



#006  
04 JUNE 2020



MILLFIELD  
PREP SCHOOL

# GRATITUDE NEWSLETTER



## The Gratitude Project

WHO WILL YOU  
THANK?

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WHY WILL YOU  
THANK THEM?

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HOW WILL YOU  
THANK THEM?

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HOW WILL YOU  
DELIVER IT?

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WHO WILL DO  
THE DELIVERY?

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WHEN WILL  
YOU DO THIS?

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Dear Parents,

In our 'beginning of Spring Term' assembly we talked about International Thank You Day, which is on 11 January every year. As one of our key values is to be kind, we thought it would be wonderful if every single Tutor Group in the Prep School could collaborate together in order to say a heartfelt thank you to one person or one group of people who worked hard, silently and without much praise behind the scenes. We called it our 'MPS Gratitude Project'.

At that time, wildfires were burning across Australia and we considered all those firefighters who were helping to save so many people, their homes and so many of the animals whose habitats were being destroyed. Little did we know then that our communities would be finding ways to say thank you to all of our keyworkers across the world as a result of COVID-19 a few months later.

We looked at a variety of experiments surrounding gratitude which had

previously been undertaken. The results of these showed that expressing and receiving gratitude were both beneficial to our wellbeing and mental health, as a result of specific chemicals being released in our brains.

So the challenge was set and I have been extremely impressed by the variety and thoughtfulness of the projects, and the teamwork which has gone into making these projects happen. I would like to express my gratitude to the children for the kindness they have shown, not only as a result of this project but also as result of the situation they have found themselves in during the last few months.

I thought you might like to find out what the children have done over the past few months, and I hope that, having read about our MPS Gratitude Project, you will feel inspired and that we will have brightened your day!

Best wishes and stay safe,

*Mrs Shayler*

# 6HRP

6HRP thanked their **parents**, making them cards to thank them for everything that they do. They also thanked the **lifeguards** for keeping them safe - the children brought in their pocket money to buy them some yummy treats. Finally, HRP thanked two wonderful teams of **doctors**, who have helped members of the group.



# 8CJJ

8CJJ decided that they would like to thank **West Mendip Hospital**. They made a large card, with thanks from around the globe and created a hamper of treats for the hospital staff to share. The staff in the MIU department were truly thrilled and couldn't wait to get stuck in to some sugary treats!



# 7AGS

7AGS delivered two large surgery bags, filled with everything from homemade cakes to Columbian ground coffee, as well as personalised cards, to the amazing **staff in surgery**. **Oliver** delivered a small speech and **Harriet** put all the cards together in a frame.



# 7DBS

7DBS chose to send a video message to the charity **Help For Heroes**, along with delivering boxes and boxes of chocolate Heroes to all the staff at the charity.





# 3GFR

3GFR recorded this wonderful video to thank everyone at **Cancer Research UK!**



# 5BJD

5BJD decided that they would like to thank the **Queen**, for everything she does. Read their letter by clicking on the icon.



# 8ANH

8ANH said thank you to the **groundsmen**; Tom, Joe, Mike, Finley, Colin and Acker, who maintain the beautiful grounds here at Millfield Prep. They hosted tea, coffee, milkshakes and lots of cakes in the Junior Hall, as well as giving new pairs of gloves to the team. The groundsmen were very happy and took away huge goodie bags of cakes and biscuits.



# 3VAS

3VAS made cards and wrote poems for all **the staff who look after the children in the boarding houses**. They also put together bags of treats for the boarding house staff. These were presented to Mr Stubbs, the Director of Boarding and then they were distributed to each house.



# 6BVG

6BVG said thank you to **Lynn** for her care and support in the changing rooms and in golf. The group surprised her with a cake, a card and a song. It was a real surprise and Lynn felt very emotional.





# 8TWF

Members of 8TWF volunteered their time one evening to clean the school buildings, to help and give thanks to the **cleaners**. They wrote them a card and left them a cake as a surprise, which the team were extremely thankful for.



# 7RAC

7RAC decided individually to thank members of their local community. They thanked **teachers, sports coaches, catering staff, matrons, houseparents, the staff at the stables, the school counsellor and a local friend who had helped since their move to UK**, and more!

