



#002
10 JUNE 2021



MILLFIELD
PREP SCHOOL

GRATITUDE NEWSLETTER



The Gratitude Project 2021

WHO WILL YOU THANK?

WHY WILL YOU THANK
THEM?

HOW WILL YOU THANK
THEM?

Dear Parents,

We began the Millfield Prep Gratitude Project last year before the pandemic; it was so successful we decided to carry on saying 'thank you'. Saying 'thank you' is the simplest way to say 'I appreciate you'. People also feel more motivated when they are appreciated and praised. It reinforces that you recognise their effort and may even encourage them to go the extra mile. Research has determined that people who are appreciated by a simple thank you demonstrate a 50 per cent increase in their willingness to help. Grateful people tend to have lower blood pressure, improved immunity, healthier hearts and better mental health. Every time you express or receive gratitude, your brain releases dopamine, making a recurring connection between the action and feeling good. It also helps reduce stress reactions in your body. Therefore the gift of a thank you is positive for both giver and receiver: for the giver, it creates a positive emotional state that supports the release of feel-good brain chemicals, and for the receiver it can positively impact their social value, and increase self-worth and the likelihood they will want to help the thanker.

"We must find time to stop and thank the people who make a difference in our lives". John F. Kennedy

So, I would like to say 'thank you' to all our parents, staff and pupils who have done their bit during the last historic 14 months, it has been a huge team effort to maintain the educational provision, THANK YOU!

Best wishes

Mrs Shayler

[illegible]

Year 3 made cards to thank their parents for all of their care, love and support during the past year, particularly during the pandemic. They made bright and colourful sunshine cards and wrote acrostic poems to express their gratitude.

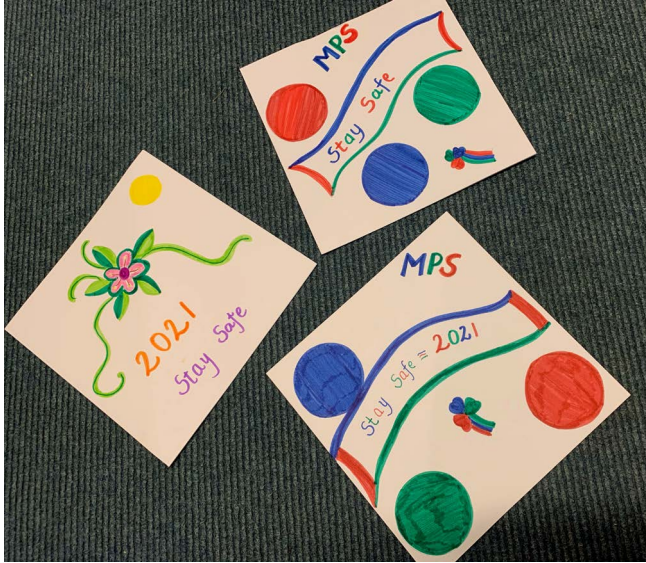


8MLC

8MLC made cards to send to the ICU team at Yeovil Hospital.



The tutor group wanted to send cards of support to **local care homes**. These are the designs below:



8BM/JEH

8BM all did individual, small acts of kindness for those around them during the latest winter lockdown. They discussed each act of kindness during the tutor period. Their acts of kindness included:

"I am going to be cooking a fry up for my **mum** in bed and do my pony on Sunday morning to give her a day off, because she does Rosie every day when I am at school in the mornings."

"My **sister** has been having a hard time at school, and on Wednesday I went to pick her up, she seemed a bit happier."

"Make dinner for my **mum** on Sunday as she always does it."

"Made the **group tutor** a lovely thank you card."

"Make my **mum** a cup of tea and give her a hug."

"To my **dad** for being here for us and for battling COVID."

"I said thank you to the **farm owner** for letting us walk there by giving him chocolate."

"I'm going to give my **dog** the longest dog walk of his life because he really likes dog walks."

"Helped my **cleaner** clean the entire house."

"Thank my **mum** by drawing a card."

"Make my **mum** a drink."

6HRP

6HRP wrote and posted a letter to **Street Police Station** to thank them for working throughout lockdown.

