



Future Academies Primary Schools
Knowledge—Aspiration—Respect

Autumn 2 – November 2017

Dear Parents/Carers,

Firstly, I hope you all had an enjoyable half-term holiday. It will now be a busy time in the run up to Christmas with lots of things going on in the school.

I was very pleased to be able to take Year 5 on trips to the Jewel Tower opposite the Houses of Parliament before the half-term holiday. The children were very well behaved and they were very interested in finding out about where all the king's treasure used to be kept! We have so many historic buildings on our doorstep and I want to ensure that our children have access to them as part of the wider education we offer at Millbank.

I was also pleased to be able to receive two of our local councillors, David and Angela Harvey, who came to Millbank Academy for a visit on Friday 3rd November. A Year 3 group was very eager to ask them lots of questions about rubbish collection and recycling!

We will be marking Remembrance Day with a special assembly on Monday 13th November. Thank you so much for buying poppies at the office. I know that the children have been interested in finding out about this tradition.

We wish Miss Kremer all the best as she undergoes an operation on her knee. While she is away, Mr Acaster will be covering her classes. We wish her a speedy recovery.

Unfortunately, our music teacher, Mrs Grant, had to leave us at half-term because her father is very ill and she has had to devote her time to caring for him. I am pleased to welcome Mr Appleby to the school who is a very accomplished musician and an experienced teacher. Millbank has always had a very strong reputation for its music provision and I am determined to ensure that continues.

Best wishes,

Dr Matthew Laban
Headteacher



Millbank Academy
Erasmus Street,
London SW1P 4HR
020 7641 5945
office@millbankacademy.org.uk
www.millbankacademy.org.uk



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Growth mind-set at Millbank Primary School

At Millbank, we really want all our children to achieve and succeed, but most importantly, we believe that every single one of them can! Children (and adults!) with a growth mind-set believe that they can get better at something by practising, so when they're faced with a challenge, they become more and more determined to succeed, wanting to persevere and overcome knockbacks.



Research has shown that building a **growth mind-set** helps children at school; making them more motivated, more engaged in the classroom and likely to receive higher marks and greater rewards from their work.

You can support your child with developing a growth mind-set by doing the following things:

- Celebrating mistakes with your child - mistakes help us to learn!
- Praising your child for hard work and effort over being 'smart' or finishing something quickly.
- Don't time them doing their work, time pressure can cause anxiety, especially in maths!
- Don't tell them how to find the answer or what the answer is, encourage them to approach the problem in a different way.
- Ask your child to explain to you how they have solved a problem.
- Be involved and on hand even if you think maths isn't your strong point, learn alongside them!
- Don't help at the first time of asking, encourage them to have a go first!

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



Group of Year 6 pupils visit the Houses of Parliament



Year 2 at the Tate Britain



Year 4 at the Science Museum

Year 3 at the Natural History Museum



Year 1 at the Hyde Park Barracks

E-safety tip of the month

Screen time – how much is too much?

Whatever the activity, be it chatting with friends, downloading music, doing homework or Skyping relatives, we often lump it together as ‘**screen time**’, and then worry that our children have too much of it. The original ‘rules’ concerning screen time came from the American Academy of Paediatrics, and included no screen time at all for under-2s, but these have now been revised.



Today, many experts agree that it isn’t the **amount of time** with media that’s important, but the **quality of the time** spent.

Are you a good role model?

According to Ofcom research, two-thirds of adults with social media accounts check them more than once a day, increasing to 85% of 16-24-year-olds. We spend more than 21 hours a week on the internet. Yet, although we might feel guilty about the amount of time we spend on technology, it is fundamentally a wonderful thing for families.

Do your children ever ask you to put your device down? Have you ever found yourself not really listening to what your child is saying because you’re looking at your phone? Your children will see how you use technology and they will copy you, disregarding any guidance you give them if they see that the rules you set for them are different to the standards you set for yourself.

Here are some simple steps to make sure tech doesn’t nudge out some of the other things that make family life special.

1. Turn off notifications to avoid that constant ‘ping’
2. Use an alarm clock so you don’t have devices in the bedroom
3. Keep your phone on silent in your pocket or bag when you pick the kids up from school
4. Not all families eat meals at the dinner table, so a ‘no phones at the table’ rule won’t work for everyone – try a ‘no phones between 6 and 7pm’ rule instead
5. Some families have family tech-free days

How much is too much?

