

MILSTEAD & FRINSTED C OF E NEWSLETTER

March 13th 2026



Hello,
Yet again our wonderful school community shone through at our SIAMS inspection and I look forward to sharing the report from you in the fullness of time. I would like to say a special thank you to those parents who contributed to the inspection day, the pupils reflected how they feel they belong in our school and to our wonderful staff who always give their all for our school community.

Our Year 6 Choir went to the Kent university to rehearse for their up and coming trust wide performance this coming Wednesday (18th).

We thoroughly enjoyed world book day last week and the pupils had wonderful costumes, it was so lovely to see our parents and family members come and enjoy books with the children.



Reminders

REMEMBER - ROCK STEADY PERFORMANCE IS AT 2.30 ON THE 25TH MARCH! ALL WELCOME!

PTA

THE PTA HAVE RUN THEIR MOTHERDAY DAY STALL THIS WEEK AND IT HAS BEEN SUCH A DELIGHT TO SEE THE EFFORT THAT HAS GONE INTO THIS AND THE CHILDREN'S ENJOYMENT.

WISHING YOU ALL A HAPPY MOTHERS DAY FROM THE PTA



IN OUR TRUST, WE ARE FORTUNATE TO HAVE MR DAVID WHITEHEAD AS OUR EXCEPTIONALLY DEDICATED CEO. WITH A WEALTH OF EXPERIENCE IN EFFECTIVE SCHOOL LEADERSHIP, INCLUDING AT BREDGAR SCHOOL. HIS COMMITMENT TO EXCELLENCE IS EVIDENT IN EVERYTHING HE DOES, FROM CHALLENGING LEADERS TO ENSURE THE HIGHEST STANDARDS TO ENGAGING DIRECTLY WITH OUR PUPILS. MR WHITEHEAD BELIEVES IN THE POWER OF HANDS-ON INVOLVEMENT, WHETHER IT'S BUILDING LEGO CREATIONS WITH STUDENTS OR JOINING THEM IN WORSHIP. HIS APPROACHABLE NATURE MAKES HIM A BELOVED FIGURE AMONG BOTH STAFF AND PUPILS. HE HAS A PROFOUND UNDERSTANDING OF THE UNIQUE ROLE OF CHURCH SCHOOLS AND THE IMPORTANCE OF THEIR CHRISTIAN DISTINCTIVENESS, WHICH HE ACTIVELY PROMOTES WITHIN OUR COMMUNITY. HIS PASSION FOR EDUCATION AND UNWAVERING SUPPORT FOR OUR SCHOOLS INSPIRE US ALL TO STRIVE FOR EXCELLENCE. MR WHITEHEAD'S LEADERSHIP NOT ONLY SHAPES OUR TRUST'S VISION BUT ALSO LEAVES A LASTING IMPACT ON THE LIVES OF OUR PUPILS, FOSTERING AN ENVIRONMENT WHERE THEY CAN THRIVE BOTH ACADEMICALLY AND PERSONALLY. WE ARE GRATEFUL FOR HIS GUIDANCE AND THE WARMTH HE BRINGS TO OUR EDUCATIONAL FAMILY.

STAFF SPOTLIGHT



OUR AMAZING LEARNING



LAST WEEK CATKINS WERE LUCK ENOUGH TO HAVE THE POLICE VISIT TO EXPLAIN THEIR ROLE WITHIN THE COMMUNITY AND HOW THEY HELP KEEP PEOPLE SAFE IN OUR COMMUNITY. THEY FOUND OUT LOTS OF INTERESTING THINGS THAT THEY DO.



IN DT WE HAVE BEEN PRACTICING OUR RUNNING STICH AND STARTING TO MAKE SMALL CUSHIONS. IN SCIENCE WE HAVE BEEN SETTING UP EXPERIMENTS TO OBSERVE HOW WATER TRAVELS AROUND PLANTS. IN OUR RE THIS WEEK WE LEARNT HOW CHRISTIANS BELIEVE THAT JESUS CAME TO BUILD A BRIDGE BETWEEN PEOPLE AND GOD.



