

QI Newsletter

Issue 8 | March 2024

Dear Parents/Carers,

As we end another busy term it is always an opportunity for reflection and often celebration. We regularly invite Inspectors and Advisors from the Local Authority and other outside agencies to support our evaluation of the school's performance and it has been wonderful to receive much positive feedback. We have been proud to share the children's progress in their learning, even those tiny steps. We are also delighted that so many visitors, including the Vicars Reverend Chris and Reverend Julie, witness their excellent behaviour and attitudes. Our children are certainly keen to always do their best!

We also welcome feedback on things that we could do even better, so if there is something you would like to share please use the '[Feedback Form](#)' form on our website.

I hope you all have a lovely Easter break and that we get to see more Spring sunshine rather than April showers!

Mrs Allen



New Information

Attendance - whilst we are always monitoring attendance, one area we are keen to improve is punctuality. During the spring term we had 59 children receive at least 1 late mark. A polite reminder to all parents and carers that our drop off times are between **8:30am and 8:40am**. All children need to be in school for when the **register is taken at 8:45am**. We will be looking at ways to assist those families who regularly arrive late to avoid us being required to issue a Penalty Notice of £60.00. Miss Farrell, Child and Family Support Worker can offer support and advice to anyone who struggles with punctuality. If you'd like support with this, please pop in to see Miss Farrell at the office or send her an email (see below).

With formal assessments in May and June, please make every effort to ensure your child is in school every day.

After School Clubs - the '[clubs](#)' page on our website has been updated with the clubs on offer during the summer term. The office receives numerous calls asking when clubs start and finish – the dates are published on the website and detailed on the letters so please make a note of these to avoid making unnecessary calls, thank you 😊.



Mr. Murray (former Planet Education Coach) has embarked on an exciting new venture with the launch of his own business, EdActive Coaching. Our children continue to receive the same exceptional care and support from the trusted team: Miss Rowlands, Mr. Duffy, Miss Harris, and Miss Kilminster.

The EdActive After School Clubs will be booked and paid for through School Money for the summer term to allow EdActive time to establish their own booking system. We're thrilled about this new chapter with EdActive and continuing our partnership.

Comic Relief – Red Nose Day – Thank you to everyone who was involved in pyjama day to raise money and awareness for Comic Relief - we were amazed to see the vast collection of oodles the children own! Thank you to all who donated, we raised over £300.

World Book Day at QI – We now have a wonderful selection of World Book Day projects displayed in the library for everyone to see, following the home learning project we gave the children over February half term. The effort that went into these was much appreciated, thank you QI learners! We loved seeing everyone make such an effort to dress up for World Book Day, it was clear that many of the children enjoyed the day. Please remember that our PTA will be collecting any outgrown/unwanted outfits throughout the year so that we can recycle them for next year. 😊

Staff Changes – We are very sad to be saying farewell to Mrs Sadler after 13 years of service at QI – she has always been a valued member of the team – we wish her every success for the future.

Governors – We are delighted to welcome Mr Oliver Dockerill to our Governing Body as a Local Authority Governor. Governors come from all walks of life and different backgrounds and possess the skills required to contribute to effective governance and the success of schools. If you or anyone you know has some time to volunteer, please register your interest via email to governors@queensinclosure.hants.sch.uk.



School Photos – we are trialling a new school photographer, Fraser Portraits, to take individual and class photos during the school day on **Thursday 23rd May**. There will also be an opportunity for parents to book a time slot for sibling and/or family photographs after school on the same day. Fraser Portraits will contact the school 2-3 weeks before the scheduled date with further details of how parents book an appointment for the family photographs.

Child and Family Support Worker

A simple approach to a happier home.... 'Back to Basics'

“When a flower doesn't bloom, you fix the environment in which it grows, not the flower.” - Alexander Den Heijer

Continuing on from the last 2 months of looking at getting 'Back to Basics' we are looking at ways to be more active. With the Easter Holiday coming up this could be a great opportunity to get out as a family and get moving!

The NHS says that whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

Exercise and physical activity releases happy chemicals from your brain to your body. This will also help us sleep better.



