



**Future Academies Primary Schools**  
*Knowledge—Aspiration—Respect*

## Spring 1 – January 2018

Dear Parents / Carers,

Happy New Year and welcome back! I hope you all had a very enjoyable Christmas holiday.

The run up to Christmas is always a very busy time in schools and we were no different. Thank you to all the staff in Early Years who put together the wonderful Nativity Play and thank you to Mr Appleby and everyone who helped with the Christmas concert at St Stephen's church. I was so pleased that both these events were well supported by our school community.

As ever, can I please remind you all to ensure that your children wear the correct uniform for school. Children in Year 1 and above must wear a red tie and have a grey jumper. Please could you also ensure that they wear smart, black school shoes. The children know that I am checking this because I have spoken to them in assembly about it.

As you know, we installed a brand new library over the summer holidays. Please can you ensure that children in Key Stage 2 are reading their library books and that you read with them. Reading and writing are the main priorities for the school this year and so we need to encourage the children to read at home.

Please do come up and see me in the playground at the beginning or end of the school day if you have anything you need to raise with me.

Best wishes,

**Dr Matthew Laban**  
Headteacher



Millbank Academy  
Erasmus Street,  
London SW1P 4HR  
020 3262 0068  
[office@millbankacademy.org.uk](mailto:office@millbankacademy.org.uk)  
[www.millbankacademy.org.uk](http://www.millbankacademy.org.uk)

## Live streaming

### What is it, and what are the risks?

Live streaming is the broadcasting of real-time, live video to an audience over the internet. Live streaming platforms popular among young people include Live.me, Live.ly, Periscope and YouNow.



All you need to be able to live stream is an internet enabled device, like a smart phone or tablet, and a platform to broadcast on. At the click of a button, you can be streaming to hundreds, or thousands, of viewers.

The inspiration to live stream takes its lead from reality TV and YouTube, however it is uncensored, unedited and unrehearsed. Used in positive ways it can be a campaigning tool, create identity, showcase talent and develop skills in communication.

With the popularity of live streaming ever increasing and with children and adults both taking part, it is important as a parent or carer to understand what risks children and young people may face when live streaming and the practical steps that you can take to make your child's online experience safer.

CEOP have recently launched a new resource around live streaming. Please take some time to visit the parents section and find out more at <https://www.thinkuknow.co.uk/parents/articles/live-streaming-responding-to-the-risks/>

## Poetry Success – Millbank Pupils are Local Champions

We are very proud to announce that Elyess Ouaja won first place at the local Premier League Primary Stars Poetry Competition on Monday 11<sup>th</sup> December. He received tickets to the next Chelsea home game. Being a Chelsea fan, this was happily accepted by Elyess! Millbank was successful yet again when Amira Hammou was awarded with second place and was presented with a football.

All of the selected poets from Year 6 (Elyess, Amira, Amina, Hala, Youssef, Salma, Ahmed and Riksen) read out their poems at the award ceremony at Stamford Bridge. Syeed's poem was also selected, but he was unable to attend the ceremony. Mr McIlroy, who organised the trip, said that all the children represented us very well and all received a goody bag with posters of the Chelsea team and five signed photographs.

Their winning poems will also be entered into the national poetry competition along with many others from our school.



## Healthy Tip of the Month

### 10 tips for parents on the top causes of tooth decay in children – and how to avoid them.

Establishing good habits can help your child avoid oral health problems, such as tooth decay and gum disease.

