



NEWSLETTER



PICTURE OF THE WEEK

This week's Picture of the Week is this excellent pencil drawing of an otter by **Luc M 6BAM**.



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RED NOSE DAY

We will be supporting Red Nose Day on Friday 19 March.

Pupils are invited to wear home clothes for the day - especially red attire to show our support for Comic Relief! Year 7 and 8 pupils will still need to wear masks.

A donation of £2 is suggested, which will go directly to Comic Relief and the amazing charities that they support.

ONLINE SAFETY UPDATE - SOCIAL MEDIA

With the undoubted increase in social media usage for our older pupils during the current period of lockdown, we thought some of the information [here](#) might be of interest to you.

WAYS TO WELLBEING PODCAST

Millfield's Director of Sport, Dr Scott Drawer, has recently launched a podcast, Ways To Wellbeing.

The podcast explores wellbeing and positive mental health through sport. Listen to the first three episodes [here](#).

'HOW TO INVENT YOUR OWN LANGUAGE' - THURSDAY 4 MARCH, 7.15PM

This talk about How To Invent Your Own Language by Professor David Adger from Queen Mary's University is suitable for Year 7 and 8 pupils.

If you are interested, please email trancart.c@millfieldschool.com.

SAILING DISCOUNT

The company our pupils learn to sail with are offering us a 10% discount on their Easter holiday courses.

Click [here](#) for more information.

FACE MASKS

A reminder for pupils in Year 7 and 8 to bring a mask and a spare into school due to increased Government guidance on wearing masks if you cannot socially distance in classrooms. Click [here](#) for further guidance.

PARENT TIPS FOR A SUCCESSFUL RETURN TO SCHOOL

It is likely after another long period of staying at home and children learning remotely, your child will be feeling mixed emotions about returning to school. Here are some tips on how to support their transition back in to school life.

Ask your child how they feel

Ask your child how they feel about returning to school and try to answer as many questions that they may have. This may be good to do on a walk or whilst colouring. Communicate empathy and understanding to how they are feeling. Reassure your child that their friends and even some adults are likely to be feeling the same. Being able to talk about their concerns, will help your child stop going over them in their head. For activities and conversation starters see link [here](#).

Make a plan

Your child may be feeling anxious about leaving you as they have most likely spent more time with you recently, compared to what they would do in usual times. Come together and make a plan for what your Monday morning routine will look like. A good start to the week will help them settle in for the rest of the week. Structure and routine is an important way that children manage their anxiety and other emotions. Take the pressure off yourself and prepare what you can well in advance, such as uniform and school bags. Leave your Sunday free to spend quality time together.

Sleep

It is natural that your family routine may have changed over the lockdown. Re-establish routines around sleep gradually before returning back to school. If sleep quality is poor, the ability to cope diminishes and could make any anxiety worse.

Be the swan

Swans glide across water whilst frantically paddling underneath. We need to be the swan and try not to let the children see us frantically paddling. Plan ahead for you and them so you can be calm if they're distressed. Being able to manage our own emotions and triggers will help defuse any meltdowns.

Think ahead

Children often feed off their parent or carer's actions. How you talk and respond to their return to school will likely be their cue for how to feel about it. Stay positive when talking about their return to school. Give them hope by identifying the things that can provide them with excitement in the future.

Seek support

Small amounts of anxiety are natural and is often healthy, however if anxiety is significantly impacting our day to day life for prolonged periods, this is when we should seek additional support. If your child is struggling to get back in to school life or is struggling whilst at school, reach out to your child's GT or HP in the first instance. There is lots of support available and we are always happy to help. Also remember anxiety can be portrayed in many forms such as anger, irritability and inability, but hopefully coming back into school and establishing familiar routines will be a great help.

We are all looking forward to having the children with us for the next two weeks and can't wait to see them all.

FAIRTRADE FRIDAY



by Noelle D in Year 6



by Arlo J in Year 8



by Masha Z in Year 8



by Frankie Y in Year 7



by Dorian L in Year 6



I enjoyed making Fairtrade ice cream sundaes and it made me think that it is important to buy Fairtrade things. I had Fairtrade mini eggs, chocolate and ice cream.

- Florence



by Annabelle S in Year 8



by Oliver T in Year 8



by Alex T in Year 6



by Oliver S in Year 8



by Tabitha O in Year 7



by Henry M in Year 6



by Pippa M in Year 5

A huge thank you to pupils, parents and staff who got onboard with Fairtrade Friday. So many pupils submitted photos of all sorts of delicious goodies that you made with Fairtrade ingredients. These ranged from smoothies and cakes to whole meals! It was wonderful that we could share this time with our families too - I certainly enjoyed cooking with my children. Our next challenge is to see if we can keep these swaps in our future shopping. - Reverend Kitto



by Jamie H in Year 8



by Sebastian G in Year 5



by Max E in Year 6



by Flynn E in Year 4



by Herbie, Monty and Dixie C



by Dylan and Harry D



by Fredi D-H in Year 5



by Lucy C in Year 8



I enjoyed making all of the food because I made cookies, banana cake, and a banana and coconut milkshake! I used Fairtrade sugar, banana and chocolate, and local eggs from our chickens!

