



COLD HARBOUR
C of E Primary School

GROWING, LEARNING, ACHIEVING TOGETHER
Highland Close, Bletchley, Milton Keynes, MK3 7PD. Telephone: (01908) 270377

Executive Headteacher: Claire Britnell B.Ed (Hons)
Email: office@coldharbour.milton-keynes.sch.uk

16th April 2021

Dear Parents/Carers,

What a fabulous first week back we have had here at Cold Harbour. It was super seeing the children's happy faces and hearing their stories of what they had been up to over the Easter break - eating lots of chocolate was a recurring theme! The spring weather also lifts everyone's spirits and we are all raring to go for the term ahead!

Value of the Month - Forgiveness

This month, we are focusing on forgiveness. At Cold Harbour CE School we believe that God always forgives. We can follow his example by always forgiving those who have done us wrong. What do we do in school to show forgiveness?

- If we upset someone we say sorry and look them in the eyes and we mean it
- We ask people to forgive us and we forgive each other when someone has done something wrong
- We understand that sometimes it is hard for people to ask or give forgiveness but we work on it together
- We have restorative sessions which help us understand each other and help us to forgive
- We forgive because Jesus taught us that we should always forgive each other.

Talk about Forgiveness together

Everyone makes mistakes. It's part of being human. Sometimes mistakes made hurt others and then we need to say sorry. When this happens, we need to be able to **forgive**.

Forgiveness can be difficult and costly but without it a new start is impossible. Talk together about:

- A time when you needed to say sorry
- A time you didn't say sorry but wish you had
- A time when you had to **forgive** someone who had hurt you or upset you
- How it feels when you are given a new start because someone has **forgiven** you.

Polling Day - Thursday 6th May

Local elections are due to take place on this day and Cold Harbour School has been designated as a polling station. We are planning to keep the school open to our pupils but I just wanted to give you some advanced warning that arrangements for dropping off and collecting your children will be slightly different on that day. I will let you know of the changes nearer the time.

Healthy lunchboxes

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included.

A school lunchbox should include:

- a starchy food, e.g. potatoes, bread, rice, pasta;
- plenty of fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber;
- a source of protein, e.g. beans, pulses, egg, fish, meat;
- a healthy drink, e.g. water, semi-skimmed milk.

You will find some great ideas at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



Year 6 MOTUS dance workshop

On Wednesday, Year 6 were really fortunate to be able to work with Katie Dale-Everett, Artistic Director from KDE Dance. The workshop was designed to give the children an opportunity to explore their hopes, connections and values through the medium of dance. For the workshop, the children were asked to bring a special object that had a significant meaning for them. This object was then used to encourage the children to express their feelings and emotions. The children were brilliant and Katie complimented them on their ability to use their bodies so expressively.

Year 4 Swimming

A huge well done to everyone in Year 4 who went swimming. The children were complimented for their mature behaviour and the wonderful way they supported one another.

Ramadan

For our Muslim members of the school community Ramadan has just begun. We know that this is a special time for you. Please advise us if there is anything we can do to support your children at this time.

Support World Book Day and Win a National Book Token

This year, we celebrated World Book Day 2021 a little differently with activities at home and at school. In our relentless approach to developing eager readers here at Cold Harbour, we are committed to supporting the World Book Day initiative. Cassie Chadderton, the Chief Executive of World Book Day has asked us to pass on the following link to a short parent/carer survey about how they can continue to support families in encouraging children to read for pleasure: <http://bit.ly/WBDfamilies>. On completion, you will be entered into a prize draw to win a National Book Token.

As promised, we will be further celebrating our love of books with a Cold Harbour Book Week later on in the term. More information on this to follow.

Hot Chocolate Friday

Each week, one child from each class who has demonstrated exemplary behaviour that reflects our school values will be invited to join me or one of our Assistant Headteachers for a mug of hot chocolate during Friday afternoon. This is part of our ongoing school mission to praise and reward behaviour and raise the profile of those children in our community who are working hard to be the best that they can be.

A very well done to this week's winners!



Have a lovely weekend.

Claire