If you're struggling for motivation, even going for a walk around the block or getting fresh air and playing games in the garden can help. There are plenty of ways to stay active indoors too, have a think of different ways you can do this. Create an obstacle course, play time trial races, build dens, put some music on and play party games like musical bumps or musical statues, have a dance off or practice your best gymnastics skills (space permitting!).

Look into what our local leisure centres are running, sign up to a new club, make it a mission to visit a new park in the area. There are lots of ways you can encourage your child to be active, and we all know that after a long day at school many children crave a way of being able to burn off some energy. Being active will support this.

If you'd like further support with this, please pop in to see Miss Farrell at the office or send her an email CFSW@queensinclosure.hants.sch.uk

Curricular Enrichment Events

Havant and Waterlooville Sports School Partnership - The following sporting events were attended:

- 10 boys from Year 6 attended a football tournament. Despite the rain, which had been forecast to stop, the boys showed lots of resilience and played lots of mini games, qualified for the silver league and finished 6th overall.
- 10 children from Year 2 went to an Alternative Sports festival. All the children thoroughly enjoyed their afternoon where they tried many different sports including Fencing, Ultimate Frizbee and Roundnet. They particularly loved playing with the massive Kinballs.
- During February, our Years 5 & 6 Girls football team qualified for the County finals. 24 of the County's leading schools competed in this event. Our children qualified for the knockout stages, finishing in a respectable 10th place. All children showed resilience and tenacity, making themselves proud.
- Year 3 had 10 children attend a gym festival where they learnt a floor routine, tried a vault and had lots of fun bouncing down the trampoline and jumping in the foam pit. It was a great opportunity for some of our children to experience a sport they hadn't tried before.

Thank you to all those children who participated for their efforts and for being such great ambassadors of QI. As always, our great appreciation goes to the staff for organising these events and for transporting the children.



PTA Update

Thank you for the donations of dress up costumes, we hope to make this a regular feature of the PTA calendar and will happily continue to accept good condition pre-loved costumes. Please hand into the office. It was great to see them used at World Book Day.



If you have any second-hand uniform requests, please email ptaqueensinclosure@gmail.com and they will happily look through their stock. We have a good amount of good quality uniform, especially summer dresses, and will hold a **pre-loved event at 3:10pm on Thursday 18th April.**



The PTA have ordered the year 6 leavers hoodies and are pleased each child had a range of colours to choose from. We look forward to seeing the children wearing these when they go on their residential in June.

We would like to thank all those children who submitted an entry in the Easter Egg Design Competition – there were some fantastic creations! A panel of judges from the PTA looked at all the entries and selected a winner from each class. Each winner received an Easter Egg. 😊

A big thank you to the PTA who joined the Easter Bunny to help the special visitor spread some Easter cheer (and chocolate!). It's always lovely to see the children, especially those in Foundation, enjoying the visit.

We would like to thank Sainsburys, Tesco Express and Hancock's Cash and Carry for their generous donations of chocolate that were amongst those distributed to all children.

Future Dates for the Diary

For Year Group specific events please refer to the website calendar –
<https://www.queensinclosure.hants.sch.uk/calendar/?calid=1&pid=9&viewid=1>

Summer Term 2024	
29 March – 12 April	Easter Holiday
15 April	NEW School Meals – parents MUST pre-order lunches via SchoolGrid from home daily by 8:55am. The Dolce is available to view on the Lunch page of our website.
18 April	NEW PTA pre-loved event at 3:10pm on Thursday 18 th April.
22 April	After School Clubs start
2 May	Enforced Closure – Polling Day
6 May	School closed for Bank Holiday
23 May	NEW Class, Individual and Family Photographs
27 – 31 May	Half Term
27 June	NEW KS1 Sports Day (Years F to 2) – 9am until 12 midday (10th July if rained off)
2 July	NEW KS2 Sports Day (Years 3 to 6) – 9am until 12 midday (10th July if rained off)
5 July	School closed for INSET (Staff training)



Feedback - as you know, we welcome feedback all year round so please continue to share your comments, suggestions or questions with us via our 'Feedback Form' located on the 'Contact Us' page of our website

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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