The B 12th May 2023

Learning and Achieving Through Love, **Courage and Respect**

Brighstone C.E.

Dear parents, carers and children,

I don't know where these weeks are going! They always say that time flies when you are having fun... Although, Year 6 may not have felt they had guite as much fun this week with their SATs taking place, but it has been wonderful to see how positively they have approached them. Their sensible and mature behaviours, their focus and resilience and their calm demeanours have been very inspiring. We are all super proud of them. Well done, Year 6!

Over the next two weeks, the Year 2 children will be taking part in their quizzes. We wish them the very best of luck.

I was very impressed with the Year 1 and Year 2 children this morning in Golden Worship. Holly and Quinn won Golden Awards for their enthusiasm and motivation in History, and Mrs Cousins said that the rest of the class have also been like sponges, soaking up all the knowledge about Florence Nightingale and Mary Seacole. Well, my goodness, once I had asked for a couple of facts, the floodgates opened and I couldn't stop them all from sharing all their knowledge. We all learnt lots of interesting facts about Florence and Mary, so well done Bumble Bee class!





I have been equally impressed with Honey Bee class this week, with their impassioned arguments against the plethora of single-use plastic in the world. After reading One Plastic Bag, they have been motivated to write persuasive letters to the CEO of Tesco to urge him to reduce the amount of single-use plastic in his stores. You will see a few examples in this week's Buzz. Let's hope that they have the impact they, and the environment, deserves.

On Friday 14th July, we will be holding a whole school Science Day. We are looking to invite people in who have a science-based career, such as vets, doctors, engineers, gardeners, electricians and more, to talk about their jobs and what they entail. If you are interested in helping us with this, please see more information later in this week's Buzz.



This weekend sees two exciting events take place: the Wolverton Folk and Blues Fair on Saturday, and Walk the Wight on Sunday. The BSA are organising the tea and cake stall once again, so thank you to all those who are helping with this and thank www. you to all who have donated cakes and biscuits to sell. Monies raised from this stall, and part of the profits from the ticket sales, go towards the school, so thank you to all involved.

Lots of hands went up this morning when I asked who was taking part in Walk the Wight on Sunday, so I wish you the very best of luck, and I hope to see you there on this fun day for a very worthy cause.



I wish you all a lovely weekend, and I look forward to seeing you on Saturday, Sunday and then back at school on Monday!

Best wishes,

Mrs Lennon and the Brighstone team



This week's Collective Worship theme is **Friendship—Making time for each** other

This week, we have been thinking about the way that our friendships are strengthened by spending time together.

We heard the story of sisters Mary and Martha. When Jesus came to visit their house, Martha spent lots of time being busy in the kitchen, hoping that Mary would come and help her. However, she spent time with Jesus, listening attentively to everything he said.

Martha was annoyed with Mary, but Jesus told her that Mary was making the right choice in spending time with him and her sister while he was visiting.

How do you spend quality time with your friends?



A Prayer for Good Friendship

Let our friendships be strong, Oh Lord, That they may become a blessing to others. Let our friendships be open, Oh Lord, That they may be a haven for others. Let our friendships be gentle, Oh Lord, That they may bring peace to others. For Jesus' sake,

Amen

By Rt Revd Christopher Herbert



"Encourage one another and build each other up." 1 Thessalonians 5.11

Children in Ye	School Dinners Bague Children in Year R, 1 and 2 are entitled to a 'universal' free school meal everyday. Tuesday Children in Years 3-6 are charged at £2.55 per day. of JPs					
Week 2	Monday	Tuesday	Wednesday	Thurs	sday	Friday
Option 1	Macaroni Cheese	Chinese chicken & Rice	Roast Gammon	Beef lasagne		Fish Fingers
Option 2	Tomato Pasta	Tomato Pasta	Tomato Pasta	Tomato Pasta		Veggie dippers
Dessert	Ice cream	Jelly	Shortbread	Flapjack		Oat cookie

Poetry Corner

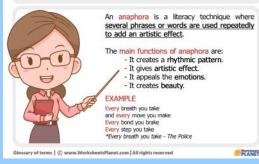


Grammar and Spelling Matters

Each week we will include a mini grammar or spelling lesson so you know what your children are learning!

Figures of speech—anaphora

WHAT IS ANAPHORA?



Can you think of any others, or make some up yourself?

Safeguarding

If you have a concern about a child you can call the police on 999 if you feel they are at risk of immediate harm

Contact us: safeguarding@brighstoneprimary.org.uk Speak with our DSL Mrs Jones in the school office You can contact the NSPCC:

Contact the NSPCC Helpline

If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact us.

Call us or email help@nspcc.org.uk

0808 800 5000

Find out more

Or call children's services 0300 300 0117

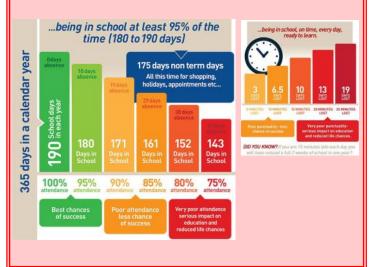
Attendance Matters!

