

## **Milborne Message - 17th September 2021**

### **Message from Sharon Staddon**

**Dear Families,**

It's been another very busy week but it has been absolutely wonderful to hear the children learning a new song and they sang it beautifully this afternoon assembly.

After half term we are hoping to run a **school choir** led by Mrs Tudge, affectionately known by the children as Hattie's mum. There are definitely some singers in the school and I hope that they will sign up when the time comes. Eventually we would love to have parents joining a choir in school too so keep singing!

It was lovely to be able to share the successes in learning together again.

I have also enjoyed seeing the results of our new 'Talk for Writing' programme. I have listened to and read some fantastic work this week with beautiful language and turn of phrase. I'm sure if you asked them, many of your children would be able to tell you the story they have been doing, with actions.

As I hope you will be aware, we have a real focus on **manners and politeness**. We are expecting children to ask to leave/get down from the table and to say thank you for their lunch before they can move and read. The children have quite enjoyed this and are loving having the opportunity to share books together while their food settles. I hope you will see this mirrored at home, or if not that you encourage them to do the same.

We are very aware that we don't always know which families are entitled to **Pupil Premium**. There isn't a magic list that shares this with schools (although I think this should be the case) so we are absolutely dependent on you sharing it with us or asking us to check if you think you may be eligible. All we would need is your National Insurance number and date of birth. If you think you might be eligible please contact Mrs Hosford in the office [office@milborne.dorset.sch.uk](mailto:office@milborne.dorset.sch.uk)

I have included some information on supporting your child when he/she is **stressed and/or anxious** which I hope you will find useful.

*Resilience is fostered through strong relationships and well adults which enable children to learn and develop. Anxiety is a highly contagious emotion knowing how to keep ourselves well and manage our emotions means the children we love and care for will thrive.*

*This edition includes links to Five Steps to Wellbeing and information for families on supporting their child's wellbeing.*

*There is a useful video link with top tips to manage children's anxiety as well as specific information for children who are anxious about attending school.*

# TOP TIPS FOR DEALING WITH STRESS



**TIP 01**  
Divide big tasks  
into small ones

**TIP 02**  
Create to-do lists

**TIP 03**  
Stay active

**WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.**

Visit **Every Mind Matters** for more tips and advice



## Resources to help support your child with stress and anxiety

*Using the Window of Tolerance (developed by Dr Dan Siegel) is also one way of doing this. Everyone has what is known as a 'window of tolerance'. It refers to your ability to manage your emotions in a healthy way, allowing you to function and react to stress or anxiety effectively.*

*This [video](#) provides information on the window of tolerance, and uses a range of inner strategies such as mindfulness to help children understand and be present with their emotions.*

*For people who have experienced trauma and loss, that window often becomes quite narrow. This [video](#) helps explain some ways that people who have experienced trauma can expand their window of tolerance and come back into it.*

*Click to watch this [animation](#) and/or access [free resources](#) from [Beacon House](#) to understand how early trauma can shape children's emotions and behaviours.*

*Play is also a great way for adults and children to deal with their emotions and manage stress and worry. Watch this 2-minute [video](#) for some helpful ideas.*

I am aware that some of you are dissatisfied with some of our systems currently. I would like to take this opportunity to reassure you that all decisions are made with the best interests of your children in mind. Children change, cohorts change and circumstances change and sometimes that means that we too, need to change. All school systems are under constant review and changes will be made if it is thought that is best for the majority of the children and is feasible for the school to be able to maintain these safely. There are discussions going on currently with staff about some possible changes and we will let you know those once we have a definitive plan. This is likely to be a move closer to some systems we have had in the past.

All systems working well are dependent on everyone following the rules, and I am delighted that many more people are using the **Drop Off zone**. Please keep it free for those dropping off. Car park bays can be used in the school car park or outside the school but please do not park in unmarked areas as it holds up all the traffic and blocks access for larger vehicles such as coaches, fire engines and ambulances. Alternatively, we do have permission to use the pub car park and walk from there.

Since 2019, we have worked hard on thinking about changes we wanted to make regarding the children's learning. It took a long time to formulate our thinking but we believe we are in a place now where we can articulate those clearly and seek your views and ideas. Parent Forum members were the first to learn about our manners, politeness and life skills approach that is now starting to come to fruition in a more robust way. I hope that as many of you as possible can join us on 7th October. I am hoping that after the meeting we will be able to pull many different threads together and we can form a plan that we can share.



*Milborne School Community Meeting October 7th 2021 @ 4pm*



*You are warmly invited to join the staff and governors for an MSA school community meeting.*

*It has been an exciting time behind the scenes at Milborne and we want to give everyone the chance to come into school and share in the groundwork*

*that will help us create and maintain a bright future for our school.*

*As children, parents, staff and governors, what do we wish for all children at Milborne? What is most important to you? We want to know so it can be included in our work. You are the final missing piece of the jigsaw! We hope to have our whole school community represented to hear what your most important values are, so please join staff, governors and our special guests...the school council children!*

*There will be cake and coffee too! Everyone is welcome. Please save the date.*

Have a lovely weekend and enjoy the sunshine.

Yours sincerely,

Sharon Staddon  
Headteacher

### **Dates For Your Diary:-**

**22nd Sept** - ROBINS Wessex Trip (healthy snack, water bottle & packed lunch required)  
**1st Oct** - RACCOONS Wessex Trip (healthy snack, water bottle & packed lunch required)  
**1st Oct** - Parent Forum 9:15am (Invite only)  
**5th Oct** - Individual School Photos  
**5th Oct** - Reception ONLY - Parent Consultations  
**7th Oct** - Milborne School Community Meeting @ 4pm - school hall  
**12th Oct** - Yr 1 - Yr 4 Parent Consultations  
**13th Oct** - Harvest Festival Service @ Church led by Y4 starting @ 2pm (children go home from church)  
**14th Oct** - Yr1 - Y4 Parent Consultations  
**15th Oct** - Reception - Harvest Workshop @ 9am (in classroom/outdoor area)  
**19th Oct** - Last Day of term (3pm pick-up)  
**20th Oct - 29th Oct** - October Half-term break for Children  
**1st Nov** - Children back in School  
**1st Nov** - Flu Vaccinations (all children)



Parents are able to download the **FREE and UPDATED** mobile app which can help to keep up to date with school information while on the move!

Any text messages sent by the school are converted into **free notifications** for app users, saving the school the cost of the text - the more app users we have, the more money we can save!

**Current app** users should find that their app updates automatically, but if not, simply install the update from the Apple App Store (iPhone/iPad) or Google Play (Android). Newcomers will need to go to Apple App Store or Google Play and download the new version directly, for **FREE!** The school name will just be Milborne and you will have been sent your login details. If you would like a reminder or have not received your details, please contact Mrs Hosford in the school office.

#### **EXTERNAL INFORMATION:-**

- 🍏 APPLE DAY at the Ancient Technology Centre, Cranborne is back 🍎  
Come and join us on 25th and 26th September 2021, between 10am and 4pm each day.
  - ✨ BRING YOUR OWN APPLES TO PRESS using our Roman fruit press (remember to bring a container)
  - ✨ meet re-enactors and living historians [Ancient Wessex Network CIC](#) , [Saxon Forager](#)
  - ✨ have a go at different historical crafts or watch professional demonstrations,
  - ✨ see the falconry display [Friends of Albion Historical Falconry](#),
  - ✨ visit the site and artisans' stalls [Medieval Colours](#) [Drakos Dottir](#)
  - ✨ Get some homemade cakes.... and much, much more! Entry £10 pr adult. £5 children. Under 4's free.