They also brought in some pocket money and bought doughnuts for the **catering staff** to thank them for dealing with all the COVID restrictions, while still serving us lovely food!



Everyone in 8XF took on their own act of gratitude including:

Tilly A ran 10Km for **Cancer Research**.

Emilia B baked some muffins for her **family**, to thank them for their help whilst remote learning.

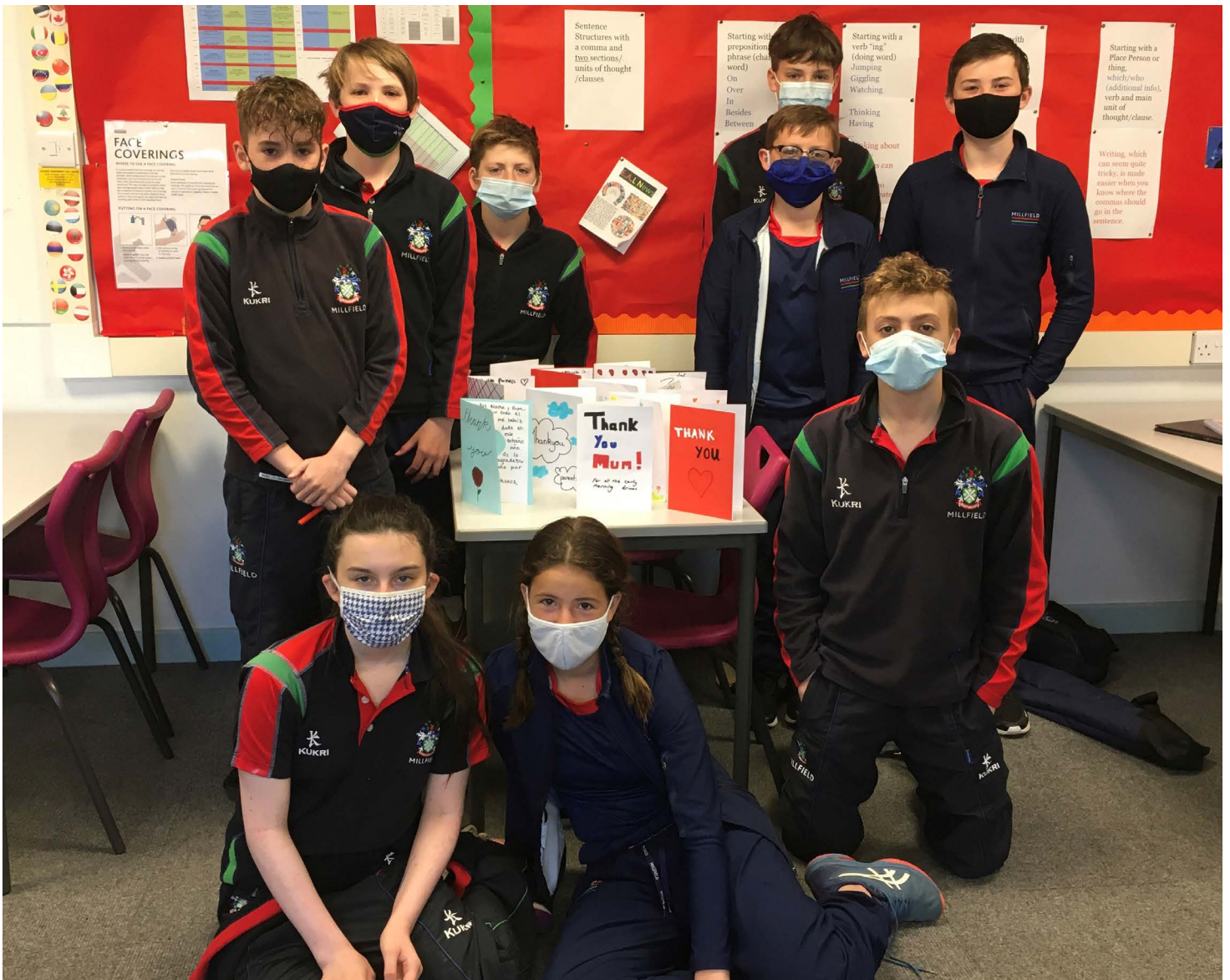
Lucy C made the dough for pizza and prepared toppings so that everyone could come and make their own pizza. This was to say 'thank you' to her **family**.