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Week Commencing 8th May Whole School attendance target: 96.5%

Actual Attendance: 94.84%

Late marks this week: 3



Golden Book

Bumble Bee	Holly & Quinn - for their enthusiasm and motivation in History.
	Theo H - for making such an effort with his letter formation.
Honey Bee	Anna & Myles - for working together and showing fantastic teamwork when writing their persuasive letters in English.
lvy Bee	All of Year 6 for rising to the challenge of SATs and still smiling!
Bee-Haviour	Alexander - for doing what is right rather than what is easy and being a great friendship role model!
Sports Bee	William - for showing the school games values, great listening and focus in PE



























Anxiety is when everyday worries take over...

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. Anxiety is one of the most common mental health problems we can face. In a recent <u>mental health</u> <u>survey we carried out around stress, anxiety and hopelessness over personal finances</u>, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from



becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Read more about <u>ANXIETY</u>

Online Safety

SUPPORTING CHILDREN'S MENTAL HEALTH 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

3

The campaign from time to change is great. https://www.time-to-change.org.uk/support-ask-twice-campaig Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belitting, then they will have more confidence to ask the biggest of questions.

BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of actior together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

%!#8

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

PARENTAL CONTROLS





Honey Bee Class

Honey Bee Class have been reading One Plastic Bag, the inspiring true story of Isatou Ceesay, an African woman who started a recycling movement to combat the pollution caused by plastic bags in her community. For years, plastic bags were a cheap and convenient option for carrying goods in Njau, Gambia. However, when these bags broke or were no longer needed, they were carelessly discarded, leading to an unsightly accumulation of plastic waste alongside roads. The stagnant water in the bags provided a breeding ground for mosquitoes and diseases, while the burning of bags left behind a foul smell. The bags also strangled gardens, killed livestock, and polluted the environment.

Isatou Ceesay decided to take action, and she began to collect the plastic bags and recycle them into something new. Her efforts not only helped to clean up the environment, but also provided income for women in her community who had been struggling to make ends meet.

This powerful and moving book showcases the impact of one person's determination and ingenuity in creating positive change. It highlights the urgent need to address the plastic pollution crisis and encourages readers to take action to make a difference in their own communities. We took inspiration from Isatou Ceesay and were inspired to become changemakers ourselves.

We have written letters to Mr Ken Murphy, the CEO of Tesco, to persuade him to reduce the amount of single-use plastic in his Tesco stores.

Here are some of our letters. I am sure you agree, they are very persuasive. We look forward to receiving a reply and hopefully making a positive change!

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Honey Bee Class

Continued...

Friday 12 May 2023 Friday, 12th May 2023 12/5/23 Tris Brighstone I Aided Primary School Brightstope prov a Co auto proving Mr Falcon way Norfalcon way Velwyn Cranter city A 1 7 17W new road New Road Brighstone Brighstone PO30 4BB Mr Ken Murphy Falcon Way Welayn Gorden City AL7 ITW Friday 12th May 2023 poso 48B Friday 12th May 2023 Why I think Tesco Should use M Dear Mr Ken Nurphy, Why Tesco should use less plastice Dear Mr Ken Murphy. I am a member of Brighstone CE Aided privary school and I am currently in year 4. I am learning about a book called One plastic Bay which is set in the Grambia is about who turns, would count, during plastic bags into becautiful cochet puese. We have been shopping at learn along time not binking about how much plastic were writing so we are writing to you with some points to tell you why you should use less single use plastic. I am a student at Brighstone CE Aided Primary school and I am Fin class 3/4. Iam barnig aboat a book called One plastic bag, which is about a girl called Isatou. Who finds plastic bags and crochets them into perses. Recently a new lessos has opend and me and my family are always so exited to go in and obviously I always ask for goodies but I do think you could use abit less single use plastic. Obv:ously littering is bad because it can blow into the ocean and all sorts of sea creatures can mistake it for food, and that perts wildlife! Do you really want this to happen? I are sure that people dop signle use pastic down drains wich can cloy the pipes and people haved to collect t with can is maly unjoin do you really wants to do this? In addition, many people during plastic on structs causing detrining descess from rits. We how I implore you to youse less single use plastic because it is really detrimental for the environment because When it is piled up it is horrendowed horrible. this because people go to giant cities and come horse seeing, sick to you really want this to happen and the poor inorent inorent people get il? to look at, and in poorer countries like the Gumbia they have to burn the plastic to despose it which gives off toxic fumes that can make people ill or maky die if its really herrible. Did you Know, that once plastic has been used people think its usliss so they either during it on the spoor or burn it when could during their lung it they intole the toxic forme gass. for the environment causing global warmenting. this also contributes to When single use plastic is burned it releases toxic fumes that can attract mice and rats which carry fortile deseases that can spread to other countries and towns. If you consider to help us you must, please stop using single use plastic. But I have been to Tesco befor and I did luckily see food in paper bags- and that is what I want to see from now on. Now that you've read ray letter, hopfuly you will consider hypoto stop using plastic for your produce please, or, people might suffer or worse due and do you really Want that? Yours Sincerely, your sincerely Lucy ONE PLASTIC BAG

