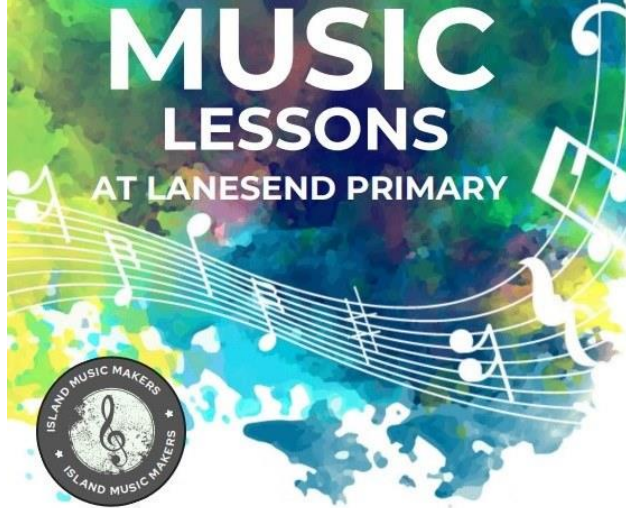
**TIME FOR YOUR HEALTH TO BE A PRIORITY!**

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](mailto:generationalhealthandfitness@outlook.com)





WWW.ISLANDMUSICMAKERS.CO.UK



## MUSIC LESSONS AT LANSEND PRIMARY

### 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**

# 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](http://www.tapnellfarm.com/play)  
see website for full T&C's

The advertisement features a light blue background with colorful circular accents. It includes several circular images showing children and adults enjoying farm activities like riding a horse, petting a donkey, and playing on a playground.





# COMMUNITY FOOTBALL

## MONDAY EVENINGS

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

**6pm - 7pm**  
Reception to Year 6

**Every Monday all year Round**

**£20 Per Month**

**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](mailto: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](mailto:info@iowsendiass.org.uk)  
[www.iowsendiass.org.uk](http://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.

# 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.





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](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto: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](http://facefamilyadvice.co.uk)  
go to the PARENT page

<b>FREE - Decreasing Depression</b> <b>FREE - Anxiety Explained</b>	<b>25 NOV</b> <b>20 JAN</b>
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](http://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)





**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](http://wildheartanimalsanctuary.org)  
in collaboration with Enchanted Isle





**EXPLORE SOUTHAMPTON'S SNOW WINDOWS TRAIL**

**29<sup>TH</sup> NOV – 31<sup>ST</sup> 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](http://visitsouthampton.co.uk/christmas)



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

**Monday 23<sup>rd</sup> December 2024  
Monday 30<sup>th</sup> 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](mailto:info@ucanplay.org)

[www.ucanplay.org](http://www.ucanplay.org)



UCanPlay



ucanplay\_sports



December 2024  
Issue 15

# MHST Newsletter

iwont.mhst@hhs.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.**

 **BARNARDOS** Changing childhoods. Changing lives.

 **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, Barnardos 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](http://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

- Make space for messy feelings like grief.
- Learn to say "no" without feeling guilty.
- Create your own holiday traditions.
- Keep your stress levels in check. Step back or delegate.
- Set realistic expectations for yourself and the holiday.
- Get organized! Make a plan and try to stick to it.
- Keep up with your self-care and make time to relax.
- Give yourself permission to just let it be an average day.

BlessingManifesting

### 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

Changing childhoods. Changing lives.

Hampshire and Isle of Wight Healthcare NHS Foundation Trust

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

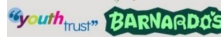
For more information regarding MHST, please email Clinical Team Lead,  
Charlotte Young: Charlotte.young22@nhs.net

### **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?

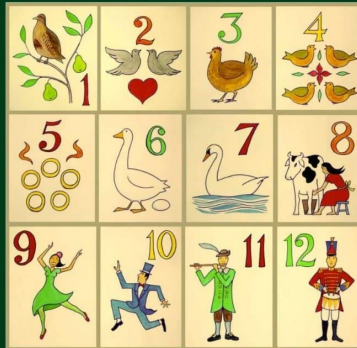
Noticing our surroundings and taking time to understand and appreciate our living landscapes can help us feel connected to nature – we can feel more grounded and less trapped in our own thoughts, which can happen at a time like Christmas when we are away from our usual routines and friends. Sometimes 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!



