

MILLWOOD NEWS

ISSUE No 351

NEWSLETTER DATE : FRIDAY 27TH APRIL 2018

MILLWOOD DAY TODAY!

6 years old!

HAPPY BIRTHDAY!



STEPHEN LAWRENCE DAY

We will be holding a Stephen Lawrence Day annually on (or near) 22 April to commemorate Stephen's life. It will be included in our calendar of events.



ST GEORGE'S DAY

Pupils enjoyed celebrating St George's Day last Monday which coincided with the arrival of a new addition to the Royal Family. Our favourite names for the baby are Prince Ryan, Prince James or Prince Jacob.

WELCOME

Welcome to Carl Holt, our new duty officer who starts at Millwood on Monday 30 April.

SUNCREAM



Please send in suncream which has a high UVA and UVB protection factor and ensure that the factor is appropriate for your child. It is recommended that you purchase new suncream each year to ensure the best possible protection for your child in the sunshine.



STARS OF THE WEEK



FS/KS1



Lily-Rose for excellent independent drawing outside



KS1/2



Sami for fantastic participation when making a smoothie in D&T and for choosing a symbol to tell his friends if he liked it or not!

Nursery 1 This week we have been enjoying some fantastic "seaside" mark making and writing activities.



We have loved joining up with our friends in



Nursery 2 to make seaside pictures and we also made our hands and fingers really strong by

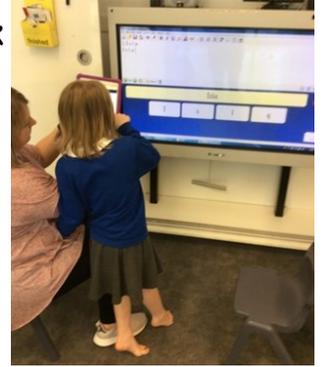
squeezing big and small sponges to create ocean foam. We loved splashing our feet in our ocean!

Nursery 2 have all had fun in their rugby session this week crawling, throwing and sharing equipment



Whitelow 1 This week we have continued to enjoy our topic Sun, Sea and Sand.

We have been reading the story "Sharing a Shell" and learning how to share with our



friends. We shared our interactive games and toys, netbooks and IPAD during our



Tuesday computing session.

We have been writing our name on the media wall and explored col-

ourful sea creatures.

We made banana ice cream in our food technology lesson. When it had frozen we made banana sun-dae's. They were delicious.



Whitelow 2 This week we have been studying octopuses, dancing like them, drawing their squig-

gly legs and building octopus edibles. The children have been working really hard, even facing personal aversions - touching

and tasting new and sticky foods. Brilliant!



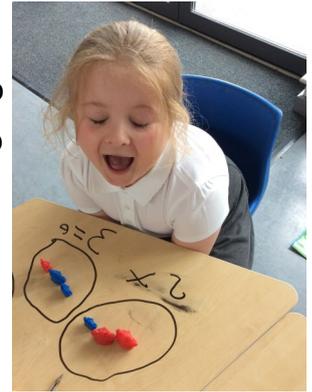
Redvales 1 have had fun this week. We have been looking at Africa and African animals to go with our book. We enjoyed singing number songs and counting, and in PE we are practising our bending and rolling skills.



Redvales 2 We have had a great week! We enjoyed doing lots of different activities to celebrate St George's Day. We have also been learning about the artist Damien Hirst and created butterfly paintings and got a little messy!



Redvales 3 This week we have been learning how to multiply by using cubes to make sets of objects. George and Daniel have been looking at the place value in 4 digit numbers! In English we have been writing sentences using the Alan Peet 2A



method, using interesting adjectives and commas. We have been focusing on our handwriting this week and some of us can use cursive writing, joining our letters. In Geography we have compared Scotland with Spain and looked at the different clothes people wear. We have started our designs for our handbags and T Shirts in Art and DT. We have also enjoyed some quiet time in the light room.

Redvales 4 This week in Geography, Redvales 4 have had a great time using lego to build a design of our classroom. We included, tables, chairs, windows, the teachers' desk and the cupboards.



Redvales 5 have been very excited about the news of the new Royal baby. We have made our own cards to say congratulations to Princess Catherine and Prince William and have posted them to Kensington Palace. We have also been guessing what the baby may be called. Some of our suggestions were Ryan, James and Jacob.