If your message is **urgent** or about **attendance** contact Mrs Pelosi in the **office**: **01983 740285** office@brighstoneprimary.org.uk Office Hours 8am - 4pm

For general enquiries you can call or email the office, text the school messaging service or send a message to our school Facebook page: <u>https://</u> <u>www.facebook.com/BrighstoneCEPrimarySchool</u> *Our Facebook page is open so you do not need a personal account to view it*

If you have concern regarding

safeguarding or your child's mental health and wellbeing please contact Mrs Jones. You can speak to her on the playground every morning, call into the school office or email m.jones@brighstoneprimary.org.uk safeguarding@brighstoneprimary.org.uk



If you would like to speak with the **Headteacher** Mrs Lennon, you can find her at the school gate every morning or you can call 740285 to make an appointment with her



If you have concerns about your child's **learning** and progress, email the class teacher in the first instance and allow at least 1 working day for a reply:

Years R, 1 & 2 - teacher.bumblebee@brighstoneprimary.org.uk Years 3 & 4 - teacher.honeybee@brighstoneprimary.org.uk Years 5 & 6 - teacher.ivybee@brighstoneprimary.org.uk

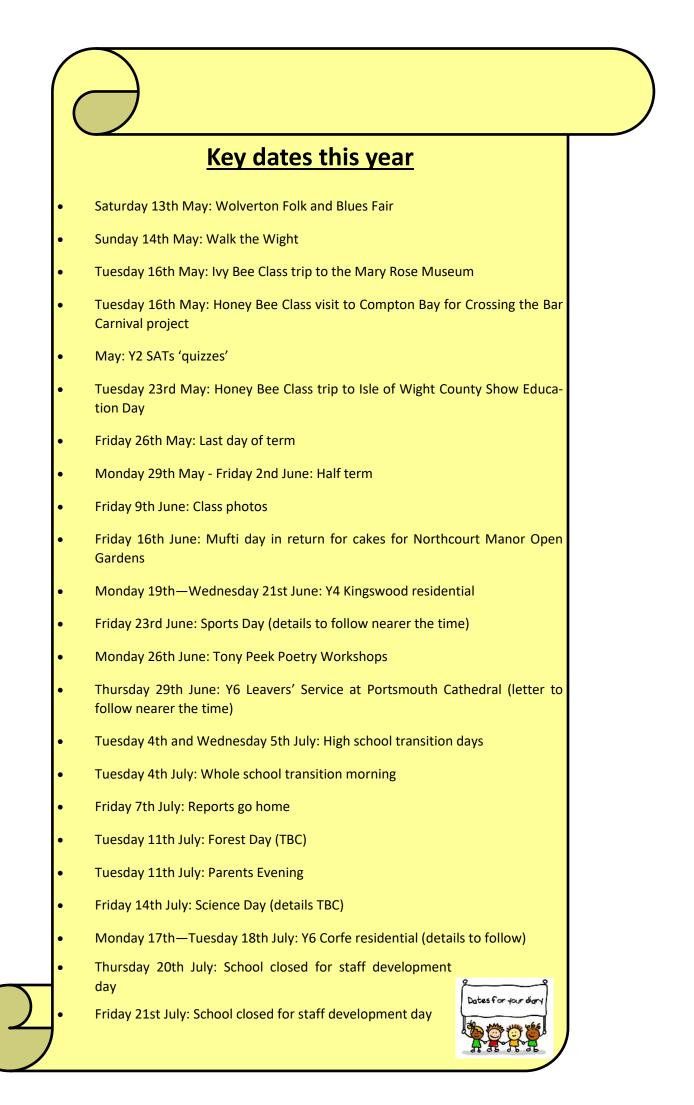
Our Newsletter is published every Friday with key information for parents and carers. You can find it on our school website: https://www.brighstoneprimary.org.uk/category/the-buzz/

If you have a safeguarding concern about a child outside of school hours you can call the police on 999 if you feel they are at risk of immediate harm or contact Children's Services on 0300 300 0117

Gates

The gates will now be closed at 3pm every day, rather than at the end of clubs. Please collect your children from after-school clubs from the hall door, except for the bell ringers (St Mary's Church) and cricket club (Warnes Lane).

Many thanks.



















SWAY Corf Camp Weekend, Eriday, 9th – Sunday, 11th June SWAY young people and their families are invited to the following activities in June at Corf Scout Campsite, Corf Road, Shalfleet, PO30 4NT.

