

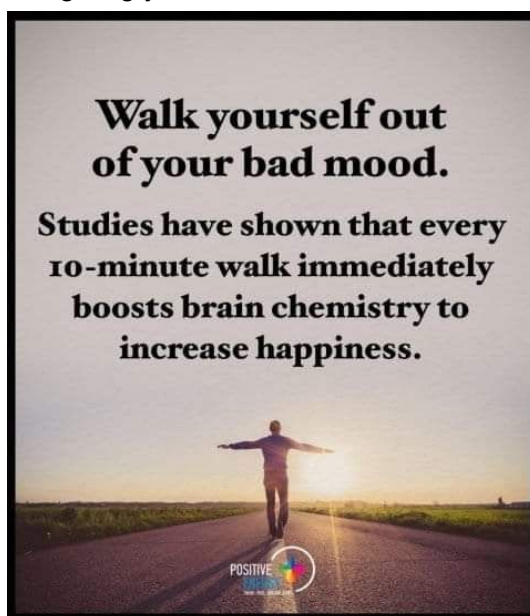
## **Milborne Message 27.11.20**

### **Message from Sharon Hunt!**

Dear Parents,

I have now completed the **Trauma Informed Schools Course** and, as promised, will be uploading short key learning points from it over the next few weeks. Please watch out for these on Tapestry. Through these I hope to shed some light on why children behave in certain ways and how we can all support them by working together.

To do this well, we need to be emotionally aware of ourselves, be regulated and calm and walking is a great way of self regulating and energising yourself.



As we haven't been able to have Open Morning in the same way we decided to make a video for the school website. Many thanks to **Dave Lewis** who took lots of amazing photos for us and to **Miss Wittman** for compiling the video and making the clips which will be shared on Social Media. This is now available to you to see on the front page of the website.

### **Healthy snacks:**

We are a healthy school and the policy has always been to have healthy snacks and lunch boxes. Staff are noticing an increase in chocolates and bars. We know that unhealthy snacks like these give children a sugar rush and effect concentration and ability to learn and to manage their emotions. Please can you ensure snacks are healthy as well as **NUT Free**.

### **Internet Safety:**

Another TikTok 'trend' is going around which has been brought to our attention by Dorset Police – Megan is Missing is a 2011 film (filmed in 2006 but not distributed until 2011) that has graphic scenes of murder, rape and sexual abuse. For some reason it's gone viral and students are beginning to discuss this and post videos on TikTok saying "don't watch it"... so they're watching it. It's banned in New Zealand.

Please don't talk to you children about it for the same reason, and remember the legal age for Tik Tok is 13.

### **Christmas Presents:**

Many of you have been asking about what Christmas Gifts you could get for the classroom as we did last year. As a staff we thought about what we would like to do and came up with two options. We are aware that Christmas can be a very difficult time for many, and especially so this year. We are not expecting any gifts at all, but if you did one to do something then we have a couple of ideas below:

We would like to suggest a reverse advent calendar, whereby children bring in items (decorations, treats, Christmas cake, puddings, mince pies etc ) and staff will make these up into a Christmas hamper or hampers for local people bringing an extra smile to families. Items can be brought in from Monday and left

In the reception area in the box.

The other option is a book for the classroom as Reading is such a priority for us this year and books are so expensive but so very important.

Enjoy your weekend. I'm off for my walk!

Yours sincerely,

*Sharon Hunt*

Sharon Hunt