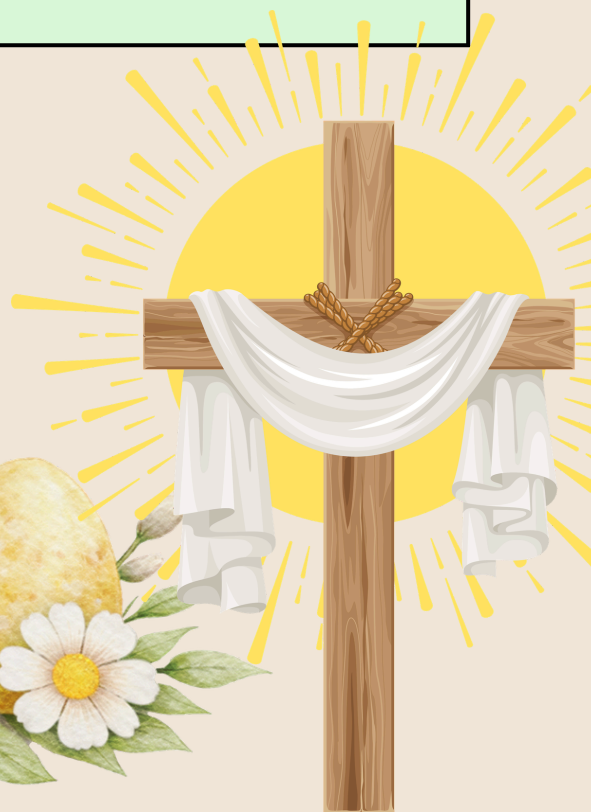
IN OAKS, WE TOOK PART IN EXCITING AND CHALLENGING FITNESS CIRCUITS. WHILE KEEPING ACTIVE, WE ALSO EXPLORED HOW TECHNOLOGY CAN HELP US TRACK AND IMPROVE OUR PERFORMANCE. USING MICRO:BITS, WE PROGRAMMED OUR OWN PEDOMETERS TO COUNT OUR STEPS AND MONITOR OUR ACTIVITY. IT WAS A GREAT WAY TO SEE HOW COMPUTING CAN BE USED IN REAL LIFE WHILE ENCOURAGING US TO STAY ACTIVE AND HEALTHY!

Reminders: World book day Friday 6th March

DIARY DATES
25-26

EVENTS TERM 4	DATE/TIME
PTA MOVIE NIGHT	FRIDAY 27 TH MARCH
NON SCHOOL UNIFORM DAY - IN EXCHANGE FOR CHOCOLATE EGGS	MONDAY 30 TH MARCH
ACORNS EASTER SHOW	TUESDAY 31 ST MARCH @2PM WEDNESDAY 1 ST APRIL @9.30AM

EASTER CHURCH SERVICE	WEDNESDAY 1 ST APRIL @ 2.30PM
EASTER BONNET PARADE	THURSDAY 2 ND APRIL @9AM
EASTER EGG HUNT	THURSDAY 2 ND APRIL
NO ASC - END OF TEMR	THURSDAY 2 ND APRIL



EVENTS TERM 5	DATE/ TIME
TERM 5 STARTS	MONDAY 20 TH APRIL
MAY BANK HOLIDAY WEEKEND	MONDAY 4 TH MAY
PGL PARENT TALK	TUESDAY 19 TH MAY @ 2.45

DIARY DATES
25-26
CONTINUED



**THE DELIGHTS OF
COOKERY CLUB - SPRING
ROLLS!**

**SCHOOL COUNCIL AND
STEWARDS UPDATES**



**OUR SCHOOL COUNCIL HAVE BEEN ASKING PUPILS
WHICH BOOKS THEY WOULD LIKE TO SEE IN THE
LIBRARY. THEY HAVE BEEN THINKING ABOUT HOW THEY
COULD HELP OUR LOCAL COMMUNITY.**

MILSTEAD & FRINSTED CHURCH OF ENGLAND PRIMARY SCHOOL

Admissions for 2026/2027

“ Learning together as a
community so that everyone
gets what they need, making
the most of every opportunity,
and ensuring no moment is
wasted. “



WHAT MAKES US DIFFERENT:

- Small, nurturing school environment
- A truly hands on curriculum
- Endless enrichment opportunities
- Forest school sent in ancient woodland
- Inclusive and adaptive approaches
- Close links to local churches and community
- Idyllic location where children, can be children...every day is a welly boot day!