The cookies tasted amazing, the banana cake tasted like a cake but with bits of banana inside! The milkshake was also amazing, it had that coconut taste with that banana!
- Posy



by Oliver A in Year 8



by Gracie T in Year 6



by Toby W in Year 5



by Kaila P in Year 4



by George P in Year 4



by Poppy P in Year 7



by Iona, Lois and Hugh M



by Sam M in Year 5



by Jasmin R in Year 8



by George M in Year 8



by Archie M in Year 7



by Alexander L in Year 5



by Hester and Tilly J

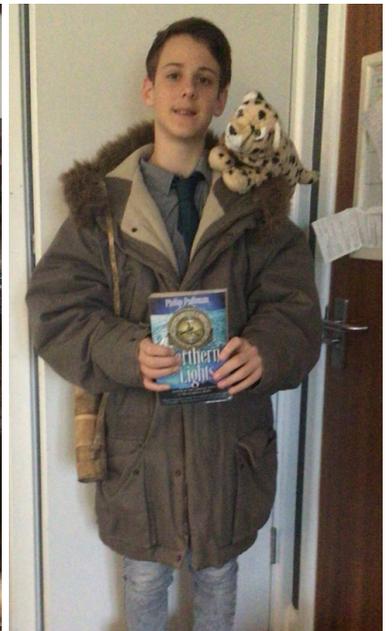


by Wills J in Year 4



by Sam K in Year 8

World Book Day





COMMUNITY SUPERSTAR

James P has been making cupcakes at the weekend and selling them in his village, with all profits going to charity. James has made £25 so far! James is now taking orders for next weekend, as his cupcakes were so popular. Well done, James!



STORYTELLING COMPETITION WINNERS

Well done to everyone who entered the Storytelling Competition! We were amazed by the number and quality of the entries that came in and it was a very hard decision. Congratulations to our winner, runner up and finalists! Watch our winner **Kaila's** entry by clicking the icon.



Final winners:

First place - **Kaila P**,
Year 4

Second place - **Zen K**,
Year 7

Year Group finalists:

Year 3:
Layla K
Lowri S-M

Year 4
Kaila P
Hester H

Year 5
Seb G
Isabelle P

Year 6
Vienna T
Charlie L

Year 7
Katriel C
Zen K

Year 8
Scarlett B
George M

NATURE CLUB

Frederick H made [this fantastic quiz](#) as part of the Saturday Nature Club.



MARVELLOUS MATHEMATICIAN

Three of our top mathematicians competed in the UKMT Intermediate Maths Challenge, alongside pupils in Years 9, 10 and 11, at Millfield.

Freddie B achieved an outstanding score of 67, one mark off a Silver certificate.

Only three pupils in Year 9 and four pupils in Year 10 achieved a higher score in the challenge. An incredible achievement considering he is three years younger than the majority of participants!



HOUSE PHOTOGRAPHY COMPETITION

Introducing the 2021 Inter-House Photography Competition!

Any pupil in Years 3-8 can enter, with one photo per pupil. Everyone will also receive a house point for their entry.

The theme of the competition is 'New Beginnings'.

The photo can be taken on an iPad, phone or camera and must be uploaded to Showbie in your House folder by 9.00am on Wednesday 17 March.

Good luck, everyone!

Chaplain's Thought of the Week

Let's start with a simple question - what makes you happy?

Some of you may have watched the recent TV series *The Masked Singer* or you may have seen this through news feeds or social media. The 2021 winner was Joss Stone, masked as Sausage (and chips). In an interview after the finale of the series, Joss Stone reflected on the concept of the show and then went on to speak about her happiness scale. She said that, wherever she has the choice, because some things we cannot avoid, she will only choose to do those things which rate five or higher on the happiness scale of one to 10! What's on your happiness scale? Are you thinking one up right now?

The writer, Eckhart Tolle, suggests that "Pleasure is always derived from something outside you, whereas joy arises from within". Richard Wagner, composer, said "Joy is not in things, it is in us". He also suggested that art "Proceeds from God". We may find happiness in watching sport or a series on the TV, listening to music, the lengthening days or birds singing as spring approaches.

Or does joy come from within? Joy can be prompted by the external, yet may also just sneak up on us through something completely unexpected as we pause, reflect and think. So, what makes you happy? Where does your inner joy come from?