Redvales 6 have had a fantastic week! We baked some delicious caramel cup cakes with a grass effect topping to tie in with our new story "We're Going on a Bear Hunt". The children also enjoyed visiting Brazil and playing Samba drums in Music as part of our topic "Where Shall We Go Today?" Next week we look forward to exploring further old and new transport in History.

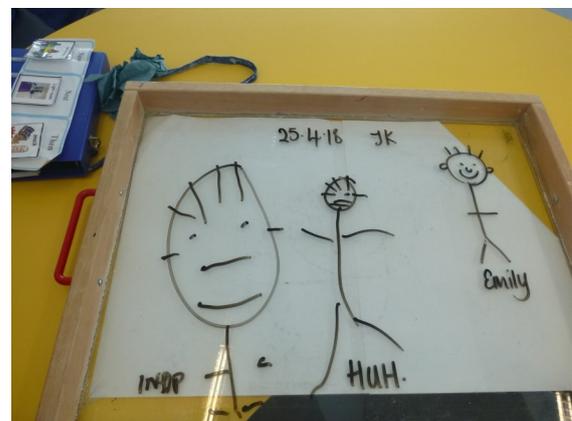


Irwell 1 In geography this week Irwell 1 have been learning about Italy. We have been using all our senses to explore different foods from the country, including feeling sticky wet pasta and tasting yummy ice creams. In English we have been sorting and matching lots of different vehicles,



by colour and type, before choosing which one we wanted to play with.

Irwell 2 This week in Irwell 2 we have been working hard in all our lessons and did our very best work when practising our writing skills !!



Irwell 3 This week in PE Irwell 3 had a Yoga session in class, we tried so hard to use our balance and perform the different balancing moves. It was lots of fun and our favourite part was the relax and breathe at the end.



Irwell 5 This week we went on a trip to Gallery Oldham and Alexander Park. We enjoyed looking at paintings, sculptures and installations in the gallery. There were lots of interactive displays for us to try.



Irwell 4 have had a lovely busy week! In Maths, some of us have been learning about '1 more' and '1 less'. Here is Scarlett adding one more cube to work out the answer. In English we have been learning how to choose and use end punctuation from full stop, exclamation mark and question mark. Here is Alex choosing the correct punctuation during our interactive whiteboard session.



Irwell 6 On Wednesday Irwell 6 visited the Museum of Science and Industry in Manchester. We had a fabulous morning watching a live experiment show followed by a close up encounter with Tim Peake's space suit, parachute and capsule. A wonderful morning was had by all and we did lots of exploration and investigation.



The NHS Manchester Resilience Hub has been established in response to the Manchester Arena attack.

It has been set up to coordinate the care and support for children, young people and adults whose mental health and/or emotional wellbeing has been affected. The Hub is based in Greater Manchester but is for everyone, wherever they may live.

The Manchester Arena attack was a traumatic event which we know can cause severe emotional shock. The Hub can offer phone-based advice, support and information and make calls on your behalf if you are struggling to get the help you need.

The Hub is for:

- Everyone who has been directly affected by the incident
- Family members who have been affected
- Professionals who have been affected
- Professionals seeking clinical advice about their service users