Saturday 10th June: Activities Day: Open to Families and SWAY Young People

- Saturday four June: Activities Day: Open to Families and SWAT Young People (camping ovinght available) 10.30 am Arrival and signing in Team Building Games/ Challenges for the young people School Year 6 and above. Self, help activities such as Volley Ball and Creative table for all ages. 1:30pm-3:30pm Lunch: BBQ or bring own packed lunch/picnic Spm-8pm Kayaking Groups, <u>Please</u>, wear suitable clothing and footwear plus a change of clothes). NB: Changing rooms are available. 8:30pm Home time for non-campers 8:45pm Campfire & Music & Hot chocolate 40pm Bedtime.

10pm Bedtime

Saturday, 10th June Cost: £20 per Young Person, including all activities & BBQ lunch (only £15 for each additional sibling).

Camping and activities on Saturday & Sunday open to young people & families: £25pp (under 11s will need to camp with a parent/ guardian). If siblings camping only £20 for each additional sibling.

Sunday, 11th June: All families and Young People. 10am Walk to Newtown Church from camp 10.30am SWAY celebration at Newtown Church. Drinks provided after Church 12 noon Return back to camp for pack up. 42-30pm Bick up/Sinia 12:30pm Pick up/finish

Cost summary: To Camp (incl. activities) £25 (£20 for each additional sibling)

Saturday Activity Day (no camping) £20 (£15 for each additional sibling)) BBQ only (non activities) per person £5

Please pay by BACs in advance by internet banking using the reference below and let us know when payment has been made: Reference: Surmame Corf South Wight Area Youth Partnership bank account details: HSBC_sout code 40-34-26,

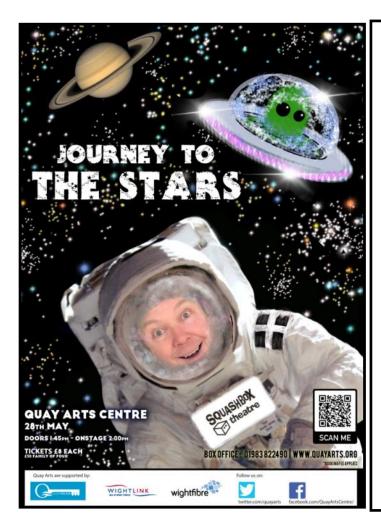
HSBC_spg code 40-34-26, Account 81783211 (We are asking that Adult visitors make a £2:50 voluntary donation towards Corf Camp facilities) Please don't let cost be a difficulty, any questions please email/text Catherine or contact Andy on 07552236067.

Please book by emailing Catherine at swayoffice1@gmail.com for a camping kit list

and more joining details. and more joining details. Let us know if you intend to join in with the family events and to give numbers for the BBQ on the Saturday by emailing Catherine. It will be a great opportunity for young people and families to meet with friends and have fun. Looking forward to hearing from you.



Full details & to buy online - www.tapnellfarm.com/play





Squashbox Theatre presents... Journey to the Stars

Sunday 28th May 2023 @ Quay Arts Centre, Newport Show starts 2pm (*50 mins running time with no interval*) Tickets: £8 | £30 Family of Four

Journey to the StarsI is a marvellous blend of puppetry, storytelling, live music, and comedy, sprinkled with astounding science and astronomy facts, and all contained within an accessible, funny, and unique family show. Join Squashbox Theatre at Quay Arts on Sunday 28th May, for a spectacular theatre performance, suitable for all the family.

Since the dawn of time, human beings have gazed up at the night sky and wondered... What's up there? How far does it go? Does it ever end? Well, wonder no longer! All these questions and more will be answered in 'Journey to the Stars'!

Let Squashbox Theatre be your guide on a journey through the cosmos: across the solar system, past twinkling stars,

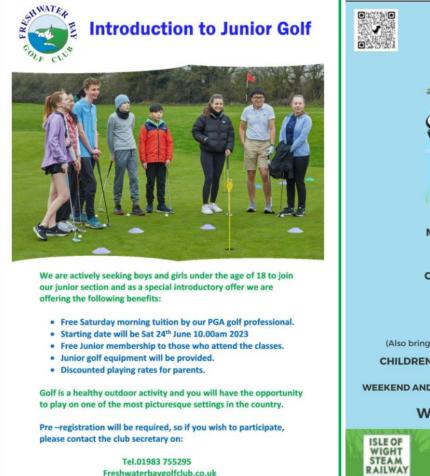
vards distant galaxies... to the edge of space and time itself! Using only silly puppets, ridiculous and unnecessary p ludicrous wigs and assorted fruits and vegetables, Squashbox Theatre will reveal the secrets of the universe!

To Book tickets please go to http://www.quayarts.org or call Box Office on 01983 822490.