Lent, the Christian season we are now in, can sometimes be seen as austere, a time for refraining, for giving things up. Instead, let us see Lent as a time for us to find joy within ourselves. Maybe we have committed time to reflect more, to look within rather than to the outside, to find a joy that proceeds not from 'things' but rather from connecting with something more spiritual, from connecting with God.

In his letter to the Romans, Paul wrote, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (The Bible, Romans, chapter 15 verse 13). Whether you have any faith or none, we can all benefit from finding a source of joy, peace and hope. Perhaps this Lent will be the season in which you can connect to that source.

A Celtic Prayer on Joy

*As the hand is made for holding and the eye for seeing,
You have fashioned me for joy.*

Share with me the vision that finds that joy everywhere.

In the wild violet's beauty;

In the lark's melody;

In the face of a steadfast man;

In a child's smile;

In a mother's love;

In the purity of Jesus.

Amen

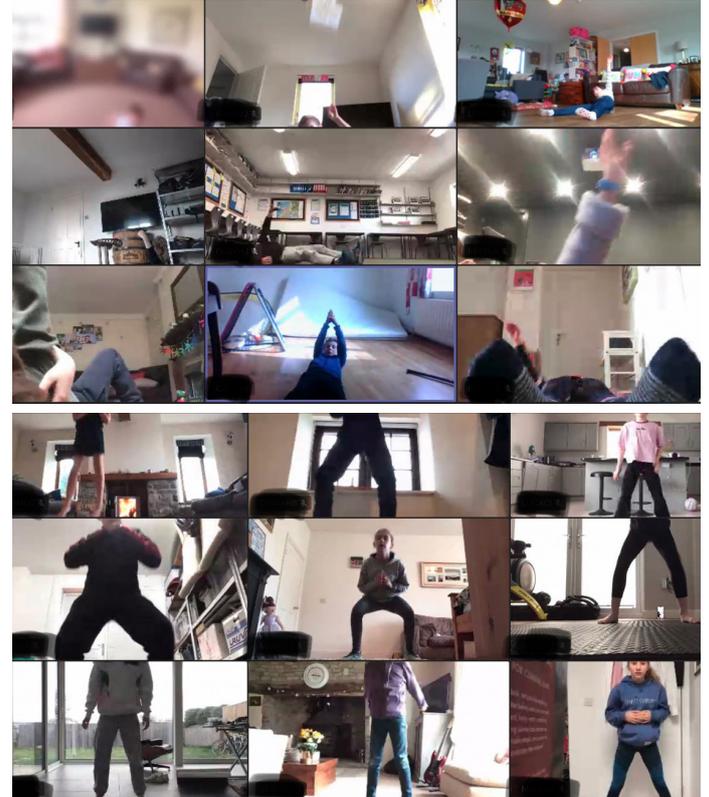
A Maclean, Hebridean Altars, Moray Press, Edinburgh, 1937 (Modified)

Wellbeing Tip for the Week: Enjoy thinking up your happiness scale and rating things which make you happy! Encourage others to do the same and maybe share opinions on some of your favourites. In a quieter moment, reflect on what brings you deep joy. Look at the weeks ahead, including after Lent or lockdown, and consciously plan time into your calendar to connect with happiness and the source of your deep joy.

- Reverend Kitto

Year 3 have been fantastic during their remote PE sessions and they played a game of Virtual Pirates in their final session. They are trying to be submarines! Can you see the periscopes?

Year 6 finished off their remote PE sessions with a tough circuits workout. They are definitely fitter than five weeks ago and we now look forward to being able to work in safe groups outside.



YEAR 7 MARBLE RUNS

The Year 7 marble run project has come to an end with some fantastic effort being shown by the pupils. What has been particularly impressive is the resilience shown by many to overcome set backs and challenges along the way. [Here](#) are a few of the many successful runs which were completed. Well done to everyone and congratulations on the successful runs.



BRILLIANT BIRDS

On Wednesday afternoon in Year 3's Forest School session, the children discussed the many birds that are building their nests this time of year, especially magpies. The children then became magpies in their own homes and gardens and went on the hunt for anything that caught their eye, to create their own cosy and warm nests for toys and themselves! When snuggled in their own nests they listened to the story *The Magpie's Nest*.



YEAR 6 DOMES

Year 6 have been working hard in Design Technology, measuring accurately and building these structurally sound geodesic domes. Well done to all for completing this challenging task and following all instructions carefully.



CRAFTY CREATIONS

Pupils have been showing their creative side in Design Technology by putting old toilet rolls tubes and drinks cartons to good use. Why don't you have a try and see what you can create?!



We're looking forward to welcoming the Berewall boys back to the house very soon! Wishing **Harry** a Happy 13th Birthday! Here are some photos of what the boys got up to over February half term and one of our mid-week catch ups.



