



Milton Primary School

Milton Mail!

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Wishing you all a very Happy New Year!

Dear Parents/Carers,

We were delighted to welcome the children back to school on Monday after their holidays, we hope that you all had a good rest over the festivities and were able to enjoy lots of family time. We were discussing resolutions at assembly on Monday and as a school we have decided to try and follow the Action for Happiness Calendar. You will find a copy of the calendar below. It might be fun to get involved with this as a family too!

As ever this promises to be a very busy term, please find the calendar attached which details events up until the February break. As you may already know the children have 3 days off in February: Monday 18th, Tuesday 19th and Wednesday 20th. On Monday 18th February our J Rock team which includes a mixture of children from Milton and Newmore will be travelling up to Eden Court to take part in J Rock, this is a national competition. Many of the parents with children involved have already ordered their tickets. We would love to see as many people as possible in Eden Court to support our children. They have been working so hard on the production—all credit to those who have been heavily involved. Amy Millward has been leading the way with others from Invergordon Academy. Now the hard work begins—we have 6 weeks to polish the performance! Good Luck Team J Rock!

The children are telling the story about HMS Natal. On 30th December 1915 HMS Natal capsized in the Cromarty Firth in the Highlands minutes after ammunition on board exploded. At this time Natal's captain was hosting a film show for officers, their wives and a local family. This explosion resulted in the loss of 421 people including sailors, women and children when the warship sank during WW1. **If you would like a ticket they go on sale to the public on public sale on Monday 21st January. To book: 01463 234234 and www.eden-court.co.uk**

There will be a parent meeting for all J Rock parents this Monday 14th January at 4.00pm. We will be discussing travel arrangements and other items in advance of the event.

New After School Clubs

Excellent news—Oscar Campbell has volunteered to come in and start up a new block of football. This is will run on a Wednesday between 3.00 and 4.00 each week until the February break.

Badminton—Mr MacIver will be running badminton on a Tuesday 3.00-4.00 as well!

Star Studiers—any parents that would like to come with their child for after school homework help please let us know. This term a creative homework challenge is being set. We would like to work with you on this, materials supplied!





HAPPY NEW YEAR CALENDAR - JANUARY 2019



MONDAY



7 Write down ten things you feel grateful for in life and why

14 Switch off all your tech 2 hours before bedtime

21 Get back in contact with an old friend you miss

28 Say hello to a neighbour and get to know them better

TUESDAY

1 Find three good things to look forward to this year

8 Go to bed an hour earlier than normal

15 Make something happen for a good cause

22 Be kinder to yourself when you make mistakes

29 Challenge your negative thoughts and look for the upside

WEDNESDAY

2 Look for the good in others and notice their strengths

9 Take ten minutes to sit still and just breathe

16 Take a different route today and see what you notice

23 Take a small step towards an important goal

30 Count how many people you smile at today

THURSDAY

3 Do three extra acts of kindness for other people

10 Use one of your personal strengths in a new way

17 Put a worry into perspective and try to let it go

24 Try out something new to get out of your comfort zone

31 Write down your dreams and plans for the future

FRIDAY

4 Make time today to do something kind for yourself

11 Learn something new and share it with others

18 Get outside and notice five things that are beautiful

25 Decide to lift people up rather than put them down

SATURDAY

5 Say something positive to everyone you meet today

12 Ask other people about things they've enjoyed recently

19 Eat healthy food which really nourishes you today

26 Today do something fun (ideally with others)

SUNDAY

6 Do an extra 15 minutes of physical activity (ideally outdoors)

13 Thank three people you're grateful to and tell them why

20 Have a friendly chat with a stranger

27 Put away your devices and focus fully on who you're with

"Happiness is the meaning and purpose of life" ~ Aristotle

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Staffing News

As you will be aware Mrs Chrstitie is going off very soon to begin her maternity leave, her last day with us will be on Friday 18th January. We are all very excited for the new baby to arrive and we would like to wish Mr and Mrs Chrstitie all our love and best wishes at this very special time. She has promised to come in and see us all with their new addition!

P1 Class Teacher

Mrs Christie's maternity post is being advertised this month, sadly it could not be filled before the holidays. The current arrangements mean that Mrs Martin will continue to cover the class on a Thursday and Friday. On a Monday—Wednesday Mrs Smyth and Mrs Forrest will teach the children. Mrs Smyth teaches with us regularly at Milton and she will be a familiar face to you all. Mrs Forrest taught in Milton previously back in the 90's, she is a very experienced teacher and we are delighted to have secured her to be with us in Milton until the end of February. It is our hope that Mrs Christie's job will be filled and the new temporary teacher will take up the post as soon as this happens.

Mrs Sinclair will continue to be off on a Friday, Ms Brewer will be available each Friday should you have any need to contact a member of our school management team.

Mrs Sellar our Support for Learning Teacher is currently off, if you wish to discuss any ASN matters please contact Mrs Sinclair.

Colder Weather

Key Points to think about:

Be aware of the current forecast

Dress in layers

The outdoors in winter is enjoyed most when you are dressed properly. It is also safer when you are dressed properly. Remember: there is no bad weather, just bad clothing. In winter, the best idea is to stay warm and dry. Being too hot makes you sweat, creating moisture. When it is cold outside, being damp is uncomfortable and can be a danger as you will lose body heat more quickly. Keep warm and have fun!

Together in partnership with you we can make a difference and do so much to ensure our children can continue to "Be The Best They Can Be".