

May 2019

Dear Parents / Carers,

Firstly, I hope that you had a wonderful Easter holiday and that you were able to enjoy the sunshine that we had during that last weekend.

The summer term is always very busy with SATs examinations going on as well as lots of other events as we near the end of the academic year. Please do look at the list of upcoming events at the end of this newsletter.

My thanks go to Mr Canter, Miss McMillan, Mrs Klibi and Mrs Tylee for all their hard work ensuring that the school continues to run smoothly on the days when I am working in Hertfordshire. We are very fortunate to have such a strong team leading the school.

Can I remind Year 6 parents to return the slips for the Isle of Wight trip and to pay the deposit of £50 on the Parent Pay system. This trip promises to be a good one and I am looking forward to leading it.

If you have any questions, then please do come up to me in the playground or speak to any member of the Senior Leadership Team.

With very best wishes,

Dr Matthew Laban

Headteacher

Online safety tip of the month

Some of you may be familiar with the Thinkuknow resources which we use in school to promote safer internet use. Thinkuknow is led by NCA-CEOP at the National Crime Agency, who work to keep children safe from sexual abuse and exploitation, both online and off.

Thinkuknow have produced a new online safety resource for children between the ages of 4 and 7, called 'Jessie & Friends'. It is a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. There's also a storybook for each episode to help you and your child keep the conversation going. The key message throughout Jessie and Friends is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.

The animations and activities give children great opportunities to learn about trust, being kind online, consent, and healthy and unhealthy behaviour on the internet.

For more information, go to <https://www.thinkuknow.co.uk/parents/jessie-and-friends/>



Commando Jo



COMMANDO JOE'S[®]
Realising your potential

"I cannot believe a term has been and gone already. It's true that time flies when you are having fun. The children at Millbank continue to excel in the Commando Joe's sessions and are a credit to the school and to all their parents and guardians.

Having the opportunity to work with the other half of the school has been fantastic.

The cricket team continue to do well under the guidance of Mr Adom.

I look forward to the next few months at Millbank so that the children can experience more character education from Commando Joe's."

Howzat? See you in the morning.

Uniform - new items

From Saturday 25th May, Whitehall Clothiers will be stocking two new items for Millbank Academy. A sample of each will be made available for viewing in the school office. Please contact Whitehall Clothiers, Camberwell about sizes.

Millbank Academy Ruck Sack

*Black with two internal zip compartments.
Millbank Academy name on front pocket and name pocket at the back.*

£12.50



Millbank Academy Jacket

*Black, water resistant outside with fleece lining.
Concealed pack away hood, zip pockets, elasticated cuffs, Millbank Academy tick on front.*

£20.99



How to get to Whitehall Clothiers, Camberwell

Whitehall Clothiers
77 Camberwell Road
Camberwell
London
SE5 0EZ

Buses 12, 35, 40, 45, 68, 148, 171, 176, 468

Nearest tube - Kennington

Phone: 020 7703 3604

Website: www.whitehallclothiers.com

Store Opening Hours

Monday to Saturday 9:15am - 5:30pm

Sunday CLOSED



Has your mobile number changed?

With the ever changing world of mobile phones, we ask parents to ensure that we have up to date contact details and emergency numbers in case your child is taken ill or involved in an accident. Please let the office staff know of any change of details or circumstances immediately.



Additionally, following the recommendations in the new edition of Keeping Children Safe in Education September 2018, schools should have at least **two emergency contacts** for every child in school in case of emergencies. Please ensure we have two contact numbers on file.

Sleep hygiene in children

Routine around your child's bedtime is referred to as their 'sleep hygiene'. Having good sleep hygiene can help your child both to settle and to stay asleep, and there are several things that parents can do to aid this.



Sleep needs

Children of different ages require different amounts of sleep. The figures below give an indication of the amount of sleep your child requires on a regular basis to promote optimum health:

- Children 1 to 2 years: 11-14 hours of sleep
- Children 3 to 5 years: 10-13 hours of sleep
- Children 6 to 12 years: 9-12 hours of sleep
- Teenagers 13 to 18 years: 8-10 hours of sleep

Environment

Your child's sleeping environment should be a place where they feel safe and secure, but should also be a place to sleep and **not play**. There are several ways in which the sleeping environment can be adjusted, but it will depend on the needs of your child. For instance, some children may find the use of a night light can make them feel safe - others may sleep better in total darkness.

Room temperature and noise level should be adjusted, where possible, to ensure your child is comfortable to fall asleep. Your child's bedroom should not contain things that distract them from sleeping. If you find that your child is being stimulated by toys, it may be best to remove these from the room before bedtime, or keep toys in a different area of the house.

Technology

The use of electronic devices (such as televisions, mobile phones and tablet computers) close to bedtime can prevent your child from settling to sleep. This is because they produce light that is good at suppressing natural hormones in the brain that cause sleepiness.

Ideally, these devices should not be used in the hours before bed, and should be removed from your child's bedroom in order to create an environment that your child associates with sleep. If your child uses these devices to help them fall asleep, consider replacing this routine with a bedtime story or playing soothing music.