Quay Arts, See Street, Newport Harbour, Isle of Wight, PO30 58D | Quay Arts Registered Charity No. 272007 (Steve Ross Foundation for the Art

DON'T MISS



SOMEWILLING STORVLETING FESTIVAL ERSTIVAL

IsloofWightSteamRailway, Havenstreet

MAGICAL STORYTELLING SHOWS

WOODLAND STORY WALKS

COSTUMED CHARACTER STORIES

SHADOW THEATRE

STORYTELLING CHALLENGE

(Also bring your grown up as there will be shows just for them!)

CHILDREN'S TICKETS JUST £10 A DAY OR £15 FOR THE WEEKEND.

WEEKEND AND FAMILY TICKETS ALSO AVAILABLE. TICKETS CAN BE BOUGHT ONLINE OR ON THE DAY.

WWW.SOMEWHEN.ORG.UK







Swimming lessons 4 day week £29.70 Tuesday 30 May-Friday 2 June

Learner Pool

0900-0930 - Non Swimmer Happy to go in the water in armbands. 0930-1000 - Beginner Swimmer Ready to swim without armbands. 1000-1030 - 5-10m Water confident, can swim 5-10m on front and back. Main Pool

0900-0930 – 10-50m Can swim 10-50m on front and back and happy to put face in water. 0930-1000 – 50m+ Can swim min. 50m+ using good front crawl, back crawl & breaststroke.

Tuesday Snorkelling – 1000-1100 – £5.50. Must be able to swim at least 25m and be happy under the water.

Wednesday Raft Racing – 1000-1100 – 6yrs + – £5.50 – Fun and games in teams racing on our specially built rafts. Must be able to swim at least 50m. Climbing – 1300-1400 & 1400-1500 – 7-12years – £15. A fun session suitable for all abilities. Waiver form will need to be completed.

Thursday Sports Club - 0930-1030 - 7-11 years - 25.50 A full session introduction to range of sports, games and activities; including an introduction to Sports Club - 0930-1030 - 7-11 years - £5.50 A fun session with a archery using soft arrows.

Diving - 1000-1100 - £8 Must be able to swim at least 25m, be happy underwater and be able to perform a head first entry into the pool Climbing - 1500-1600 & 1600-1700 - 7-12 years - £15 A fun session suitable for all abilities. Waiver form will need to be completed.

29 May-4 June,

Friday

Mermaids Main Pool 1000-1030 - £5.50. Must be able to swim 25m+ and happy under the water

Mermaids Small Pool 1030-1100 - £5.50. Must be able to swim 10m+ and happy under the water

open Swim Sessions

No lanes, diving boards in use – great for a family swim session. Adults £5.50, Children/under 20s £3. Monday 29 May 1500-1600 Tuesday 30 May-Friday 2 June 1400-1500 and 1500-1600 Saturday 3 and Sunday 4 June 1400-1500

Fun Hours

Fun and floats in our pool. Under 8's MUST be accompanied in the water. £4. Tuesday 30 May-Friday 2 June 1100-1200 Saturday 3 and Sunday 4 June 1000-1100 Tuesday 30 May 1900-2000

Anyone who needs assistance with funding their child's activities please email

ian.mcandrew@westwight.org.uk

or go to our website to find out how to apply, as there is financial support available.

> All activities must be booked in advance including fun hours and swimming. All under 8's must be accompanied by an adult on

the premises during all activities. Swimming pool - book online - to book online you need to register with us on 752168 and we will give you a pin.

Booking terms and conditions

ACTIVITIES

- Payment must be made in full at time of booking
- Users and members are asked to notify us as
- Users and members are asked to notify us a soon as possible if attendance at a booked activity is not possible
 Bookings can be cancelled at any time. No refund will be given for cancellations less than 24 hours before a booked activity Members when do not strend headed Members who do not attend booked
- sessions will be required to pay the cost of a non-member at that session
 We reserve the right to refuse further bookings from anyone who repeatedly does not honour their booking or the terms and
- conditions · Bookings can be made 9 days ahead.
- Children under 8 must be accompanied by an adult on the premises during all activities Minimum age for swimming lessons is 4 years.
- ONLINE BOOKINGS CHILDREN'S ACTIVITIES Only Fun Hour and Open Swim can be booked online
- Users/members must be registered, with a valid email address and issued with a unique PIN in order to be able to access the online booking portal. Please telephone and ask for your PIN and details

 We reserve the right to suspend an online booking account at any time • Bookings can be made online up to 2 hours before the time of the booking. After that time bookings should be made over the

phone Bookings can be cancelled online no later

than 24 hours before the booking. After that time bookings must be cancelled over the

