



Milford News

Friday 14th February 2025

Aim high, achieve!

Head Teacher updates...

We are on Facebook

[www.facebook.com/
MilfordAcademy.
Clifton](http://www.facebook.com/MilfordAcademy.Clifton)



Have you seen
our website?

<http://www.milfordacademy.org.uk>



Dear Families,

As we approach the end of a truly bustling half-term here at The Milford Academy, I want to take a moment to reflect on all the incredible hard work, achievements and most importantly, the smiles we've experienced these past weeks. It has been heartening to see our students embrace their learning with such enthusiasm and curiosity and I am continually impressed by their progress.

With the arrival of my favourite half-term, I can't help but feel excited for what lies ahead. The sun is shining a bit more often and it feels like everything is beginning to click into place for the children. Days are becoming brighter, both literally and metaphorically, and it's wonderful to see the children's faces light up as they engage with their studies.

In addition to all the classroom success, I am thrilled to share some fantastic news regarding our recent fundraising efforts. Thanks to the fantastic turnout at our Christmas school discos, we've managed to raise over £600! This is an incredible achievement and a testament to the support from our wonderful community. We plan to re-invest this money into our School Nursery, which truly is the starting point for our children at Milford.

It's crucial for us to make this environment as engaging and educational as possible, and those funds will enable us to enhance the resources available to our little learners significantly. We believe that every contribution will help ignite their imaginations and lay a strong foundation for their future learning.

As we move forward, let's keep this momentum going. Wishing everyone a rest-filled half-term break and a joyful return for more learning adventures!

Mr Turner

Aim high, achieve!



Reminders: Part 1

- Children return to school on **Tuesday 25th February 2025** – as Monday 24th February is a school INSET Day.
- **All children in school** are now about to book their school dinners in advance on the Relish App. If you would like any more information about this, please speak to our office team. This really helps the smoothness in the morning if you are able to do this.
- The office staff would like to say a huge thank you to parents for ensuring payments are coming through. There have been a lot of changes in the last few months so thank you for bearing with us.
- If you are booking school dinners or onto clubs, **you need to ensure you are in credit to book and pay in advance**. Payment takes 24/48 hours to transfer from Arbor to Relish.
- If you are **updating any details** (such as phone numbers) please update on the **Arbor App or in the school office**





School Activities

F1 and F2 Library Visit

Its been a busy time in nursery this half-term. Our youngest children have been on some very exciting trips to our local library. The children represented Milford fantastically – they were a real credit to the school. Thank you to all of our parents that volunteered their time to ensure we could make the trip happen!



Year 6 trip to the Galleries of Justice Museum



Year 6 thoroughly enjoyed their trip to the National Justice Museum where they continued learning all about their history topic of crime and punishment. They explored different kinds of punishments which were given throughout the ages, and even performed their own trial!





Spring Term Parents Evening

We will be trialling a different type of parents evening after the half-term break, by running it for just one, longer day. More information will be sent out when we return, but it will be on **Tuesday 11th March, from 1.30pm until later than normal.**



Parents Evening



Asda Cash pot

A huge thank you to all parents that have contributed towards our Asda Cash pot. You have raised almost £300 for the school which is fantastic! We are planning on using this money to enhance our outdoor provision across all year groups in the school.

Thank you!



Aim high, achieve!



Healthy Packed Lunches

As part of our ongoing commitment to promoting healthier eating habits, we have moved over to using only fruit for snacks, and we've already noticed a significant improvement in the behaviour and engagement of the children. This positive change has inspired us to look closely at ensuring that packed lunches are healthy and balanced as well.

We kindly ask for your help in preparing your children's packed lunches by including the following:

- A portion of starchy carbohydrates—this could be bread, wraps, pitta, crackers, pasta, or rice, for example.
- A portion of fruit and a portion of salad or vegetables. Think bite-sized and pre-prepared! Cherry tomatoes in a sandwich, chopped grapes, or a little fruit salad work wonders.
- A portion of protein or iron-rich food, such as meat, beans, eggs, fish, or meat-free alternatives. Tinned fish, like salmon or mackerel, can be a budget-friendly and convenient choice—just remember to check for bones!
- A portion of dairy food, such as yoghurt, cheese or milk.
- And let's not forget something sweet! A little treat from the biscuit aisle can be lovely, but moderation is key.

Also, please remember we are a **nut free school** so do not pack anything containing nuts!

Thank you for your support in helping our children develop healthy eating habits!

Love your packed lunch!
Create a healthier packed lunch by choosing foods from the 5 main food groups below.

1 Starchy Carbohydrates
to re-fuel your body
Base your lunchbox on starchy carbohydrates.
Choose ONE EVERY DAY from:
✓ Bread, rolls, bagels, wraps, pitta or baguettes
✓ Pasta
✓ Couscous
✓ Noodles
✓ Potatoes
Choose wholegrain

2 Fruit and Vegetables
to keep you healthy
Pack one portion of fruit and one portion of veg every day
Choose TWO EVERY DAY from:
✓ Apple, banana, pear, orange, plums
✓ Small pot of mixed berries or grapes
✓ Prepared melon or mango
✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mind corn
✓ Salad vegetables
✓ Vegetable Soup
Use a thermos flask to keep drinks warm
Get kids involved in the shopping
Use a thermos flask for delicious drinks

3 Dairy and Alternatives
for healthy teeth and bones
Don't forget the dairy!
Choose ONE EVERY DAY from:
✓ Milk
✓ Cheese - hard cheese, soft cheese, cheese spread
✓ Yoghurt or Fromage Frais
✓ Custard
Choose low or sugar dairy products
Choose plain yoghurt and have fruit on the side

4 Protein Foods
for growth and repair
Pack a protein punch!
Choose ONE EVERY DAY from:
✓ Meat
✓ Fish
✓ Eggs
✓ Non-dairy protein e.g. lentile, chick peas, beans
Keep processed meat to a minimum
Choose oily fish like salmon once every 3 weeks

5 Drinks
to rehydrate your body
✓ A large glass of water
✓ Semi skimmed milk - or skimmed milk for children over 8 years.
✓ 150ml of fresh unsweetened fruit juices/smoothie
Milk, water or 150ml juice
Occasionally!
Meat products such as sausage rolls, pies, sausages
Plain cakes/sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

Design and print: kingsprint.co.uk May 2018, LC 4688 www.phunkyfoods.co.uk

Aim high, achieve!

Reminders Part 2!

- Thank you for those parents who are **phoning school on the first day of absence for a child**. This really helps us as we don't have to make as many phone calls and allows us to use our time making the school a better place.
- **LATES** – arriving just 5 minutes late everyday adds up to 2 and half hours over a half-term *This is a significant amount of lost learning time*. Please try and arrive on time!
- Please remember **we are a dog-free site**. This is for the safety of all on site, as well as some members of our school community having allergies. **This includes carrying dogs too**
- Sibling photos will be on **Wednesday 5th March**, separate from individual photos and ready for Mother's Day
- **World Book Day is Thursday 6th March**. Your child(ren) will be able to dress up if they wish. You should have received the book day vouchers this week to give you chance to get some great books before they fly off the shelves!

