

MILSTEAD & FRINSTED C OF E NEWSLETTER

March 27th 2026



Dear Parents and Carers,
We have had a wonderful couple of weeks and as always a highlight in the school calendar is the Rocksteady performance. Our children really do shine through with their talents. We would encourage anyone who has an interest to sign up as some of the bands have spaces and what they perform is spectacular!



Also a huge well done to our year 5 football team, they went to Lynsted school to play an inter school football match, from schools across the trust. They worked hard and their enthusiasm and energy were relentless. They should be very proud of all their efforts.



Reminders

**REMEMBER -
EASTER CHURCH SERVICE
2.30PM ON WEDNESDAY 1ST
APRIL**

PTA

A HUGE THANK YOU TO THE PTA FOR THEIR WONDERFUL FILM NIGHT FOR THE CHILDREN. WE LOOK FORWARD TO THE NEXT ONE.

REMEMBER THE PTA ORGANISE NEXT WEEKS EASTER EGG HUNT, IT IS NON SCHOOL UNIFORM ON MONDAY IN EXCHANGE FOR SMALL CHOCOLATE EGGS (LIKE THE ONES PICTURED) IT IS A FUN EVENT FOR THE CHILDREN!

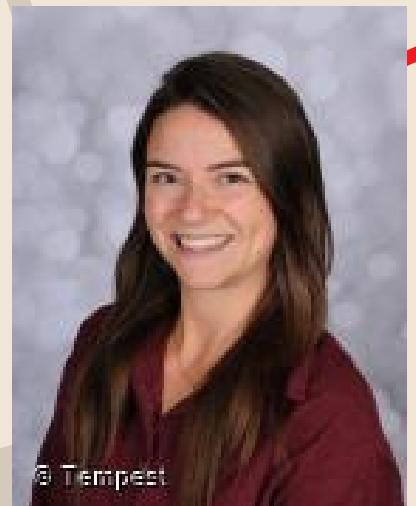


WE ARE EXCITED TO ANNOUNCE THAT OUR OWN MISS WALLIS HAS BEEN SELECTED AS A FINALIST FOR THE PEARSON NATIONAL TEACHING AWARDS! OUT OF THOUSANDS OF ENTERIES SHE HAS BEEN SELECTED FOR HER RELATIONAL APPROACH TO TEACHING AND ENSURING EVERY LEARNER GETS WHAT THEY NEED. HER UNWAVERING COMMITMENT TO THE PUPILS THAT ENTER HER CLASS AND HER WIDER SUPPORT TO TEACHER DEVELOPMENT.

WE WILL HAVE A FINALIST MEETING NEXT TERM WITH PEARSON, THEY WOULD LOVE TO HEAR FROM THE FAMILIES OF THE CHILDREN MISS WALLIS TEACHES IF YOU ARE HAPPY TO BE INVOLVED PLEASE CONTACT THE OFFICE.



STAFF SPOTLIGHT



© Tempest

OUR AMAZING LEARNING



THIS WEEK CATKINS WENT ON A WALK AROUND THE WOODS TO SPOT SIGNS OF SPRING. THEY FOUND LOTS OF BLOSSOM AND BUDS ON TREES, DAFFODILS, BLUEBELLS AND THEY EVEN SPOTTED SOME BABY BIRDS FLYING AROUND THEIR NESTS.



THIS WEEK IN ACORN CLASS WE HAVE BEEN REVIEWING THE RESULTS OF OUR SCIENCE ENQUIRY INTO THE EFFECT A LACK OF LIGHT HAS ON THE GROWTH OF CRESS SEEDS! WE HAVE ALSO BEEN LOCATING WHERE OUR FOOD COMES FROM AND DEBATING THE PROS AND CONS OF BUYING LOCAL OR IMPORTED FOOD. IN MATHS, MRS APPS HAD US RUNNING, HOPPING, AND SKIPPING AROUND THE PLAYGROUND AS WE LOOKED AT UNITS FOR MEASURING TIME.



