



19th December 2023

Dear Families,

What a wonderful Autumn term it has been. I can't believe the holidays are here already!

Firstly this week I must say a HUGE well done to all of the children and staff for a most wonderful production of A Christmas Carol last week. The show was amazing and the children were incredible. Well done Team Binstead! I hope you all enjoyed the shows as much as I did!

This week the children have all had a visit from Santa himself, bringing them a gift from the Friends of Binstead. Thank you to everyone involved! We were all so excited to see Santa himself making time for us before his busiest days of the year!

The children enjoyed being served their Christmas dinners by staff today and a festive singalong to end the day.



Yesterday our Year 3/4 Football team played a great match against Nine Acres at home. We are very proud of you all. Well done Team Binstead!

And so it remains for me to wish you all a wonderful Christmas break. I hope you all have a lovely rest, make precious memories and Team Binstead will look forward to welcoming you back on Tuesday 2nd January at 8:45 as usual.

Merry Christmas and Happy New Year everyone!

Mrs Chessell



Week 1 menu	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Burger	Roast Turkey	Beef Bolognese	Fish fingers
Option 2	Vegetarian Burger	Vegetable Pastry Roll	Vegetarian Bolognese	Quorn Nuggets
Dessert	Crispy Crackle Bar with Fruit	Flapjack	Carrot, Orange and Sultana Slice	Vanilla Ice Cream

Cheese, Beans or Cheese and Beans Jacket potato, tomato pasta, yoghurt and fruit available every day

There will be new clubs starting in January. The letter will go out in the first week of term and clubs will start from 8th January.

#### Spring Term:

2<sup>nd</sup> January – Back to school

9<sup>th</sup> February– Last day of term

#### **10<sup>th</sup> - 18<sup>th</sup> Feb – Half term**

19<sup>th</sup> Back to school

20<sup>th</sup> & 21<sup>st</sup> March – Parent’s Evening

28<sup>th</sup> March – Last day of term

#### Summer Term:

15<sup>th</sup> April – Back to school

w/c 13<sup>th</sup> May – KS2 SATS week

24<sup>th</sup> May – Last day of term

#### **25<sup>th</sup> – 9<sup>th</sup> June Half term (2 weeks)**

10<sup>th</sup> June – Back to school

10<sup>th</sup> June - Phonics Check week

19<sup>th</sup> June – Midsummer Dance 1.30pm

9<sup>th</sup> & 10<sup>th</sup> July – Year 6 Transition Days

15<sup>th</sup> July – Reports to parents

19<sup>th</sup> July – Sports Day – 1.30pm

24<sup>th</sup> July – Year 6 Leaver’s service 1.30pm (Venue TBC)

26<sup>th</sup> July – Last day of term.

### **Attendance 7.12.23–13.12.23**

EYFS: 89.66% Year 1: 94.83%

Year 2: 95.52% Year 3: 95%

Year 4: 91.67% Year 5: 97.23%

Year 6: 92.76%

Whole School 93.8%

### **Attendance 14.12.23–19.12.23**

EYFS: 88.36% Year 1: 95.69%

Year 2: 90.95% Year 3: 90.83%

Year 4: 89.58% Year 5: 90.52%

Year 6: 93.97%

Whole School 91.4%

Whole School Target: 97% +

Total learning lost due to lateness— 2 hrs 35 min

December 2023  
Christmas edition

# MHST Newsletter

iownt.mhst@nhs.net ~ 0300 365 4010


**Please note the MHST is closed on the 25th and 26th December 2023, and the 1st January 2024.**

Christmas is a time for giving; presents, cards, love and more. Giving can have a good effect on your mental health so this Christmas, why not try these ideas [Youth Trust](#) have highlighted (and some are free):

- Surprise someone
- Compliment someone
- Host a game night
- Volunteer with animals

For some, however, Christmas can be overwhelming; additional social events, less routine, more family gatherings. To help with these extra pressures, [Mind](#) have gathered some tips to help you cope over Christmas, such as:

- Include your regular routine as much as possible if this helps you.
- Be nice to yourself and do what is best for you.
- You can say 'no' to things that you don't find helpful.




Do more of what you enjoy this Christmas to improve your **wellbeing**.

**Music** can lessen stress, and improve sleep.

Talking through your struggles with family and friends can help with Christmas struggles.

Have a break from **social media** as looking at others 'perfect' social media posts can make you sad.



## Services here to help you

Counsellors available 24 hours a day, 7 days a week, online or on the phone. For children, young people and parents.  
Call 0800 1111 or visit [childline.org.uk](http://childline.org.uk)

**childline**  
ONLINE OR THE PHONE, 24/7

Find the help and advice you need. You are not alone.  
[youngminds.org.uk](http://youngminds.org.uk)

**YOUNGMINDS**  
Fighting for young people's mental health

Whatever you are going through, call free at any time on 116 123, email [jo@samaritans.org](mailto:jo@samaritans.org) or visit [samaritans.org](http://samaritans.org)

**SAMARITANS**

Call 111 and speak to a health advisor. A mental health advisor will call you back in a timely manner, based on your need. Alternatively, visit 111nhs.uk and follow the online instructions.

**NHS**



## CHRISTMAS MINDFULNESS

TRACE THE RIBBONS ON THE TREE.  
TRACE UP & BREATHE IN.  
TRACE DOWN & BREATHE OUT.



## Mindfulness...

...is '[paying more attention to the present moment](#)' as well as recognising what is happening inside and outside our bodies. Two main parts of mindfulness are focusing on our senses; tastes, smells, sounds, sights in addition to recognising our emotions and feelings as they are happening.



[The OT Toolbox](#) has created a Christmas mindfulness activity that can help to focus on one thought at a time as well as lessen anxious thoughts.

## Would you like information on how to access additional support regarding your child's education?

Why not attend the Education & Early Help

# Drop-in Session

Come and visit us at the Ryde Family Hub on 9<sup>th</sup> January 2024 between 09.30am and 12.30pm.

To Contact Early Help team please call 01983 823171

To Contact Education & Inclusion Service 01983 823151

 Isle of Wight Council  
[www.iow.gov.uk](http://www.iow.gov.uk)