Rather than timing how long your child spends on screen, consider their screen use **in the wider context of their life**. Ask yourself, is your child:

- Eating and sleeping enough
- Physically healthy
- Connecting socially with friends and family – whether with technology or not
- Engaged in and doing well at school
- Enjoying and pursuing hobbies and interests – again, whether with technology or not

Talk with them about what they are doing, learning or struggling with, rather than simply telling them to ‘turn it off’. Encourage their interests and try to understand them yourself by asking questions, or joining in, with what they’re doing. For more information, go to <https://dmlcentral.net/screen-time-kids-getting-balance-right/>

Chelsea Football club

This year we are delighted to welcome Chelsea Football Club into our school! Our school now has the chance to be involved in the Premier League Primary Stars programme. Premier League Primary Stars uses the appeal of the Premier League and professional football clubs to inspire children to learn, be active and develop important life skills.



Chelsea will be inspiring children through various workshops in the school throughout the academic year. The programmes starting this term are:

- Anti-Bullying Workshops. This workshop provides the opportunity for our children to work together with Chelsea FC Coaches to share their own experiences about bullying and to take part in activities that will ensure that our school is a safe place for children to be.
- After School Girls Football Programme (PlayOnRef) – where girls will get the chance to referee football matches. This programme provides a great opportunity for our children to enhance their leadership, social and problem solving skills.

For further information, please see Mr McIlroy, Reception Teacher & PE Co-ordinator.

Commando Joe

My name is Bruce. You probably didn't know that. I also go by the job title, Commando Joe. I have been in Millbank for 18 months now, delivering Commando Joe's Character Education Programme. I have been lucky enough to work with most of the classes in this time and I am really keen to ensure that all children at Millbank are able to access the programme.



Commando Joe's instructors work in over 250 schools in the UK, helping every child realise their full potential. We do this by running practical classes focusing on problem solving, team building and communication skills to name a few. By taking part in our programme, your child is able to see what it means to be resilient, to understand empathy, experience compassion and to build confidence through practical classes. Our programme follows real life adventurers such as Ed Stafford, Sir Ranulph Feinnes and Tim Peake to name a few. By seeing and experiencing the difficulties that these people have faced in making their dreams come true, I aim to help your children realise they can achieve anything they set their mind to.

The most deserving pupil each week is awarded the Commando Joe bear each Friday assembly. This can be for outstanding work in a session, impeccable manners or being the best at sitting down and listening in assembly, as was the case last Friday. This term has seen Commando Joe go from strength to strength. Recipients of the Commando Joe bear have been:

- Deon Y3 for showing strength of character and courage.
- Ohmed Y6 for showing great promise in Cricket.
- Eron Y6 for being a great character and using his sense of humour to keep up morale.
- Maryam Y5 for keep cool and calm under pressure.
- Ella Y5 for showing great leadership skills and uniting teams
- Rakor Y3 for being the most attentive pupil in the school assembly, week in and week out

I am also assisting Mr Adom in honing the schools future cricket stars abilities. I am as committed as much as Mr Adom in maintaining and improving on last year's successes. Please feel free to come and have a chat to find out what we will be doing this term.

Kind regards,
Commando Joe

<https://commandojoes.co.uk/>

Breakfast club

Breakfast club opens at 8am and pupils must arrive before 8.30am in order to have time to eat breakfast. Breakfast club is run by Maggie Pearce with the assistance of Tina Smith. All enquiries about places at the club must be directed to Maggie; pupils from reception upwards are welcome to join as full members, as long as they are able to eat independently and behave in the expected manner. Parents pay weekly for the number of days chosen; the daily charge is £3. Maggie also accepts casual members on occasion; this is at her discretion and again parents must apply directly to Maggie.

Children are not allowed to be brought to breakfast club before 8:00am. Parents should bring children to the early years hall where the Tina and Maggie will sign them in. Please do not leave your child at the school gates to walk across the playground on their own.

Reading at Home

Thank you to all the parents who attended the 'Home Reading Workshop' last term. One of the main aims for English in the National Curriculum is to develop children's 'love of literature through widespread reading for enjoyment' and 'to develop the habit of reading widely and often, for both pleasure and information'. You can support your child's reading development at home.