Abigail M left positive notes on doorsteps in her village to spread positivity and help people at this time. She also made brownies for her **family**.



8JRH/EGC

8JRH/EGC have been busy making cards to give to their **parents**, thanking them for their support over the last year, with a lot of time spent learning from home.



7NIK

Mr Kemp's group played a little ruse on him. They tricked Mr Kemp into thinking they were doing something else for their project and then surprised him with a gratitude project aimed at him for being a kind group tutor.



6BVG

6BVG decided to create a poster to show their gratitude to Mrs Shayler. They cut out the shape of their hands and wrote an individual message to say thank you for all the special things that Mrs Shayler has done for them and the school. They put the hands on a tree that symbolises the Millfield Prep community and took a picture of themselves with Mrs Kitto's dog to include in the poster. The poster was presented to Mrs Shayler and they are very proud that it is on display in her office.



8REH

8REH chose to thank the Millfield grounds staff for all their hard work with making our school a pleasant environment.

The pupils were interested to find out about what a typical day is like for them and how they always have to keep a very close eye on the weather forecast. They were also amazed at how many years of service the team have dedicated to our school.



4ESH

4ESH decided to write letters to those who have helped them during lockdown and remote learning. They wrote to various people including postal workers, supermarket workers, cleaners and parents!



4MCJ

4MCJ decided to thank our wonderful cleaning staff for the grand job they do keeping our classroom and school sanitised and safe.



YEAR 5

Year 5's gratitude project was to thank their parents for all their help and support. The children created origami boxes, wrote thank you letters and decorated a cupcake to take home.

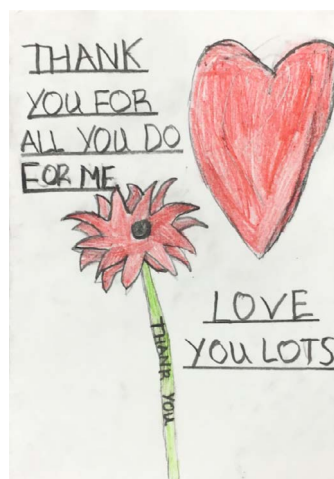
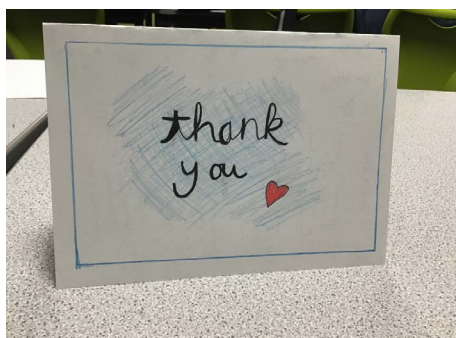


The children of 6BAM took time to create eCards to thank somebody in our school who has been kind to them in the past. The children wanted to let someone know that they appreciated it when that person was kind to them. They chose pictures for their eCards which they thought would make that person smile, and opted for eCards because they are better for our environment.



6SAL

6SAL chose to write letters and cards giving thanks to their parents and other relatives.



7DEH

During Lockdown 7DEH decided to raise money for the NHS Heroes of Musgrove Hospital. By cycling, walking, riding and running, they clocked up miles each week in a sponsored event. To make sure they were challenged cerebrally, as well as physically, reading and music practice were converted into miles by reversing walking speed. Overall, the class managed to cover an impressive 2,053 miles raising £316.25. Great initiative, effort and team spirit!



7ANH

7ANH joined with 7DEH for the Musgrove Hospital cycle ride and swim, with reading for 20 minutes and making music for 20 minutes, which all counted to the mileage. They raised a total of £273.00.

8SOS

Pupils in 8XM said a brief thank you to NHS staff for the work they have done over the past 18 months. The plan is to send the video to local hospitals and health clinics.

Watch the video [here](#).



7BD/PTM

7BD/PTM were inspired by Captain Tom's 100 laps of his garden. They thought they would combine this with a gratitude project and do 100 good deeds around school.