The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, 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](http://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](http://somewhen.org.uk)



# TUESDAYS

10:30-12:30

West Wight  
Sports & Community Centre

#### Weekly:

- Community Connector West Wight - Advice and support
- Just Ask - Freshwater Parish Council - Information and advice
- Techie Terry - Digital Device Support

#### 1st Tuesday of the month

- Glanvilles Damant - Free legal clinic
- Anna Chaplain - Support for older people
- Community Action - Community Law Service

#### 2nd Tuesday of the month

- Veterans Outreach support
- Footprint Trust - Energy advice and support \* not every month see website

#### 3rd Tuesday of the month

- Living Well and Early Help Service

#### 4th Tuesday of the month

- Veterans Outreach support
- Skills 4 Work - employment and training advice

#### Final Tuesday of the month (4th or 5th dependant on month)

- Green IOW - Energy advice and support

#### Weeks vary: visit [https://bit.ly/ww\\_police](https://bit.ly/ww_police)

- Hampshire & IW Police - Police Beat Surgery

[WESTWIGHT.ORG.UK/OUR-PLACE](https://www.westwight.org.uk/our-place)



SCAN ME



**FREE WEEKLY COMMUNITY CAFE**  
EVERYONE WELCOME

**Information & advice**

**Digital Device Support**

**Drinks**

**Chat**

**Games**

**Plus guest organisations each week**

**TUESDAYS 10:30 - 12:30**  
WEST WIGHT SPORTS AND COMMUNITY CENTRE  
MOA PLACE, FRESHWATER PO40 9XH

**MORE INFO: 01983 240 722**  
[WESTWIGHT.ORG.UK/OUR-PLACE](http://WESTWIGHT.ORG.UK/OUR-PLACE)








OUR PLACE WEST WIGHT    CHURCHES WEST WIGHT    COMMUNITY CONNECTORS WEST WIGHT    just ask! Connecting Communities    SCAN ME

## Free School Meal Sessions at Island Riding Centre

We are running our HAF sessions this half term on the 23rd, 27th, 30th & 3rd January  
09:00 till 13:00 & 12:00 till 1600

For children who receive benefit related free school meals  
Ages 6-16 years

Sessions include stable management, games, a pony ride & a hot meal

Please send enquiries to [info@islandriding.com](mailto:info@islandriding.com)





# HEALTH & WELL-BEING CLINIC

**Including blood pressure checks and last chance to get  
COVID vaccinations this Autumn!**

You're invited to visit our friendly and confidential Health and Wellbeing Clinic. This is a great opportunity to discuss your health and wellbeing in a supportive environment.

If you're eligible, you can receive your Autumn COVID-19 and flu vaccinations. Additionally, you can have your blood pressure checked, explore healthy lifestyle choices, and get advice on managing stress.

Nurses from the Hospital Vaccination Centre will be on hand to answer your questions, address any concerns, and guide you towards helpful resources and support. We look forward to welcoming you!

**At Our Place, West Wight Sports and Community  
Centre Tuesday 10th December 10:30am to  
1:30pm**



In partnership with your local GP Surgery

East Cowes Based

# INCLUSIVE DANCE CLASSES

ACCESSIBLE TO ALL!

## Classes in Lyrical and Freestyle

- IDTA QUALIFIED TEACHER
- FULL DBS
- PAEDIATRIC FIRST AID TRAINED
- CHAPERONE LICENSED
- FULLY INSURED
- EXPERIENCED WITH ASD, ADHD AND SEND
- MAKATON SIGN USED

Great Performance  
Opportunities with Our  
Creationz Tribe  
Performance Group!



**CREATIONZ**  
DANCE ACADEMY

Discover the joy of movement in a welcoming space that celebrates diversity and embraces every unique dance journey. No matter your background, ability, or experience level, our dance floor is open for YOU!

**JOIN NOW**

@CreationzDanceAcademy  
CreationzDanceAcademy.org  
CreationzDanceAcademy@outlook.com



# CREATIONZ

## DANCE ACADEMY

**INCLUSIVE DANCE CLASSES**  
CLASSES IN LYRICAL AND FREESTYLE

REGULAR EXCITING  
PERFORMANCE  
OPPORTUNITES,  
EXPERIENCES AND  
SHOWS!

\*\*\*\*\*  
CLASSES HELD IN  
EAST COWES  
\*\*\*\*\*

GIVING EVERYONE AN  
EQUAL OPPORTUNITY  
TO LEARN TO DANCE,  
CREATE FRIENDSHIPS  
AND PERFORM.

IDTA QUALIFIED

FULL DBS & VETTED

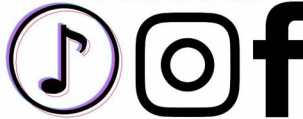
PAEDIATRIC FIRST AID  
TRAINED

CHAPERONE LICENSED

EXPERIENCED WITH ASD,  
ADHD AND SEND

FOCUS ON MENTAL WELL-BEING  
AS WELL AS PHYSICAL

FOLLOW US HERE:



@CREATIONZDANCEACADEMY

# #TEAMCDA

IDTA

PRINCIPAL- ZOE LANGRIDGE, IDTA



CREATIONZDANCEACADEMY.ORG

# BOXING DAY DIP

26 DECEMBER \* 11AM \* GURNARD BEACH, SHORE ROAD

We ask brave bathers to pledge to raise a minimum of £10 as they  
#DaretoDip for young people living through and beyond cancer



**ellen macarthur cancer trust**  
inspiring young people to believe in a **brighter future**

[justgiving.com/campaign/emctrustdaretodip24](https://justgiving.com/campaign/emctrustdaretodip24)

  @emctrust

Registered Charity No. 1096491