

# QI Newsletter

Welcome - September 2023

Dear Parents/Carers,

Welcome back everyone 😊. I hope you enjoyed spending time with your friends and family, making some wonderful memories. During the summer break we had the outside of the school repainted, a complete refurbishment of our KS2 toilets, an upgrade to our CCTV and a deep clean! Our dedicated team of contractors, cleaning team and staff managed to get everything complete in time for the school to reopen.

On INSET Day, staff received Safeguarding Training and familiarising themselves with the updates to the Keeping Children Safe in Education guidance. Our updated Safeguarding and Child Protection policies will be available on the 'Safeguarding' page on our website.

On our first day back, during our welcome assembly, I reminded the children of our key Health & Safety messages. They all know they have to walk with their scooter/bike once they reach the school gate and that they must stay away from the wooded areas before and after school.

We look forward to an exciting term ahead and thank you for your continued contribution to our strong partnership. As always, you are always welcome to catch me if you have any questions or feedback you would like to share.

Mrs Allen

## Site Information Update

**The school hours are 8:30am to 3:20pm.** With the exception of those who attend Breakfast Club, there is absolutely no reason for parents and children to be on site before 8:30am, as has always been the case. In order to reduce our Health and Safety liability, we are taking measures to restrict unnecessary access to our site outside of the school operating hours. As a result, the Burnside pedestrian access is restricted to the same opening times as the Aintree Gate for morning drop off and end of day collection.



**PUSH  
TO OPEN**

**The Burnside Gate will be unlocked (push gate to open) for Breakfast Club access between 7:40am and 8:00am. At 8:00am the gate will be locked.**

**Aintree and Burnside Gates are unlocked (push gate to open) between 8:29am and 9:00am and 3:10pm to 4:45pm.**

**NOTE: If you need access via the Burnside Gate when it's locked, you will need to request access via the intercom from 8:00am onwards.**

There is access via our main entrance at Cornelius Drive from 7:40am to 4:45pm (and later when we are hosting an event).

## Communication from School to Home

Here's a reminder of what you need to know:

1. **QI Newsletter** → whole school events - sent out from Teachers to Parents on the last working day of every month
2. **Year Group Newsletter** → year group specific - sent out via the Year Group email at the start of each half term
3. **Teachers2Parents Text Messages** → adhoc messages to individuals, reminders about events previously communicated in newsletters and links to information on our website etc.
4. **QI website** → this is kept up-to-date and holds a wealth of information including an up-to-date calendar of events, after school club info and feedback/booking forms and/or questionnaires via the 'Contact Us' page etc.



We put a lot of time and effort into our written communications, which are the primary source of information for our Parents/Carers, so please, please make every effort to read them. We also ask that, to avoid disappointment or embarrassment, you meet the deadlines we set, as late requests add additional workload to our extremely busy team and cannot always be accommodated. We hate to disappoint anyone, so please help us to ensure we don't have to.



Thank you in advance for your co-operation.

## PE Days for each Year Group Autumn Term 2023

Children will need to wear their P.E. kit to school **week commencing 11 September**.

Our P.E. uniform is a plain white t-shirt with black skirt or shorts, black tracksuit bottoms or leggings, and a plain black sweatshirt or hoodie (QI logo items preferred but not essential but no other branded clothing is permitted).

Year Group	Outdoor PE	Indoor PE or Yoga
F	Monday	Thursday
1	Friday	Wednesday YOGA
2	Thursday	Friday YOGA
3	Friday	Tuesday
4	Tuesday	Thursday
5	Monday	Friday
6	Wednesday	Monday

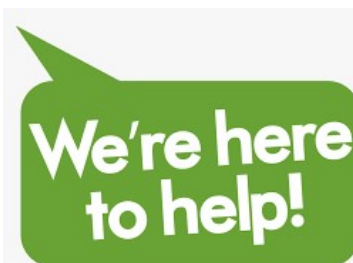
## Staffing Updates

We are delighted to welcome two new members of staff; Mrs Byrne who is supporting our Year 1 learners and Miss Farrell is our new Child and Family Support Worker.

The role of a Child and Family Support Worker is to provide support for parents, carers and families and to help with attendance and punctuality, helping to set up eating or bedtime routines and also help with promoting positive behaviour. The CFSW can also signpost to other services that may be useful to families such as those included on pg3 of this newsletter.

During term time, our CFSW will work in partnership with parents/carers, the school or other agencies to support our families. This aims to reduce current issues and prevent future difficulties and promote a happier home environment, which will benefit the child in school. If you feel you need support with your child at home, please speak to your child's class teacher about the concerns you have or pop into the office to speak to Carla.