- 1. Can I let my child have sweets?** Most children want sweets, but you can help to prevent problems by making sure they don't have a large amount or very often, and particularly not before bed, when saliva flow lessens. Try not to give sweets or sweet drinks as rewards.
- 2. What are the best snacks to give my child?** The best snacks are fruit and raw vegetables. Try tangerines, bananas, pieces of cucumber or carrot sticks. Other good snacks include toast, rice cakes and plain popcorn.
- 3. Should I let my child have fizzy drinks?** No. Fizzy drinks can contain large amounts of sugar, which will increase the risk of tooth decay. Fizzy drinks (both those containing sugar and sugar-free or "diet" versions) also contain acids that can erode the outer surface of the tooth.
- 4. What are the best drinks for my child's teeth?** The best drinks for children over one year old are plain still water or plain milk.
- 5. Is it OK to drink fruit juice or smoothies?** Even unsweetened juices and smoothies contain sugars and acids, so restrict your child to no more than one small glass (about 150ml) of fruit juice or smoothie each day and only at mealtimes. If your child is thirsty, it's better to give them water than to encourage a taste for sweet drinks.
- 6. Will milk at bedtime damage my child's teeth?** Teeth are at most risk at night because there is less saliva in the mouth to protect them. Water is the best drink to give at bedtime, but if you do give milk, don't add anything to it. Chocolate-flavoured drinks and milkshake powder usually contain sugars, which will increase the risk of decay.
- 7. Are sugar-free medicines better for my child's teeth?** Yes. Always ask if a sugar-free medicine is available and remind your doctor about this if you're being given a prescription for your child. This is especially important if your child is taking long-term medication.
- 8. When should my child give up bottles?** Your child should begin moving off the bottle and on to a free-flow feeder cup at six months. Try to get them off bottles completely by the age of one, because the teats and spouts encourage children to suck for long periods of time, meaning the drinks that cause tooth decay stay in contact with your child's teeth for a long time.
- 9. Are sippy cups good for teeth?** There's no need for a child to use a sippy cup. They're similar to a bottle in that they require the child to suck to make them work. A free-flow feeder cup is better, as it doesn't have valves and the flow of liquid is unrestricted. This means that children learn to drink normally rather than by sucking.
- 10. Will a dummy or thumb sucking harm my child's teeth?** No, but they will encourage an open bite, which is when teeth move to make space for the dummy or thumb. They may also affect speech development. That's why you should avoid using dummies after 12 months of age. Thumb sucking won't cause permanent problems, as long as the habit stops by the time your child gets their second teeth, but it can be a hard habit to break. Discourage your children from talking or making sounds with their thumb or a dummy in their mouth, and don't dip dummies in anything sweet, such as sugar or jam.



## Reminder of Uniform Ordering

We have received additional jumpers, cardigans and ties from our uniform supplier. If you would like to purchase additional items please fill in an order form and return to the school office. After your form has been processed, payment can be made via ParentPay. Once full payment has been received your items will be delivered to your child within a couple of days.

We anticipate a large demand with this first order so processing time may take longer. Please be patient, we endeavour to deliver your items as soon as possible.

### School Uniform Price List

Item	Item Name and Price	Sizes Available
	Millbank V-neck jumper £14.00	3/4
		5/6
		7/8
		9/10
		Larger Sizes: XXS
		Larger Sizes: XS
		Larger Sizes: S

Item	Item Name and Price	Sizes Available
	Millbank Cardigan £14.50	3/4
		5/6
		7/8
		9/10
		Larger Sizes: XXS
		Larger Sizes: XS
		Larger Sizes: S

Item	Item Name and Price	Sizes Available
	Elastic Tie £2.30	One size
	Traditional Tie £2.80	One size

## Music Tutoring in KS2

We offer musical instrumental tuition to KS2 pupils at Millbank. If your child would like to start a musical instrument (Keyboard, Guitar or Percussion) this term, please return the letter I sent out as soon as possible.

Currently we offer half hour lessons in small groups between 3:30pm and 5:30pm in the music room.

- Guitar on Tuesday
- Percussion on Wednesday
- Keyboard on Thursday

We hope to add more instruments in due course.

Lessons are charged according to the size of the group; the larger the group, the less each child pays. For example, a group of 6 children would each pay £5.80 per week. You will be invoiced by the school via Parent Pay and will pay half a term in advance.

Please come see me if you have any additional questions.

Mr Appleby  
Music Teacher



## Upcoming Dates and Events

### January

Thursday, 4th January 2018, 10:00am- School tour for prospective parents

Tuesday, 9th January 2018, 2:00pm - School tour for prospective parents

Thursday, 18<sup>th</sup> January 2018, 9:30am – 2:30pm - Year 5/6 Athletics Team to Queen Mother Sports Centre

Wednesday 24<sup>th</sup> January 2018, 9:00am- Parent Coffee Morning

Wednesday 24<sup>th</sup> January 2018, 9:30am – 3:30pm – Year 6 trip Science Museum

Thursday, 25<sup>th</sup> January 2018, 9:30am – 2:30pm - Year 3/4 Athletics Team to Queen Mother Sports Centre

Thursday, 25th January 2018, 10:00am - School tour for prospective parents

Monday, 29th January 2018, – Year 5 Outward Bound in Cumbria all week

Monday, 29th January 2018, 10:00am – 3:00pm – Year 5/6 Boys Football Tournament Paddington Rec

### February

Tuesday, 6th February 2018, 2:00pm- School tour for prospective parents

Tuesday, 6<sup>th</sup> February 2018, 10:00am – 3:00pm – Year 5/6 Girls Football Tournament Paddington Rec

Wednesday 7<sup>th</sup> February- School Behaviour reports sent home