



Milldene News 12

28th November
2017

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If you go down to the woods today...

Ruby Class had their first school trip last week at Danbury Park. Our youngest boys and girls had a day full of outdoor fun: building dens, a teddy bear's picnic, exploring the woodland and going on a special bear hunt to find their teddy friends.

Miss Bailey was super impressed with everyone's excellent behaviour. You represented our school very well and are a real credit to Milldene. Well done!



Keeping Healthy this Winter

Unfortunately, it is that time of year again when all sorts of germs and illnesses are rife. It is therefore important that you and your family do all they can to stay healthy during this time. Please take the time to read this helpful advice from the NHS website:-

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles. Try these tips:

- Get outdoors in natural daylight as much as possible
- Get a good night's sleep – go to bed and wake up at the same time every day
- De-stress with exercise or meditation – stress has been shown to make you feel tired

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day. If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein, calcium and vitamins A and B12.

Also remember that general hygiene plays a big part too—remember to catch coughs and sneezes in a tissue and dispose of it. Regularly washing your hands will also prevent the spread of germs.



Books and Biscuits

This week's debate started with a dilemma, best captured by Summer and Mila. "It is very hard to choose our best work to share because our books are full of amazing work!" The group were eager to share their experiences of collaboration, which everyone recognised as beneficial. The children's reasoning included sharing knowledge, helping each other, improving their understanding and comparing strengths. Overall, a very mature and positive session, celebrating great progress since the beginning of the year. Keep up the good work!

Today's participants were:-

Jake —Year 6, Oliver —Year 5, Erin—Year 4, Summer S-J —Year 3, Liam —Year 2, Ryan —Year 1 and Mila —Ruby.

Mrs Locke



Pantomime Trip

Please could we ask that contributions for the transport to this year's Pantomime must be in by the end of this week. As it stands we have over 60 children without a contribution. The PTFA have been generous enough to provide the tickets and all contributions, no matter how small, will help to fund the coaches. We are really looking forward to this special occasion.

School Meals

Please note that we are on Week 2 of our school menus this week. Don't forget to pre-order your Christmas lunch by Tuesday 5th December!



The next few weeks are filled with festive fun with the pantomime trip, Christmas Fair and Secret Santa presents.

We're sure the children are as excited as we are, and we hope they enjoy the pantomime trip.

Christmas Fair | 8 December | 3:15-5:15pm



Our Christmas Fair is just 10 days away, but we still need **A LOT OF HELP** so please email us if you can help in any way:

ptfa@milldene.essex.sch.uk

- Would your business like to sponsor Santa's Grotto or the refreshments stall?
- Can you donate a raffle prize?
- Are you a brilliant baker who could donate a cake for the Guess the Weight of the Cake stall?
- Are you able to cover a 30-minute slot on a stall on the day? This worked well last year as every helper was still able to enjoy the Fair with their child.
- Please continue to take good-quality toy donations for the popular toy tombola to the school office - soft teddies, puzzles, games, DVDs etc.

Christmas Raffle | 8 December | 5:00pm



A huge thank you to all the businesses who have donated raffle prizes as we have some lovely prizes up for grabs. Tickets will be sent home with your child later this week. Extra tickets will

be available from the school office and will be on sale at the Fair. Please return any stubs and money by pick up on 7 December.

Non-uniform day | Friday 8 December



The school day will be a non-uniform day - Christmas jumpers or Christmas colours (red/green/white or sparkle) are encouraged. Please bring a donation for the bottle tombola instead of the usual monetary donation. Anything NEW is suitable - from bubble bath, shampoo, nail polish to soft drinks and alcohol. Please leave donations at the school gate on the morning of the 8th.

Secret Santa gifts | Please order by pick up Thursday

Thank you to everyone who has already returned their Secret Santa orders. There's still time to order but we kindly ask that forms and payment in cash are returned by pick up Thursday.

**Thank you for your valuable contributions,
Milldene Primary School PTFA**



ptfa@milldene.essex.sch.uk



Milldene Primary School PTFA

Registered Charity Number: 1172920

Attendance

Our Attendance Award winners last week were Amethyst Class! They managed to get 99.29%!

Overall, our school attendance for last week was 95.82%. Please refer to our hints and tips overleaf to keep coughs and colds at bay.

Footwear

With winter now on our doorstep, please can you ensure that your child has the appropriate footwear for school. If your child would like to wear boots instead of shoes, this is fine, so long as additions such as buckles, studs, fur trim etc are kept to a minimum. If your child wishes to wear their wellie boots for the walk to school, then they can change into their school shoes upon arrival.



First Christmas Tree Festival at St Luke's Church in aid of Farleigh Hospice

Saturday 2nd to Sunday 10th December - come and see how the local Tiptree community groups' and businesses have decorated their Christmas Trees! We are delighted to support this worthwhile cause with our very own Milldene tree, decorated by a small group of our own children.

Viewing Times & Events:

Weekdays, 9.30am-4.00pm (until dusk)

Sundays, 12.00am-4.00pm

Sat 2nd 10.00am-1.00pm, Bazaar with refreshments – viewing open until 1.30pm (Tiptree Choral rehearsal)

Sat 9th 10.00am-1.00pm, Coffee Morning – viewing open until 2.30pm (Tiptree Sings rehearsal).

Kingswood Sept 2018 Payment Deadline

The deposit for the Kingswood trip is due this Friday (1st December). You can pay the sum of £50 by cash, cheque or via the online payment system. Thank you.

Colchester Castle—Year 4 Class Trip

Last Tuesday Opal Class had a very enjoyable time visiting Colchester Castle Museum. Not only did they discover the galleries, they also became archaeologists and house builders. The opportunity to dress up and role-play life as a Celt or Roman was a particular highlight of the visit. The children were considerate and thoughtful towards the other visitors in the museum and were praised by a teacher from another school for their conduct. Well done Opal Class, you are a credit to the school.

Mrs Read—Class Teacher