CHESTNUT

Excitement has been building since the Prime Minister's announcement that schools would be reopening. The final Tuesday lunchtime catch up of lockdown was even noisier than usual! We have a few boys that will not be back until the summer term, due to the quarantine timings, but we will have most boys from Sunday! The house will soon be full of the sounds of fun and laughter. They have enjoyed being at home, but are looking forward to getting back to Chestnut.





NEWSLETTER



A Message from the Head of Pre-Prep

Dear Parents,

We are so excited about welcoming all children back into school on Monday. They have been absolute superstars during this lockdown and we would like to thank you for all of your support and understanding during this time. Please remember to wear face masks, socially distance and supervise children at all times. The one-way system will be in force again from Monday, so please follow this at all times. Please park considerately and leave the car park immediately after drop off and collection time. Pre-School will be using the rainbow door. Reception, Year 1 and Year 2 are to use the main entrance.

We look forward to seeing you on Monday:

- 8.00am – 8.10am – Early Birds for working parents
- 8.30am – 8.50am – Pre-School, Reception, Year 1 and Year 2

- 3.15pm – End of school day for Pre-School and those not attending clubs
- 4.00pm – End of After School Club
- 5.15pm – End of Late Club (Collect from rainbow door)

- Mr Jory



STARS OF THE WEEK

Well done to this week's Pre-Prep Stars of the Week, who will receive a certificate from Mr Jory:

Pre-School
Ottilie H
Isaac A

Everyone in Reception, Year 1
and Year 2 for your amazing home
learning!



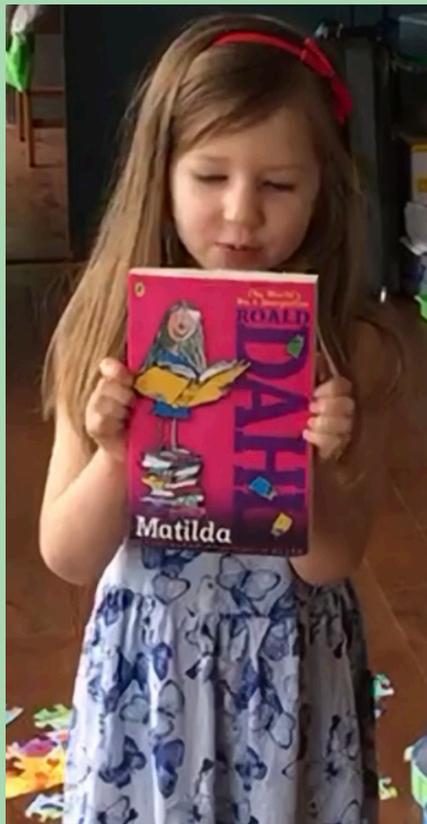
FROGS

BRILLIANT BOOKS

The Frogs have been celebrating World Book Week. They chose their favourite book and painted a character from that story. They told us why they liked the story and described the events and characters. As part of an adult-guided activity, the children had to think about the shapes they needed to draw and the different colours of that character. The Frogs really took their time and studied the pictures they were copying. The children chose characters from *Stick Man*, *Room on the Broom*, *Whiff*, *Six Dinner Sid* and *Dinosaurs Love Underpants*, to name a few. We would like to welcome **Zoe** to Pre-School!



World Book Day

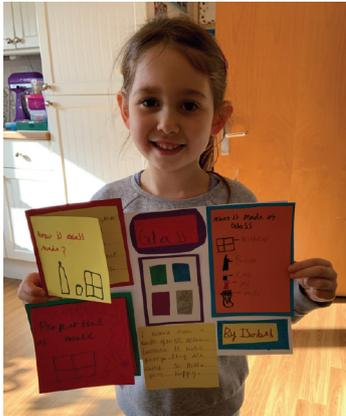


YEAR 1
MARVELLOUS MATERIALS

To conclude their topic on materials, the children were asked to make a fact file. They chose which material to research and added to their fact file each day.

On the last day, they had to design something which could be made with their chosen material.

In Science, the children have been learning about night and day. They made these revolving night and day plates in their art lesson. Great work, Year 1!



YEAR 2
DELIGHTFUL DRAGONS

Year 2 had a super week finding out about dragons. They have written dragon poetry, created missing dragon posters and used PurpleMash to paint pictures of their own dragons. The level of detail they included was very impressive. They also had a class vote to name the first lambs born on Ms Denbee's farm. The children chose Tommy and Fluffy! Below is a photo of Tommy the day he was born.



TADPOLES
GREAT GREENGROCERS

The Tadpoles have been really busy at the greengrocer's; shopping, counting and paying, which led onto some children painting a rainbow with the vegetables. They also enjoyed making the most of the wonderful weather, having the amazing grounds to themselves for the last week and making some wonderful sounds with the outside instruments. Everyone had great fun, but the children are really looking forward to having everyone back. A special thank you to the catering, grounds and cleaning staff for helping to keep the Pre-Schoolers safe while they have been in.