Miss Salt will be commencing her maternity leave in the next week or so and we look forward to hearing news of the safe arrival of her baby. We pass on our congratulations to Mrs Burrige on the early arrival of her twin girls – all are doing well. ♥



## Future Dates for the Diary

Please refer to our website calendar for a comprehensive list of all events – <https://www.queensinclosure.hants.sch.uk/calendar/?calid=1&pid=9&viewid=1>

Autumn Term 2023	
6 Sept	Summer Learning Projects due in school to share with the class
7 & 8 Sept	Stay and Play Sessions (with one Parent) for new Year F
11 Sept	First day for our Year F children ☺
18 Sept	<b>NEW</b> After School Clubs commence – for more information, please visit the clubs page on our website before contacting the office - <a href="https://www.queensinclosure.hants.sch.uk/page/?title=Clubs&amp;pid=149">https://www.queensinclosure.hants.sch.uk/page/?title=Clubs&amp;pid=149</a>
20 Sept	'A Day in the Life of ..... ' Information Session for Parents/Carers at 5:30pm to 6pm and repeated at 6:05pm to 6:35pm – please make every effort to attend as information for the year ahead will be shared.

**As always, we communicate year group specific events and information via the Year Group emails.**



# Signposting to Family Support Service

## Family Support Service Timetable September 2023

For more information on courses and to book a place call 02392 441400 or email [Havant.FSS@hants.gov.uk](mailto:Havant.FSS@hants.gov.uk)

Virtual SOS appointments available all term on referral to book please complete L2 R45 form

Havant Family Support is pleased to announce our September timetable. If you wish to book onto one of our courses, please call 02392 441400 or email [Havant.FSS@hants.gov.uk](mailto:Havant.FSS@hants.gov.uk) to speak with one of our workers who can book you a place, please note NVR and ACES require a pre course assessment.

Day	Group Name	Age Group	Time	Venue	Dates
Monday	Family Links Nurture- FSS	Parents/Carers	9.30-11.30 am	Waterloo school	25/9-4/12 (Term Time only)
	Non-Violent Resistance (NVR) - FSS	Parents/Carers	6.00-8.00pm	Sharps Copse	9/10-18/12 (Term Time only)
Tuesday	Adverse Childhood Experiences (Acex) – FSS	Parents/carers	9.30-11.30am	Sharps Copse	5/9-14/11 (Term Time only)
	Talking Tots- FSS	Parents/Carers	10.00-11.15am	Sharps Copse	12/9-17/10
	Talking Teens- FSS	Parents/carers	6.00-8.00pm	Sharps Copse	26/9-17/10
Wednesday	Young Persons ACE's – FSS	8-12 year olds	3.30-5.30pm	Sharps Copse	27/9-6/12 (Term Time only)
	Family Links Nurture- FSS	Parents/Carers	6.00-8.00pm	Sharps Copse	27/9-6/12 (Term Time only)
Thursday	SGO Group	Parents/Carers	10.00-11.30am	Sharps Copse	First Thursday of the month
	Non-Violent Resistance (NVR) - FSS	Parents/Carers	10.00-12.00noon	Sharps Copse	28/9-14/12 (Term Time only)
Friday					

Havant Family Support Service Hub  
Sharps Copse Families centre  
Prospect Lane,  
Havant, PO9 5PE  
Tel: 02392 441400

Hampshire County Council

### Adverse Childhood Experiences (ACE's)

ACE's is for parents who are presenting with trauma related experiences due to events that have taken place in their childhood and/or adulthood. These experiences are having a negative impact on their ability to move forward and make positive, sustainable changes to their lives. As a result, their parenting, mental health, emotional wellbeing and ability to manage from day to day is being restricted. **Young Persons Adverse Childhood Experiences** This is also available for children 12 years and up.

### Resources and tools for supporting young people's mental health

Great resources and tools for supporting young people's mental health and resources and info to give to parents....coping with self-harm, depression, anxiety etc...

[www.cwmf.org.uk/schools-families-resources](http://www.cwmf.org.uk/schools-families-resources)

This website has some great guided meditation that will help with anxiety

<http://franticworld.com/resources/>  
For teenagers and supporting them <https://stem4.org.uk/>

The distract app gives you easy, quick and discreet access to information and advice about selfharm and suicidal thoughts. Find in your APP store.