Payments cannot be refunded online. Please call us to process your refund

SWIMMING COURSES

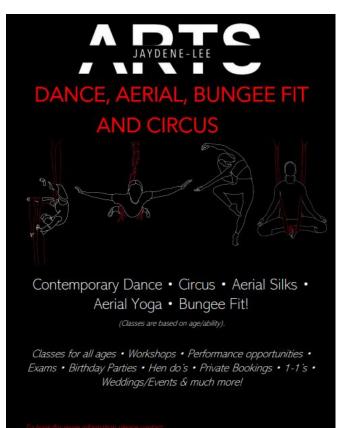
 In the event of a cancellation of a swimming course by a customer, full fee will be retained unless the place can be re-sold, in which case a refund of 80% of the fees or pro-rata if the course has commenced In the event of cancellation by us 100% refund will be issued or pro rata if the course

has commenced

We accept the following payment cards:







nfo@jaydeneleearts.com | 07715450640 | https://biookwhen.c

CEBOOK: @jaydeneleearts1 | INSTAGRAM: @jaydene.lee.art



	and the second sec
We cover the l	the following areas:
We cover the f Southampton Isle of Wight	on New Milton Andover Hart & Rushn

\$ 023 80 224 224 ⊠ hello@breakoutyouth.org.uk breakout_youth_uk @ @breakout_youth 😏 Breakout Youth Project 😭



vww.breakoutyouth.org.uk

Supported by Hampshire County Council Hampshire and Isle of Wight Hampshire and Isle of Wight

NO LIMITS Helping Young People Help Themselves







- 02380 224 224
- 07741 665182
- enquiries@ nolimitshelp.org.uk





SCAN ME

Schools Walk the Wight



FREE Football for Reception and V1 pupils

Where?

The Bay CE **Primary School**



When? Wednesday 4:20pm-5pm

Meet new friends and get active! **Enjoy positive early experiences of sport! Boost confidence and improve social skills!** To book a place, text your child's name and year group to 07594 389531



Registration opens 1 March!

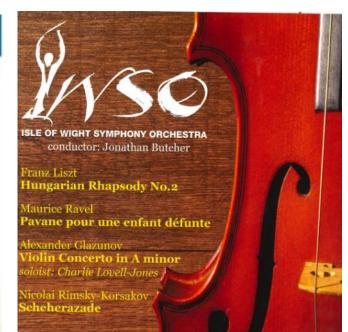
(FR) FUNDRAISING





Please wait to be contacted

OFFER OF FIRST AND SECOND DOSES WILL END AT THE SAME TIME AS SPRING BOOSTERS ON 30 JUNE



Saturday 13th May 202<mark>3</mark> Medina Theatre, Newport 7.15pm

Adults £16 Under 18s £7 includes theatre ticket booking fee) Box Office: 01983 823884 or online at medinatheatre.co.uk iwso.co.uk

WIGHTLINK

Tired Of Swimming Lengths?

Underwater Hockey is a great way to stay fit and still enjoy the pool. No two games will ever be the same, so why not try something different? We promise you won't get bored!



Junior Underwater Hockey

There are many junior Underwater Hockey teams around the country. It's a great way for children to enjoy the game and get some exercise at the same time.

Underwater Hockey is a team sport so there is a great opportunity for children to make some friends along the way.

As long as you are a confident swimmer, you should be able to play Underwater Hockey.

Many clubs have a free taster session! Contact your local club to find out.

How To Get Involved

There are over 100 teams across Great Britain so finding your local team shouldn't be too difficult! There are details below to show you your local team contact.

There are details on our website as well gbuwh.co.uk

Or you can find us on social media, feel free to send us a message, and we can help you find a team.



You can find details for your local club here:

Spaces available in the IW junior team!

Sunday Evenings 6pm - 7pm at the lovely warm Waterside Pool in Ryde

Please contact our friendly and supportive coach Mary at marycockayne@gmail.com

Taster sessions free!

Photo Credits: Chris Alwin, Vicki VanDer Westhuizen Risianova, Gabriel Holguin, Australia UWH, Canada UWH & Spain UWH







What Is Underwater Hockey?

Underwater Hockey is a team game played on the bottom of the swimming pool!

There are two teams competing to get a small weighted puck into their opponents' goal. The game is played exclusively on the bottom of the pool so players need to hold their breath whilst playing.

Team work is so important in Underwater Hockey, each team has 6 players and 4 rolling substitutes.

Players use a small stick to move the puck. This stick is the only way a player can move the puck.

What Equipment Do You Need?

Players wear a mask, snorkel, fins, water polo hat, and glove. Fins allow players to swim much faster meaning the game can move extremely quickly even underwater.

Don't worry though if you want to give Underwater Hockey a try, many clubs have equipment they can lend out to new players.

Who Can Play?

Underwater Hockey can be played by almost any age of player! Junior clubs tend to welcome players above the age of 8 years old. The only real requirement for Underwater Hockey is that you can swim!

Many clubs also offer free taster sessions.





Team GB Underwater Hockey

Underwater Hockey was founded in Great Britain, and the British teams have been to many World Championships over the years.

There are currently 4 different categories, which are then split again into male and female teams. Under 19s, Under 24s, Elite, and Masters.

Great Britain has an amazing history representing their country around the world. With some players having multiple medals to their name.