WHY CHOOSE US?

“Care and kindness are at the heart of this small, welcoming primary school. Relationships between staff and pupils are strong. Staff prioritise getting to know each family well. As a result, they are able to consider the needs of each pupil individually. Pupils are happy. They are exceptionally proud of their school.”

OFSTED 2025

Applications open on the 7th November ...
Make Milstead your school of choice for a
unique experience

COMMUNITY AND WELLBEING

OUR FLO MRS MCGUANE



What is Sensory Circuits?

Sensory circuits are similar in function to a gym circuit, but instead of focussing on fitness, they focus on supporting arousal. Arousal is the body's level of alertness and it can range from sleeping, to highly stressed. In order to learn, a student needs to have adequate arousal to focus. Sensory circuits can help students with this. These circuits are especially beneficial for students who may have sensory processing differences or who simply benefit from extra sensory input to help them focus and regulate their emotions. Sensory circuits have evolved from the sensory diet concept which provide a set of specific sensory strategies created for one student to help to support their readiness to learn. Sensory circuits are designed so more children can be involved at the same time. A well-designed sensory circuit will support each child's individual arousal needs. So, if the student needs to increase their arousal, the circuit should support this. If they need to get organised, the activities in the circuit should help with this. For individuals who are sensitive, it should help them to calm down.

[CLICK HERE TO FOLLOW A LINK TO THIS DOCUMENT](#)

These are just a few reasons showing the importance of screen-free time:

- Protect sleep: screen-free time before bed helps children fall asleep more easily and improves quality of rest.
- Boost wellbeing: Regular breaks from screens can reduce anxiety, improve mood, and support better focus.
- Build healthy habits: Setting clear boundaries around devices helps children develop a balanced relationship with technology.

Curious Conversations The Screen-Dopamine Cycle

WITH BREAKS AND BALANCE, YOUR DOPAMINE SETTLES AND YOUR BRAIN FEELS CALMER AGAIN

When you switch between screens and other activities, your brain learns to enjoy different kinds of dopamine — the quick screen kind and the slower, steady kind you get from real-world play, movement, connection, and creativity.

DURING THAT DROP, OTHER THINGS CAN FEEL 'NOT FUN ENOUGH'.

Your brain gets used to fast rewards, so slower activities — like playing, drawing, reading, or talking — can feel harder to enjoy right away. Your brain just needs time to reset.

WHEN THE SCREEN STOPS, YOUR DOPAMINE LEVEL DROPS SUDDENLY
This drop can make your brain feel a bit wobbly. You might feel bored, grumpy, restless, or annoyed. It's not you being difficult — it's your brain adjusting to having less dopamine for a moment.

WHEN YOU USE SCREENS, YOUR BRAIN RELEASES A CHEMICAL CALLED DOPAMINE

Dopamine is your brain's little 'that feels good!' messenger. When you watch videos, play games, or scroll, your brain gives you tiny bursts of it — and that can feel exciting or fun.

YOUR BRAIN STARTS LINKING SCREENS WITH QUICK DOPAMINE

Because screens give your brain dopamine so fast, your brain begins to expect it. It learns, 'When I look at a screen, I get a quick reward.' That's why screens can be hard to put down sometimes.

THE MORE YOU GET, THE MORE YOUR BRAIN WANTS THE NEXT BURST
Your brain doesn't mean to be tricky — it's doing what all brains do. It wants more of whatever gives it dopamine quickly. So you might notice you want to go back to the screen even when you weren't planning to.

