



Mini Milton Messenger

Friday 19th May 2023

Summer Term 1

Dear Families,

It has been a busy week in school and the children have been practising their maypole dancing for the May Day Celebrations next Friday. The car park gates will open at 1.15pm and dancing will start at 1.30pm. Children are invited to wear smart casual clothes and we ask that sandals and sport strips are not worn on this occasion please.

Mango in School have been in school this week for class photographs and we look forward to seeing the proofs in due course .

Our athletics team from Years 1&2 had a super time at Benham Sports Centre at the Pacesetter Games on Monday and came 5th. Good luck to the athletics team from Stanwick class who go next Monday 22nd May.



Delapre class have today chopped vegetables to make their own vegetable soup which they really enjoyed making and eating. It smelt delicious and our Chair of Governors, Mr Gary SKilton, rated it 10/10. The children enjoyed planting their growing seedlings in the vegetable patch and are looking forward to seeing their peas, beans and lettuce grow which they have been watering during lunchbreak.

Irchester class have had a very busy week with their SATs. They also enjoyed making fruit kebabs, colouring their pots for growing cress, planting cress as well painting with potato and carrot blocks.

Stanwick class have really enjoyed having Miss Essam back for this week who has been teaching music and computing as part of her training.

Brixworth class enjoyed learning about diaries and today said a fond farewell to Miss Thorpe, our teaching student, who leaves us for the next module in her training.

MENTAL HEALTH WEEK: SUPPORT AVAILABLE



Anna Freud
National Centre for
Children and Families



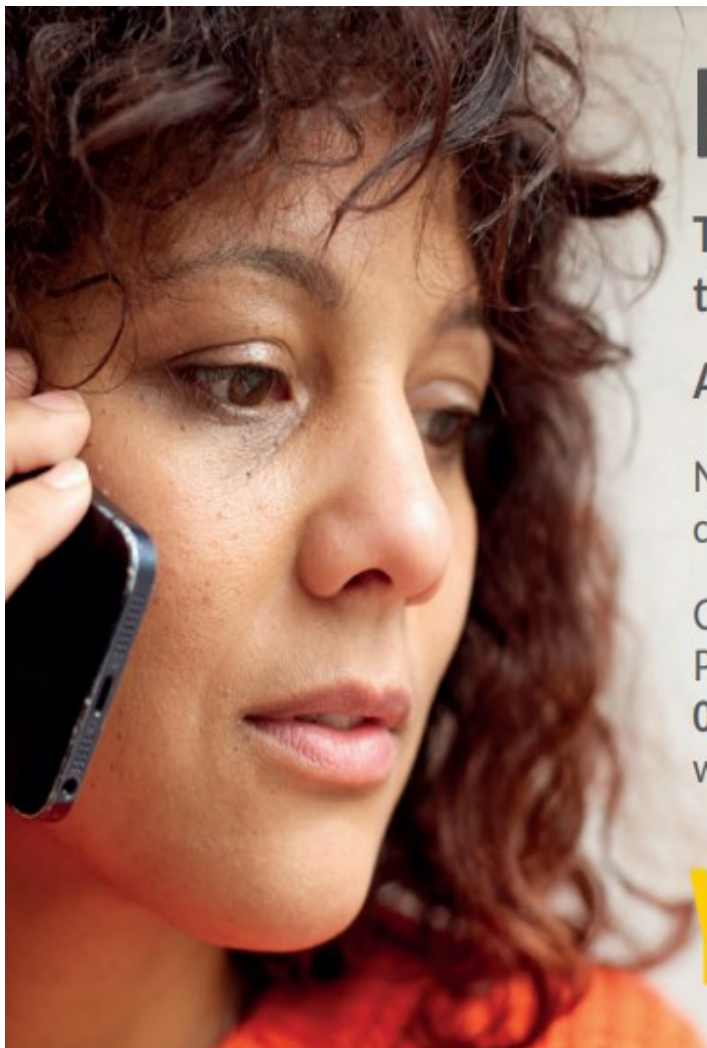
**Feeling worried or upset?
Need someone to talk to?**



Text AFC to 85258

Text the free crisis textline

All texts are answered in private by trained volunteers,
with support from experienced mental health professionals



Parenthood..

The most rewarding job in
the world

And also the toughest

Need some advice about your
child's behaviour?

Contact YoungMinds
Parents Helpline

0808 802 5544

www.youngminds.org.uk/parents

YOUNGmiMDS

Supporting yourself and colleagues with feelings of anxiety

These top tips have been written by staff from the Rodillian Multi Academy Trust

"Take one day at a time, try not to over-think the future"

"Be kind to yourself"

"Someone cares and there is always someone to talk to and that they will listen"

"Be honest about triggers – make people aware"

"Take a quiet breath – sometimes you need to be away from the noise to calm and refocus yourself"

"Find a self help book that talks to you. Everyone is different so things won't resonate with every person in the same way"

"Remember to be kind to yourself! Take 5 minutes, eat something nice, go for a walk. You're doing an amazing job"

"Talk and listen. If unable to offer support seek guidance from someone who can help"



"Take time doing something you find fun or try a new activity"

"Think back, it was this bad before...but it turned out OK"

"Know your limits! You are only human"

"Even if it feels uncomfortable push yourself to do those things you fear you can't"

"Life is not always a motorway, sometimes the scenic route is better for you but don't lose sight of the destination"

"No two people are the same, anxiety is normally hidden by staff so keep an open mind if a colleague seems out of sorts"

"Keep work and home separate – don't take work home"

"Accept help, don't be afraid to say you're struggling"

"Mindfulness. Take time to be in the moment"

"Don't be embarrassed to talk about it/ seek help from friends/family or professionals"

"Get some fresh air and meet up with friends"

"If your anxiety stems from something you can change be brave and take control"

"Walk with a podcast to destress/switch off after work"

"Make time for yourself and don't feel guilty about it!"

"Seek professional medical advice"



Dates for the Diary:

Monday 22nd May:	Pacesetters Athletics, Years 3 & 4 at Benham Sports Centre
Friday 26th May:	Maypole: gates open at 1.15pm & dancing starts at 1.30pm Last day of Term
Monday 29th May- Friday 2nd June	Half-term
Monday 5th June:	Back to school
Friday 9th June:	Achievement Assembly at 2.45pm
Monday 12th June:	Pacesetters Athletics, Years 5 & 6 at Benham Sports Centre

Further Ahead:

Wednesday 5th July:	Sports Day (morning, more details to follow)
Friday 21st July:	Last day of term

Dates may change so please look out for ParentPay notifications.....

School Contact Details:

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