Underwater Hockey is played around the world, with over 40 countries across 6 continents playing the sport.



Starting on Friday 28th April, Mr Goldsmith will be running eight Dynamos Cricket sessions for children aged 8-11 at Cowes Cricket Club.

The sessions are open to all children aged 8-11 (not just from Brighstone) and will run between 5.15pm and 6.15pm each Friday evening, with the final session taking place on Friday 16th June.

The cost of the eight-week programme is just £20 - to sign up your child, please click on the following link - https://ecb.clubspark.uk/ Dynamos/Course/3967cab0-ff75-4535-94ed-8c5393c65e6e. For signing up, your child will receive a personalised playing shirt, Topps Cricket Attax Cards and access to the Dynamos App.

Any children that sign up could end up as part of the Cowes U11 hardball squad, whilst any girls that sign up will be part of the Cowes U11 Girls Dynamos squad for the 2023 season.



Open to 5-11 year olds

Tuesdays 4 - 4.45pm

Starting Tuesday 23rd May

Phone Ruth on 07917306984 for details or sign up online.





Vectis Rugby club have spaces open in all age groups from U5 to U12 *Every Sunday at IWRFC in Wootton at 10am.* First two session are free Email for more information

Email: vectisrfccoaching@gmail.com www.vectisrugby.co.uk HICTIS RUGBY CLUS

Sessions are all delivered by experienced coaches with first aid qualifications and DBS Checks.

BRIGHSTONE AND DISTRICT HORTICULTURAL SOCIETY HORTICULTURE · COOKERY · ARTS & CRAFTS

CHILDREN'S SHOW SCHEDULE 2023

SPRING SHOW Saturday 1st April

Wilberforce Hall, Main Road, Brighstone 1.30pm to <u>4.00pm</u> <u>Presentations</u> at 4.00pm

125th BHS MARQUEE IN NEW SUMMER SHOW Saturday 15th July

Recreation Field, New Road, Brighstone Marquee opens 1.30pm, Presentations at 4.00pm

AUTUMN SHOW Saturday 7th October

Wilberforce Hall, Main Road, Brigstone 1.30pm to 4.00pm Presentations at 4.00pm

SPRING SHOW

Please state your age on the entry form, then it will be taken into consideration.

- 72. A Painting or Drawing for King Charles's Coronation.
- A driftwood model of a dinosaur. 73.
- 74. 4 Fairy Cakes, made and decorated.
- Floral art An Easter Posy. 75.
- 76. 4 Decorated Rich Tea Biscuits, Coronation Themed (judged on decoration only).
- 77. Handwriting:

God save our gracious King! Long live our noble King! God save the King! Send him victorious, Happy and glorious, Long to reign over us, God save the King.

AUTUMN SHOW

Please state your age on the entry form, then it will be taken into consideration.

118. A Christmas Card.

- 119. 4 Christmas or Halloween cup cakes made and decorated.
- 120. A driftwood reindeer.
- 121. My favourite pot plant, grown by entrant.
- 122. An Autumn painting or drawing A4 max.
- 123. A model made from Lego, no bigger than 30cm x 40cm
- 124. Handwriting:

Rain, rain go away, Come again another day. Rain, rain go away, Little Johnny wants to play.

CHILDREN'S CLASSES

Prize money for children's classes: 1st _f1.50, 2nd - f1, 3rd - 50p. Your age must be displayed clearly, then it will be taken into consideration.

Classes 156 and 163 must be arranged by the exhibitor on site without assistance.

SUMMER SHOW

For ages 9 and under:

- 151. Something new from something old.
- 152. My pet a painting/drawing A4 max.
- 153. My favourite "snapshot" (must be taken by entrant).
- 154. A creature made from a vegetable
- 155. A creature made from driftwood and shells.
- 156. Garden flowers in a teapot.
- 157. A miniature living garden (in a bowl or pot).
- 158. 4 decorated biscuits (judged on decoration only).
- 159. 4 pieces of flapjack, any variety.

For ages 10 to 16

- 160. A miniature scarecrow maximum size 30 cm.
- 161. Still Life a drawing or sketch.
- 162. My favourite "snapshot" (must be taken by entrant).
- 163. A miniature herb garden (in a bowl or pot).
- 164. A miniature building made from driftwood and shells.
- 165. A carrot cake. 166. 4 decorated fairy cakes.

For all ages up to 16

- 167. New class for 2023 Grow a squash any variety.
- 168. Handwriting:
 - Incy, wincy spider climbed up the spout, Down came the rain and washed the spider out,
 - Out came the sun and dried up all the rain, And incy, wincy spider climbed up the spout again.