Your brain works best when screens are just one part of your day. Too much can make your feelings wobbly. The right balance helps you feel calm, happy, and in control!
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SEN UPDATES

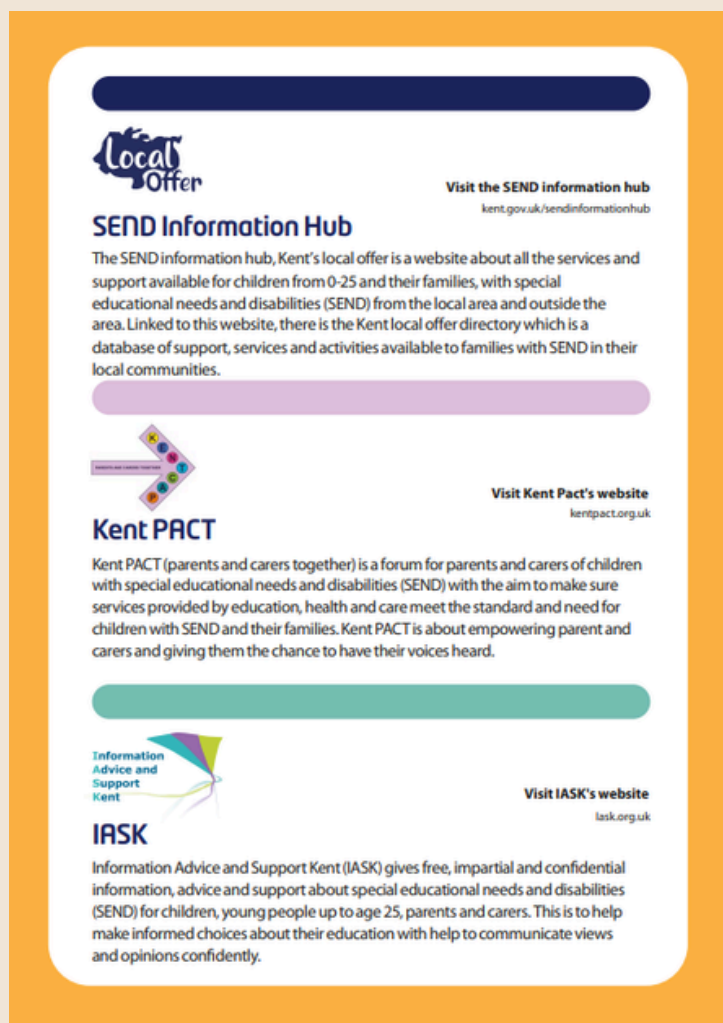
We are now able to access parent workshops again. These are running through the new process of PINS and can be booked by [clicking here](#)

There are the following workshops:

19th Mar 8pm - 9.30pm Intersectionality Autistic Girls Network

24th Mar 10.30am - 12.30pm Understanding Neurodiversity NELFT NHS Trust

Kent offer a range of advice and support for parents through the following websites. Please [CLICK HERE](#) to find out more.



Local Offer

Visit the SEND information hub
kent.gov.uk/sendinformationhub

SEND Information Hub

The SEND information hub, Kent's local offer is a website about all the services and support available for children from 0-25 and their families, with special educational needs and disabilities (SEND) from the local area and outside the area. Linked to this website, there is the Kent local offer directory which is a database of support, services and activities available to families with SEND in their local communities.

Kent PACT

Visit Kent Pact's website
kentpact.org.uk

Kent PACT (parents and carers together) is a forum for parents and carers of children with special educational needs and disabilities (SEND) with the aim to make sure services provided by education, health and care meet the standard and need for children with SEND and their families. Kent PACT is about empowering parent and carers and giving them the chance to have their voices heard.

IASK

Visit IASK's website
iask.org.uk

Information Advice and Support Kent (IASK) gives free, impartial and confidential information, advice and support about special educational needs and disabilities (SEND) for children, young people up to age 25, parents and carers. This is to help make informed choices about their education with help to communicate views and opinions confidently.

FOR LOCAL SEN GROUPS AND ACTIVITIES OVER EASTER -
PLEASE FOLLOW THE LINK
[HTTPS://WWW.FORUSTOO.ORG/BOOKINGS/](https://www.forustoo.org/bookings/)



I WOULD LIKE TO WISH ALL THE STAFF, CHILDREN, PARENTS AND COMMUNITY A LOVELY WEEKEND AND WE
LOOK FORWARD TO THE WEEK AHEAD

HAVE A WONDERFUL WEEKEND AND A PEACEFUL MOTHERS DAY!

BEST WISHES
MRS H SMITH