# 8DSH

8DSH sent a thank you card to the **Catering Department**, for all their hard work looking after us.

# 7STH

7STH made a donation to the **Yeovil Bloodbikers** in appreciation for all the voluntary work they do supporting local hospitals.

# 5EAR

5EAR decided that they would like to thank the **grounds staff** for how lovely they make the school look and for keeping everyone safe in it. They made a card and some cakes and sent all the ground staff this video.



# 6BAM

6BAM wanted to show gratitude for the **catering staff** in school who prepare lovely nutritious meals for us each day. They decided to find out how to say thank you in lots of different languages and made a beautiful card which they presented to our catering staff. It was gratefully received.

# 8LSF

8LSF wrote weekly thank you notes to **teachers, friends, family and members of the Millfield Prep community**.



# 7JEH

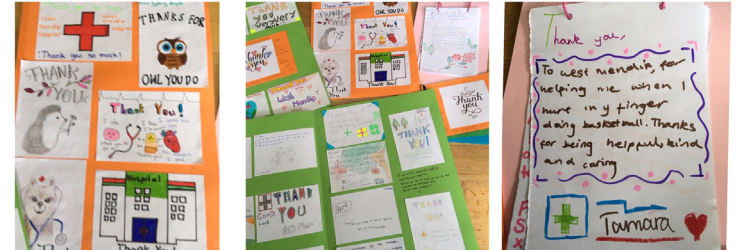
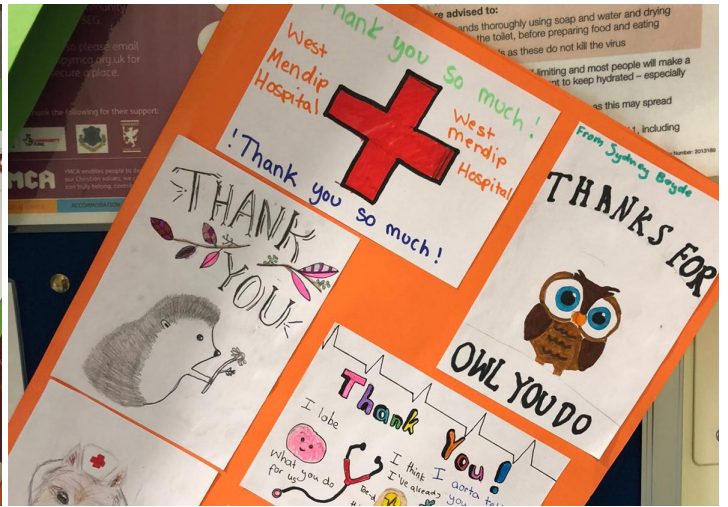
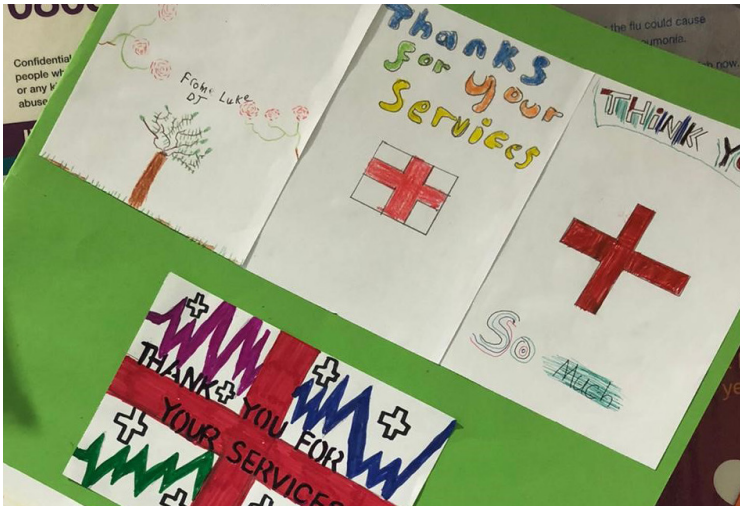
Members of 7JEH made and delivered chocolate hampers to the **Yeovil Oncology Unit** to say thank you!