IN OAKS CLASS, WE EMBARKED ON AN EXCITING GEOGRAPHY FIELDWORK ADVENTURE, CREATING OUR VERY OWN ANTARCTIC EXPEDITION—COMPLETE WITH INCREDIBLY WINDY CONDITIONS THAT MADE IT FEEL JUST LIKE THE REAL THING! THE CHILDREN DEVELOPED THEIR MAP-READING SKILLS, USED THE 8 COMPASS POINTS, AND PRACTISED DIRECTIONAL LANGUAGE WHILE WORKING TOGETHER AS A TEAM TO NAVIGATE THEIR JOURNEY.

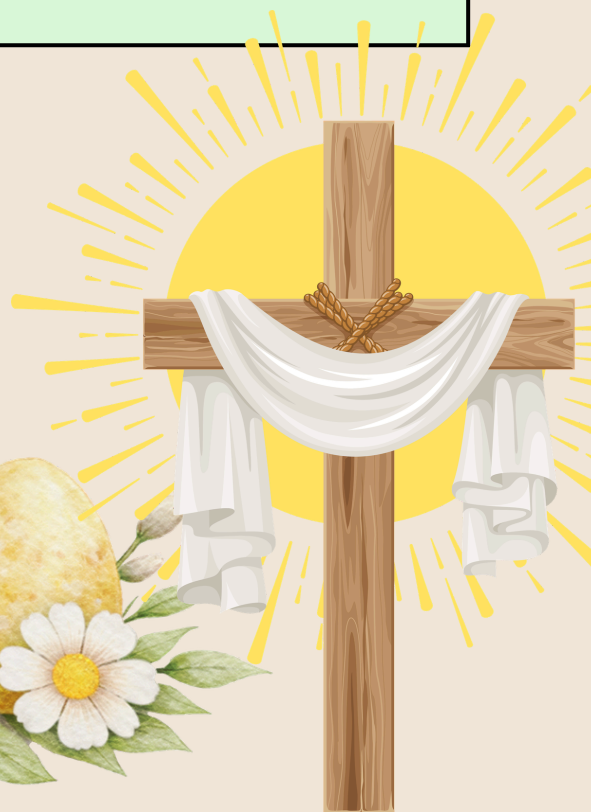
AS PART OF OUR LEARNING, WE EXPLORED HOW ANIMALS SURVIVE IN SUCH EXTREME ENVIRONMENTS BY CARRYING OUT A FUN AND MEMORABLE "BLUBBER GLOVE" EXPERIMENT TO UNDERSTAND INSULATION. WE ALSO DISCOVERED HOW EXPLORERS' CLOTHING AND EQUIPMENT HAVE CHANGED OVER TIME, LINKING OUR WORK TO BOTH SCIENCE AND HISTORY.

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



DIARY DATES 25-26 CONTINUED

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

**MISS WALLIS WANTS TO
SAY A BIG THANK YOU!**

DEAR PARENTS,
THANK YOU TO ALL OF YOU WHO WERE ABLE TO RESCHEDULE PARENTS' EVENING WITH ME. I TRULY APPRECIATE THE TIME YOU TOOK AND HOW UNDERSTANDING YOU ALL WERE. IF YOU MISSED YOUR APPOINTMENT OR WERE UNABLE TO ATTEND THE ADDITIONAL DATE OFFERED, PLEASE DON'T HESITATE TO CATCH ME AT THE GATE, GIVE ME A CALL, OR SEND ME AN EMAIL. I WOULD BE VERY HAPPY TO UPDATE YOU ON YOUR CHILD'S PROGRESS.