Self-settling

If your child is routinely waking in the night, it is important that they learn to self-settle rather than seeking a parent or joining a parent's bed. This can be difficult to enforce, and may be emotionally challenging - both for child and parent - but parents should remain firm and assertive.

If your child leaves their bed and seeks you out at night time, you should try not to engage with them in conversation, but lead them quietly and immediately back to bed. This may need to be repeated several times each night, but it is important that your child learns that they will receive the same response from you each time.

If your child is anxious, the use of a night light, cuddly toy or baby monitor may help them feel safe and to learn to self-settle. Praising your child in the morning for staying in bed at night can help reinforce good behaviour - this can be aided by the use of a reward chart or sticker, with a small token prize when a certain number of stickers/rewards have been won.

Praemium Litterarum

Kathryn might want to add something

Mathletics Math March Challenge

Liane might want to add something

Mathletics With Parents

Maths With Parents (MwP) is the exciting mathematics platform that we have been using for homework in KS1 this academic year. The content links with the Mathematics Mastery curriculum that we follow. This week we have been lucky enough to take part in the filming for their new Reception content, so look out for us next **year where? !**

We love to hear how much our parents and pupils love using MwP at home:

- *My son Hamza enjoys Maths With Parents as it's fun, challenging and he has learned quite a bit from it. It's good mother and son time and he has always won in the games which is very rewarding for him. **Mouna, mother of Hamza, Year 2.***
- *We love Maths With Parents! It's nice that my son and I can watch the video and talk about it! We also love playing the game at the end, it's fun! **Safina, mother of Zain, Year 2.***

Please feel free to share your experiences with us via twitter and include @ParentMaths in your comment.

How does Maths With Parents work?

- Children are taught a mathematics topic at school. Teachers send out the related MwP resources.
- Parents receive a short video explaining the method their child is currently learning.
- Parents and children play fun activities together, which bring mathematics to life.
- Parents and children leave a comment for their teacher to see. You can also upload photos of your great work to your MwP site and bring in anything you have made to show your teacher!

Coming soon!

MwP will be used in Reception and Year 3 and continue in KS1 from September 2019.

We will be holding open sessions in the ICT suite to help you and your child get the most out of MwP.

There will be an online questionnaire from MwP where you can give feedback.

Mrs Liane Tylee

Maths Lead and KS2 Maths Teacher

Music News

Pimlico Concert

On Tuesday 12th March 2019 a group of our children from Year 4 and the choir sang Gabriel's Church with the Pimlico Music Foundation. They sang three items in the concert: Whole New World (from Alladin) and the Fruit Fugue, which involved a lot of fun and even audience participation. The children were supported by a group of young professional singers from Trinity Laban Music College who sang music by Purcell. A great time was had by all, there was a good audience including many parents. Congratulations to all the children who took part.



London Chamber Orchestra Music Junction

We are now over half way through our project and we have 15 children from Year 5 learning instruments that they have never before played, including woodwind, brass and stringed instruments. We have been meeting once a fortnight with the members of the LCO and mentor musicians from St Paul's School and St Paul's Girls' School to learn the instruments and to prepare for the performance of a new work written specially for the occasion by Tony Britten. The workshops take place at different schools and last week we hosted the workshop, involving more than one hundred musicians working and playing together. We have two more workshops to go before the final performance on 26th April to which parents are invited, or to at least to collect their children afterwards. These are on the 26th March and 26th April, both at St Paul's Girls' School, Hammersmith, where the performance will take place.

Upcoming Dates and Events

May 2019

Monday 29 th April to Monday 8 th July	3:30pm – 5:00pm MEND programme in top hall, main block
Wednesdays	11:50am – 12:20pm Penguin Readers with Year 2
Wednesday 1 st May	Year 3 and 4 football tournament
	Maths With Parents filming
Thursday 2 nd May	I Can Be Mid-Programme Workshop in school
Friday 3 rd May	9:00am KS1 SATs Workshop in 1 RED
	Windmill trip to Vauxhall City Farm
Monday 6 th May	BANK HOLIDAY – school closed
Tuesday 7 th May	KS1 SATs begin
Friday 10 th May	Year 3 trip to the British Museum
Monday 13 th May	KS2 SATs SPaG Paper 1 and 2
Tuesday 14 th May	KS2 SATs Reading Paper
	2:30 School tour for prospective parents
Wednesday 15 th May	KS2 SATs Mathematics Papers
Thursday 16 th May	KS2 SATs Mathematics Paper
	I Can Be visit to Nationwide Venture Capital Investment
Thursday 23 rd May	Polling Day in EYFS block
Thursday 23 rd May	Photography competition exhibition
Friday 24 th May	Final day of Term 5. Normal pick up time.

Future dates for your diary:

Thursday 18 th July	Sports Day - KS1 am, KS2 pm at Vincent's Square
--------------------------------	---

Follow us on Twitter! Every week we post news about life at Millbank, letting you know about our learning, trips and achievements. If you are a Twitter user, find us @Millbankacad or search for Millbank Academy.