ChildLine  
0800 1111

TALK TO US  
116 123  
[www.talkto.us](https://www.talkto.us)

YOUNG MINDS  
text YM to 85258  
CRISIS TEXT LINE

### Family Links Nurture Programme

This is a programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course recognises that in order to fulfil our potential, sustain close relationships and enjoy parenting our children we need to be emotionally healthy. The aim is to help parents understand their emotions in order to manage feelings and behaviour.

#### SOS

SOS sessions are bookable appointments to meet with a Family Support Worker to discuss a single issue, these sessions do not take place in the home, but families are invited to attend the centre or local venue. If it unfolds that the needs of the family are more complex, you will be contacted again to advise an Early Help Assessment, so a multi-agency approach can be taken with the family.

#### SOS appointments available all term on referral

#### In times of crisis – all of the following are here to help you

#### Contact the Safehaven

<https://www.easthantsmind.org/crisis-services/adults-safe-haven/> 0300 303 1560; 1800-2200 365 days

#### Call 111

There is a mental health practitioner to help you, 24/7

#### SHOUT Text Line

Text SHOUT to 85258 – available 24/7

#### Visit 'Staying Safe'

<https://staying-safe.net/> by people who have got through similar experiences. Make a safety plan.

#### Tots Talking

The programme is for parents of two-year olds at risk of delayed language. It is aimed towards parents/caregivers of two-year olds who are not using contingent language with their children (who may not say much, who may not respond to their child's interactions).

These parents may be receiving two-year old funding, have older children with SLCN, be first time parents, have mental health issues, be receiving parenting support from other agencies, be concerned about their child's language development, live in an area of social disadvantage. It is not aimed at parents of children already identified as having SLCN or SEND. Children may have identified fluctuating hearing loss, be premature, be late talkers but would not have identified Special Needs.

### Non-Violent Resistance (NVR)

If you are experiencing child to parent violence, you don't have to face it alone. We have supported hundreds of parents, carers and children through our workshops. In 78% of cases, there is a reduction in violent and aggressive incidences as well as improved life chances for children, reduced stress levels and improved relationships at home. We support parents with children aged 5 to 18 years.

#### Talking Teens

The Talking Teens 4-week programme enables parents to build on pre-existing parenting skills and discover new ones. The sessions will help parents understand the impact they have on their teenagers and the influence of adolescent brain development on behaviour. Parents will explore their own feelings, as well as their teenagers, and will develop approaches to – promote life skills. Parents will also consider conflict and positive approaches to boundary setting and problem solving.

#### Solihull Approach

10 free online courses to offer evidence-based information and strategies to support families to understand child behaviours, development and feelings to strengthen relationships. Courses cover the journey of the child from conception through to the teenage years and are available for anyone with caring responsibilities to access.

Learners for both sets of courses can register via the HCC landing page [The Solihull Approach | Health and social care | Hampshire County Council](https://www.hants.gov.uk) (hants.gov.uk). The access code FAMILY for parents/carers and FAMILY\_PRF for professionals are required at registration along with a Hampshire or IOW postcode for unlimited access.

#### Lighthouse Youth Group

Working together we provide a safe, informal and supportive environment for young people to take part in activities with peers, make friends, have fun and access immediate 1:1 support from our experienced youth workers and mental health practitioners.

#### Tuesday – Year group: 6, 7, 8

Session time: 4:30PM – 6:30pm

• Wednesday - Year group: 9, 10, 11

Session time: 5:30pm – 7:30pm

• Thursday - College / 6th form age

Session time: 5:30pm – 7:30pm

Further information can be found on: [www.easthantsmind.org](http://www.easthantsmind.org) or email us at: [cyp@easthantsmind.org](mailto:cyp@easthantsmind.org)

### Self-Help Resources

<https://selfhelp.samaritans.org/>

Use our self-help web-app to track your mood and find practical tips and techniques to look after your emotional health.

<https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/>

NHS-produced self-help guides on a variety of mental health subjects

<https://www.nhs.uk/every-mind-matters/>

Guidance on mental health and wellbeing, including creation of an individualised plan

<https://11ttt.com/>

Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more

<https://staying-safe.net/home>

Particularly useful if you suffer from thoughts of self-harm or suicide. You can create a free safety plan.

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

A collection of resources on a wide range of mental health and lifestyle issues

<https://www.mycompass.org.au/>

A personalised self-help tool for your mental health

<https://www.beyondblue.org.au/>

Information and support to help achieve best possible mental health

<https://www.getselfhelp.co.uk/>

This website provides CBT self-help and therapy resources, including worksheets and information sheets and self help mp3s

Hampshire County Council