Create a Reading Environment at Home

- Let your child see you read at home.
- Find a space to showcase books, e.g. a book shelf.
- Make a 'box of delights' with your child by covering a cardboard box in attractive paper. Fill it with different literature such as a story book, joke book, a collection of poems, a play, a non-fiction text, a comic, a leaflet and a letter.
- Simply place a book on the bed in the evening.
- Ask to see your child's Reading Record every night or as often as you can. Sign it to show that you value their reading. Encourage your child to write comments in the booklet.
- Make reading time fun and interactive. Use expression and different voices when you can. Try taking on a role when you read with your child. You could try the same role together or different ones.

After they have finished reading they can be a:

- **Summariser**: Challenge yourself or your child to summarise the chapter or text in five sentences or just one!
- **Predictor**: Think about what might happen next and why. Try to offer evidence from the text to support your ideas.
- **Word Finder**: Find unfamiliar words in the text. Look their meaning up in the dictionary. If you have a thesaurus, find words with a similar meaning or use an etymology dictionary to research the origin of the word.
- **Passage Reader**: Choose a paragraph and prepare it to read aloud with expression.
- **Illustrator**: Create an illustration to show your understanding of the paragraph or chapter. Compose a caption to go with it.

DID YOU KNOW?

There is a very helpful section in the middle of our school's Reading Record with 'Top Tips for the Reader', useful questions to ask, an explanation of how different punctuation marks are used, a section on grammar and the word list for Year 3 and 4 and for Year 5 and 6!

If you have a concern about your child's speaking, reading or writing, seek support. A range of professionals such as teachers and speech and language therapists are willing to help you and your child.

Happy Reading!

Mrs Klibi, English Curriculum Lead.

Healthy Tip of the Month

Five ways to stay healthy this autumn and winter

It may be getting colder outside, but autumn and winter need not be the unhealthiest time of year for you and your family. Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

1. Banish Autumn/Winter tiredness

Many people feel tired and sluggish during the cooler months. 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
- destress with exercise or meditation – stress has been shown to make you feel tired

2. 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. Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.



3. Drink more milk

You are more likely to get a cold in autumn and 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
- vitamins A and B12
- calcium, which helps keep our bones strong

Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat plain yoghurts.

4. Try new activities for the whole family

Don't use the cooler months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk on the beach or through the park. Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

5. Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning is not just a delicious way to start your day; it also helps boost your intake of starchy foods and fibre. These foods give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals. Make your porridge with semi-skimmed, 1% or skimmed milk, or water, and don't add sugar or salt. Add a sliced banana, berries or other fruit for extra flavor and to help you hit your 5 A Day target.



Upcoming Dates and Events

November

Monday 13th November, 9:00am- Remembrance day assembly

Tuesday 14th November, 2:00pm- School tour for prospective parents

Friday 17th November- 'Child in Need' Non-Uniform Day, wear colourful/spotty clothes and bring £1 or similar donation.

Wednesday 22nd November, 9:00am- Year 6 SATs Parent Workshop

Wednesday 29th November, 9:00am- Parent Coffee Morning with Dr Laban, bottom hall

Thursday 30th November, 10:00am- School tour for prospective parents

December

Wednesday 6th December, 9:00am- Phonics Parent Workshop

Wednesday 6th December, 2:30pm- Early Year's Nativity Play

Thursday 7th December, 9:00am- Clubs Assembly

Friday 8th December- Year 1-Year 6 Christmas Carol trip

Wednesday 13th December- Autumn Academic Reports sent home

Friday 15th December- Last Day of term, 1pm finish

Autumn Parent Progress Meetings

At the end of this term you will have the opportunity to meet with your child's classroom teacher and/or some subject specialist teachers to discuss your child's progress and attainment. You will additionally receive an accompanying Autumn Academic Report. Parent progress meetings will need to be booked in advanced via sign-up sheets, which will be displayed, from the beginning of December.

Nursery	Monday 11th December 8:00am-5:30pm
Reception Red & Blue	Tuesday 12th December 8:00am-5:30pm
Year 1 Red & Blue	Wednesday 13th December 8:00am-5:30pm
Year 2 Red & Blue	Thursday 14th December 8:00am-5:30pm
Year 3 Blue	Monday 4 th December 3:20-5:30pm
Year 3 Red	Tuesday 5 th December 3:20-5:30pm
Year 4 Blue	Wednesday 6 th December 3:20-5:30pm
Year 4 Red	Thursday 7 th December 3:20-5:30pm
Year 5 Blue	Wednesday 13 th December 3:20-5:30pm
Year 5 Red	Thursday 14 th December 3:20-5:30pm
Year 6 Blue	Monday 11 th December 3:20-5:30pm
Year 6 Red	Tuesday 12 th December 3:20-5:30pm