CHILDREN'S ENTRY FORMS (ALL ENTRIES ARE FREE)

AUTUMN SHOW 2023

Entry forms must reach the Show Secretary <u>no later than Wednesday prior to</u> the show. Please post your entry in the box at The Village Shop, Brighstone or
hand to the Show Secretary at Bluebells, North Street, Brighstone.
NAME (BLOCK CAPITALS) AGE
ADDRESS
PHONE NUMBER
Children's Classes
Please circle: 118,119, 120, 121, 122, 123, 124
Number of entries
SUMMER SHOW 2023
Fata former must enable the Change Constant and Intersting Wednesday, where to
Entry forms must reach the Show Secretary <u>no later than Wednesday prior to</u> <u>the show</u> . Please post your entry in the box at The Village Shop, Brighstone or
hand to the Show Secretary at Bluebells, North Street, Brighstone.
NAME (BLOCK CAPITALS) AGE ADDRESS
BUONE NUMBER
Children's Classes
Please circle: 151,152, 153, 154, 155, 156, 157, 158, 159
160 161 162 163 164 165 166 167 168
Number of entries
SPRING SHOW 2023
Entry forms must reach the Show Secretary no later than Wednesday prior to
the show. Please post your entry in the box at The Village Shop, Brighstone or
hand to the Show Secretary at Bluebells, North Street, Brighstone.
NAME (BLOCK CAPITALS) AGE
ADDRESS
PHONE NUMBER
Children's Classes
Please circle: 72, 73, 74, 75, 76, 77
Number of entries

e Ce HS



What is the Living Well & **Early Help Service?**

We are focussed on identifying and providing support for people before they reach crisis and working with communities to build capacity to provide that support

Working in Partnership to reach all communities of the Isle of Wight

ASPRE Pan Tik gether





West SWight

We focus on the individual - on their strengths, passions and capabilities building on their existing support networks, family and friends within their community







LIVING WELL & EARLY HELP 5 **KEY PRINCIPLES**

- Community
- Resilience

1

2

3

4

5

- Relationships
- **Person Centered**
- Partnership
- We will support people to look for practical solutions wherever possible and focus on what the person can do for themselves using their skills automatically looking for a service response.



CRAFTERNOON SESSION

At the community level, the service will strengthen partnerships between local organisations involved in community wellbeing, including parish and town councils, local community organisations and Islandwide organisations (statutory and voluntary) that operate at local levels.

The aim is to establish semi-autonomous community 'hubs', similar to those already existing in areas like Ryde, West Wight, Ventnor and Pan, throughout the Island. The nature of the hubs will vary, depending on the needs and resources of each area.

BUILDING STRONG COMMUNITIES

We promote and encourage connections, developments and contributions by individuals and the community. By spending time identifying the strengths, passions and capabilities of individuals, services and places we support communities to help themselves and create local solutions.



reception@lweh.org.uk 01983 240732

INDIVIDUALS - EVERYONE HAS STRENGTHS, PASSIONS & CAPABILITIES Everyone within our communities has their or skills, knowledge and passions. Living Well & Early Help identifies, encourages and nurtures individuals to utilise them. Deficit approach define communities and individuals in negative terms. An Asset approach accentuates positive capability to identify problems and activate solutions.

SERVICES - PEOPLE ORGANISED AROUND ASSETS Services are generally professionals or paid services who are structurally organised. They include government agencies and private business, as well as schools, etc. They can all be valuable resources. The assets of these institutions help the community capture valuable resources and establish a sense of civic responsibility



PLACE - PEOPLE LIVE WHERE THEY LIVE FOR A REASON. Land, buildings, heritage, public and green spaces are all examples of assets of the community. Individuals tend to be in a specific place for a specific reason. The people living in a community are most likely to know what its strengths are and how to utilise them

CONNECTION - PEOPLE SUPPORTING PEOPLE. Small informal groups of people, such as clubs, groups and common interest activities are critical to the delivery of the Living Well and Early Help Service. They don't need complicated processes. They are just coming together around a common interest of their individual choice.

VISIBILITY - BEING PART OF THE COMMUNITY.

The Living Well & Early Help workers are based within the community working in agile way within defined localities finding spaces within community hubs, libraries, cafes etc. People Within termined oclambes individually as well as being referred in by any person or service. The Living Well & Early Help service supports people to develop their own solutions and ways of achieving their best possible lives, drawing on family and community resources, before considering commissioned or statutory services. Living Well and Early Help workers invest time in building relationships and understanding what a person's idea of their best life is. It also helps people to develop and build their own capacity and connections, so that they here the service of can stay strong and independent

DEVELOPMENT - INDIVIDUALS CONNECT INTO A COMMUNITY. DEVELOPMENT - INDIVIDUALS CONNECT INTO A COMMUNITY. Living Well and Early Help recognises that the exchange between people sharing their passion, gifts, skills and assets creates connections, and these connections are a vital asset to the community. It takes time to find out about individuals, this is normally done through building relationships, person by person. The social relationships, networks and trust form the social capital of a community. The Living Well and Early Help service knows the value of these assets and the importance of building relationships to increase the social capital within each unique community.