

Healthy School Newsletter

Issue 5 - Christmas Edition of 2007!

Welcome to the latest edition of the newsletter. Our aim is to keep all parents informed about the policies and activities taking place at Milverton that make our school a healthy place to be. We are always looking for new ideas, so if you would like to pass on your suggestions or to join the committee please speak to any of us. In the meantime, a Happy and Healthy Christmas to you all from the Healthy School Working Party: Saskia Beeks-Sanders, Kristen Gasser Lawrence, Katie Rowland, Rob van Schie, Nicole Vazquez, Ben Wilde



Learning to Learn

This year at Milverton, we have been learning *how* to learn. We have learnt that a good listener *"keeps eye contact, pays attention, sits still, doesn't talk to anyone, is interested, doesn't fiddle and asks to find out more."*

We are experts at collaborating and use 'critique sandwiches' to help us improve our own work and the work of our friends. We have also learnt that our voices are important and that we can use different volumes, such as partner and group voices, to help others to hear us properly.

Another **BIG** lesson we have learnt is how many amazing emotions we have, such as *"sad, angry, unwanted, happy, excited, amused and discombobulated"*. We know how important it is to deal with these emotions and have learnt lots of ways to help us cope with the difficult ones, including *"changing our behaviour, asking for help, asking questions, using our choice boxes, learning from mistakes, relaxing and taking deep breaths to calm down."*

Most importantly, we are trying very hard to become the best learners that we can and are succeeding in many ways!

There is not really enough space in this newsletter to write down all the interesting, important and fun things we have found out about Aspects of Learning so far, but please feel free to ask us any questions!

Danielle Wood Teacher 6W/Curriculum Team Leader



**CELEBRATING
DIVERSITY -
DELICIOUSLY!**

This past July, the entire school thoroughly enjoyed learning about different cultures by making and tasting special foods from around the globe. Every class had two opportunities during "World of Food Day" to listen and cook with Milverton parents and friends. They had fun pouring Dutch pancake batter, mixing samosa fillings, blending up fruit smoothies, whisking up batches of cornbread, and tasting Spanish ingredients blindfolded (including anchovies!) – to name just a selection of the activities. Many thanks to all the volunteers who shared their knowledge, time, and tasty ingredients!

A TRAVEL PLAN FOR MILVERTON

How do you get to and from school?

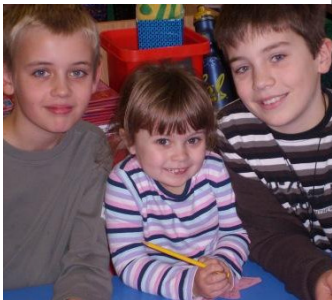
Milverton governors are currently developing a "travel plan" to help the school community as a whole address issues of congestion, road safety, children's health, and pupils' "road sense" knowledge. This document will identify safer routes to school and encourage travel options such as sharing car rides, as well as promoting "walk and ride" and "park and stride" programs.

Look for more details about the travel plan this spring, when we'll devote a Healthy Schools newsletter to outlining the school's goals for safe and environmentally-friendly commuting (and offer specific suggestions for how you can participate).





“The buddy system really is a great way to develop confidence in all children and to further strengthen our children’s caring and support of one another.”



Our School Buddy System

Children in each class have a buddy from another class to help support them in their work and play. This term our year 5 buddies joined us during Anti-Bullying week to bring us a friendship bracelet they had made and to do some shared writing entitled ‘A recipe for friendship’. The year 5’s then helped the reception children make a Christmas decoration to send to our link school in Ghana. Each child had the chance to work in the infant and junior buildings.

Tracey Brand - Teacher RB/Deputy Head

Here are some comments from the children:

‘They helped me do my name.’
Grace RB

‘Buddies are good to help with different things.’ Lydia 5S

‘I like working with my buddy because he’s my friend. We work together, me and my buddy Jake.’
Edgar RB

‘My buddy is really fun and lively.’
Hugh 5S

‘I think buddies are a good way to help to get to know other children’ Alex 5S



Did you know that every hour in Britain we throw away enough rubbish to fill the *Royal Albert Hall* in London?



The Healthy Schools Working Party is always looking for positive contributions that our school can make towards a sustainable environment. Just like you, we are concerned about all the waste that we produce every day. Many children already practise the three R’s - **Reduce, Re-use, Recycle** - in school. For example, they use both sides of a piece of paper and when it is no longer needed, they place it in a special recycle box in their classroom.

What are your favourite tips for reducing waste and conserving resources? Pass them along and we’ll include them in a future newsletter. **Until then, keep an eye out in the New Year for a sustainable gift for every family - one that will get “Milverton Primary” noticed all around Leamington Spa!**