# BOARDERS

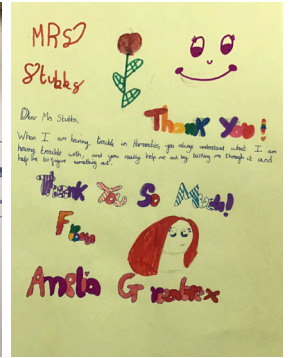
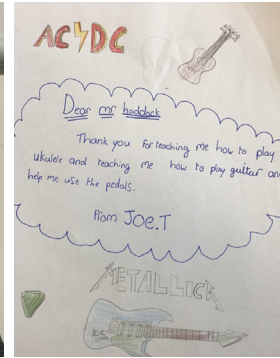
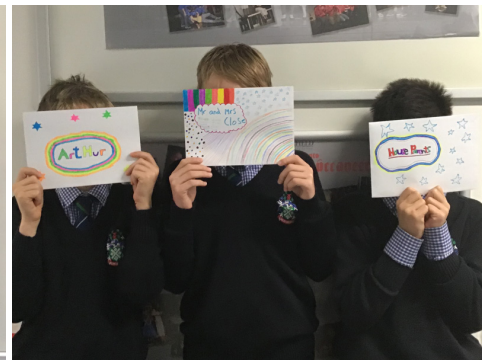
Boarders from all five boarding houses created a number of beautiful thank you notes and cards which were delivered to **West Mendip Hospital**. The staff were extremely grateful, and have proudly displayed the cards and notes in their staff area, so that everyone can read the wonderful messages that the boarders wrote for them.





# 6SAL

6SAL wrote a letter of thanks to **someone in the tutor group** and **one other person of their choice** and spent time decorating them.



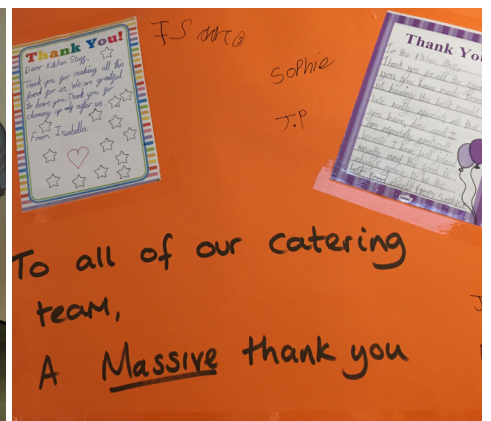
# 5HCG

5HCG thanked the **medical staff** for keeping everyone safe. They surprised Mrs Hancock in the surgery with a card and sketches to say thank you. Mrs Hancock sent the children a lovely email to show her thanks. They also thanked the **security team** for all their hard work. They designed a card and surprised Mrs Tucker and her team!



# 4ESH & 4MCJ

At the end of last term, 4ESH and 4MCJ teamed up and presented the **kitchen staff** with trays of homemade tiffin and a card to say thank you for all they do for the Millfield Prep community!





## 8CMB

8CMB thought long and hard about someone they wished to thank for making their lives better. Everyone wrote a special message and a thank you. The cards were sent out across the world or carefully taken home. We hope they have brought some warm feelings of happiness and have shown the recipients how truly appreciated they are.



## 8DEH

8DEH collected supplies (towels, gloves, blankets and food) for the **Hedgehog Rescue Centre**. Midge, their rescued hedgehog, has now gained sufficient weight to be released back into the wild.



## 8AYC

8AYC made cards to show their gratitude to the school's **administrative staff**.



## 7TMS

7TMS are very thankful to the **grounds staff** for keeping our surroundings looking so beautiful and the pitches in good condition. Early on, another tutor group gave the grounds staff a big thank you, so we thought we should wait until the Summer Term to deliver our big thank you! Alas - it was not to be, but thank you grounds staff from 7TMS!

## 8PTM

8PTM wanted to say a big thank you to the **grounds staff** at Millfield Prep, who tirelessly and in all weather conditions prepare and maintain the grounds, gardens and sports pitches. They wanted to thank them for doing such a brilliant job keeping everything at such high standard. We were aware that maybe other groups may be thanking them, but the overwhelming feeling within the group was so strong, that you can't thank someone too much! We made a short video with each of the tutees from 8PTM saying thank you from different locations around the grounds, gardens and sports pitches.