KIND REGARDS,
MISS WALLIS

SCHOOL COUNCIL AND STEWARDS UPDATES



**OUR SCHOOL COUNCIL HAVE WRITTEN AN ENTRY FOR
THIS TERMS OCMAT PARENT MAGAZINE.
THIS WILL BE OUT NEXT WEEK...KEEP YOU EYES
PEELED!**

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



We hope all our pupils and families have a lovely, restful weekend. Take this time to relax, recharge and enjoy special moments together ready for our final week before the Easter. We look forward to seeing you all back refreshed and ready for a positive and productive week ahead!

SUPPORTING YOUR CHILD'S SCHOOL ANXIETY

UNDERSTANDING WHAT SCHOOL ANXIETY REALLY IS

School anxiety is not simply reluctance or avoidance, it is a nervous system response to something that feels overwhelming, unsafe, or unpredictable. For some children, this might be academic pressure, social uncertainty, sensory overload, or separation from a parent. Their body reacts before their thinking brain can make sense of it. When we view school anxiety through a brain-based lens, we move away from seeing defiance and begin to recognise distress, helping us respond with support rather than frustration.

LOOKING BENEATH THE BEHAVIOUR

What looks like refusal, tears, tummy aches, or anger is often communication. A child may not have the words to explain what feels too much, so their behaviour speaks for them. Anxiety can show up as irritability, clinginess, avoidance, or even shutdown. Instead of asking "Why won't they go?", we gently shift to "What is making this feel hard?". This change in perspective opens the door to curiosity, compassion, and more effective support.

CREATING SAFETY BEFORE SOLVING

An anxious child cannot access logic until they feel safe. Before problem-solving, focus on connection. Sit beside them, soften your tone, and acknowledge their feelings without rushing to fix. Phrases like "This feels really hard for you" or "I'm here with you" help regulate their nervous system. When children feel seen and understood, their brain begins to settle, making it easier for them to gradually face what feels overwhelming.

BUILDING GENTLE, PREDICTABLE SUPPORT

Consistency and predictability reduce anxiety. Prepare your child for the day ahead with simple, clear routines and visual supports where needed. Break mornings into manageable steps and celebrate small wins, even getting dressed or walking to the gate. Work collaboratively with school staff to create a supportive plan, such as a calm start, a safe person, or a quiet space. Progress may be slow, but steady, supported exposure builds confidence over time.

STRENGTHENING CONFIDENCE AND COPING SKILLS

Long-term support involves helping your child build tools to manage anxiety, not just avoid it. Teach simple strategies like breathing exercises, grounding techniques, or using a comfort object. After school, prioritise decompression and connection rather than questioning or correction. Most importantly, remind your child that anxiety is something they experience, not who they are. With patience, understanding, and support, children can learn to feel safer, more capable, and more confident in the school environment.



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The Contented child has some useful tips on supporting your child if they suffer with School Anxiety.

Consistency is key with routines as it helps children feel secure.

Remember celebrate progress not perfection and stay in close communication with the school so support can be put in place.

With patience, understanding and teamwork children can gradually build confidence and feel more comfortable

PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free

BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

Zizzi

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1 with every adult meal.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, after 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11.30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

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Easter Scavenger Hunt

at The Hub

Friday 3rd April, 10.30am

£5 per child

Each child will receive an Easter gift bundle including an Easter egg, tub of candy floss and some sweets.

A craft table will be available and you can enter our colouring competition free of charge to win a small prize!

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:

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.

**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 DRAW YOUR ATTENTION TO THE INCIDENT ON THE SCHOOL LANE ON WEDNESDAY I AM THANKFUL TO OUR SCHOOL COMMUNITY FOR FOLLOWING THE DIRECTION OF MR GUY, SUPPORTING THOSE IMPACTED AND JUST IN GENERAL BEING A CARING COMMUNITY. AS A TRUST WE WILL RAISE THESE CONCERNS WITH THE LAND OWNER BUT PLEASE CAN I URGE YOU NOT TO PARK NEAR THE REMAINS OF THE TREE FOR YOURS AND YOUR CHILDREN'S SAFETY.



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