About The Hub

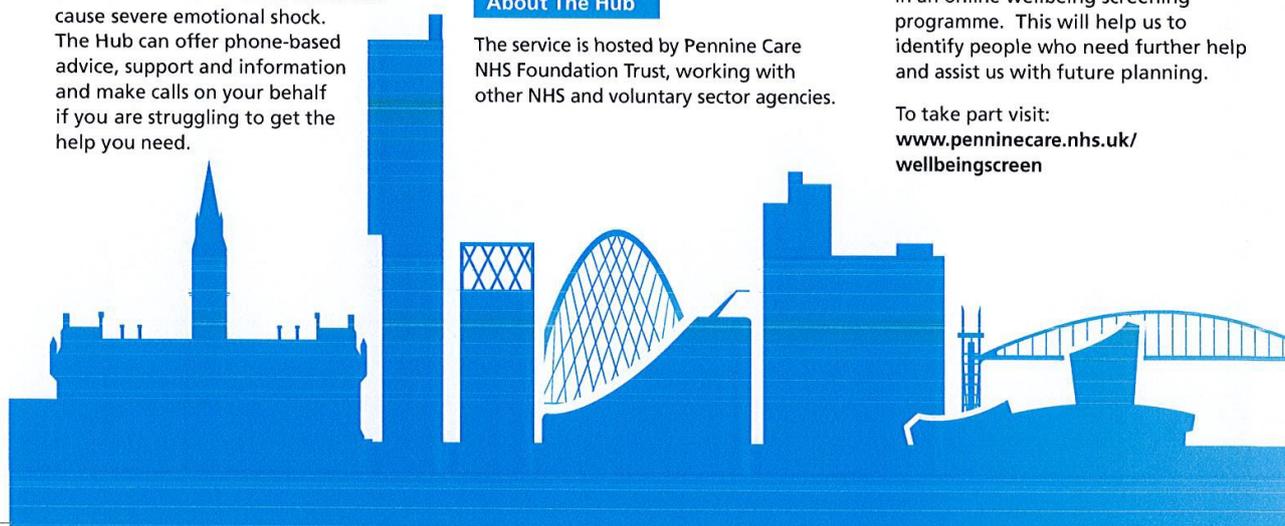
The service is hosted by Pennine Care NHS Foundation Trust, working with other NHS and voluntary sector agencies.

The Manchester Resilience Hub is staffed by NHS professionals. They will be able to talk with you about how you are doing and whether you may benefit from more help.

Emotional wellbeing screening

Because people react to traumatic events in different ways, we are also inviting everyone who was present or affected by the attack to take part in an online wellbeing screening programme. This will help us to identify people who need further help and assist us with future planning.

To take part visit:
www.penninecare.nhs.uk/wellbeingscreen



Other advice and support

- If you are directly affected and need help or support, call the Victim Support Helpline on 08 08 16 89 111
- Adults can refer themselves directly to NHS psychological therapies services across England. Type 'NHS choices IAPT' into your search engine
- Children and young people can access mental health services through their GP
- If you are struggling to keep yourself safe please seek advice either from your GP or in an emergency from A&E at your local hospital
- A website with lots of information about support after the Manchester Arena attack is now available at www.manchesterattacksupport.org.uk

Get in touch

You can contact the Hub via:

- Phone: 03330 095 071
- Email: GM.help@nhs.net
- Website: www.penninecare.nhs.uk/mcrhub

Opening times are **Monday to Friday, 9am to 5pm.**

If we are unable to answer your call immediately, you will have the option of leaving a message and we will call you back as soon as possible. You can also leave a message outside of our opening hours on this number.

Get involved

For regular updates, follow us on Twitter @PennineCareNHS, or like the Pennine Care NHS Foundation Trust page on Facebook

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NHS
Manchester
Resilience Hub

Mental Health
Support following the
Manchester Arena attack



Managing the anniversary of the Manchester Arena Attack



Manchester Resilience Hub

- Strong emotional reactions are normal and there is no right way to think or feel.
- It is common to have more memories or dreams of the event or feel more unsettled. For most people these difficulties will settle down again with time.

Helpful things to do:

1. Do whatever you want and need to do to mark the occasion – join in planned activities, join with your friends or with your family 
2. Take time to reflect in your own way 
3. Check in with others who may be struggling but make sure you still take care of yourself 
4. Think carefully about how much time you spend on social media and watching the news, switch it off if it's not helping 
5. Spend time with friends and family or speak to a key adult – try not to spend too much time alone 
6. Talk to someone you trust if you want to, but don't feel you have to 
7. Plan relaxing, comforting things to do and think about how you might manage if you are upset 
8. Get exercise, eat well and do nice things for yourself 
9. Keeping in your usual routine can be helpful 
10. Take unnecessary pressures off yourself 
11. Consider giving something back – maybe through helping others 

For a small number of people, the anniversary can be a time when very intense feelings emerge. If you or someone you know is affected, consider talking to your GP or contacting the Resilience Hub for advice.

Useful websites:

www.penninecare.nhs.uk/mcrhub
www.manchesterattacksupport.org.uk
www.victimssupport.org.uk
www.peace-foundation.org.uk
www.bbc.co.uk/newsround/13865002



Best wishes

Helen Chadwick

Headteacher