



#### Dear parents and carers

Thank you to all those parents who attended our Book Breakfast this week. It was organised by the School Council and Mrs Edwards, and it was a huge success. Our children had the opportunity to eat pastries while they read a story with their parents, what a fantastic way to start the day!



On Wednesday, Jan Martin, the director of Education for the ODBST visited the school to conduct a thorough Pupil Premium curriculum review with SLT and she met with the leadership team, parents, children, staff and then reviewed school documents, and children's books. She was very impressed by the work of the school and our talented staff. Our children are making excellent progress and although there is always room for improvement, we are very pleased with the outcome of the review.

Please remember to wrap your children up warm, and continue to send them in with a coat. The weather has been unseasonably cold this week and it is set to continue for some time to come.

Have a lovely weekend

Mel Nugent

Headteacher

#### **Communication:**

Please note, from now on we will only be sending correspondence via email. Please ensure you that you activate your MyChildAtSchool account to receive messages and newsletters.

Parents Evening is now available to book on MyChildAtSchool.



Each week we will be announcing the Dojo winning team who have earned most points over a week

The team that have earned the most points in the week ending 10 March is the **BLUE** Team



#### TT Rockstars

- Year 3 Faig and Clarabelle
- Year 4 Rahma
- Year 5 Evelyn and Ethan
- Year 6 Liam and David A





10 March 2023

Wednesday 15 March 2023 SEN Coffee and Chat 8.50 -9.30

Friday 17 March 2023 Red Nose Day

#### Golden Book

We are very proud of all our children. A special well done to the following Golden Book winners this week!

Golden Book Winners		
Ν	Jack	
R	Aleena	
1	Lyla	
2	Nicole	
3	Emilia	Raphael
4	Iman	
5	Isabelle	Evelyn
6	Omar	Arfa

### Attendance Bears

KS1- Conker 98% KS2— Barley 99%

Well done!!











Rosehip





You are all warmly



invited to our next

# **Coffee and Chat**

For parents, grandparents and carers interested in finding out more about our school provision for children with additional needs

on

## Wednesday morning

## 15th March



## Drop in from 8.50am – 9.30am

We will be sharing about our school SEN processes

**IPMs SEN** Support plans and **EHC plans**.

Hope to see you there!

Mandy and Alison

To book a place please contact the school office.

school@cts.odbst.org 01908 867356

It is not essential to book but helpful for us to have an idea of numbers.









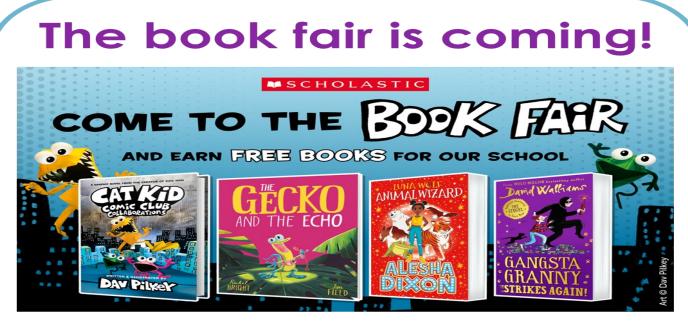












The Scholastic book fair will be in school from **Wednesday 22<sup>nd</sup> March to Tuesday 28<sup>th</sup> March**.

We will have a wide range of books suitable for all ages available **after school** on each of these days.

**Please note that the book fair will be completely cashless this year.** Payment will be taken online at the fair using a credit or debit card. This can be accessed using a QR code and we will have tablets available for you to access the payment website.



ELITE FOOTBALL COACHING



# GIRLS FOOTBALL **DEVELOPMENT CAM**

ONLY FEMALE FOCUSED DEVELOPMENT CAMP IN MILTON KEYNES.

## **E25 PER PERSON**



WEDNESDAY 5TH APRIL 2023

KICK OFF SPORTS MILTON KEYNES **MK15 ODS** 



6 - 13

ALL PLAYERS ARE WELCOME AND WILL TRAIN IN SMALL GROUPS BROKEN UP BY AGE AND ABILITY SO THEY MAY LEARN AT THEIR OWN PACE.



WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE





















# Karate Classes

## SHOTOKAN KARATE ASSOCIATION



We are a traditional Karate group affiliated to the World Japanese Karate Association WJKA

We teach traditional Karate principles, which can be applied to any situation.

Learning to defend ourselves, and in the process getting fitter, gaining confidence, improving co-ordination and concentration achieving a "can do" attitude.

Everybody is welcome from 5 years old - Mums, Dads Brothers, Sisters, and Friends.

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£15.00 for 4 weeks beginner's course no need to book just come along.

Classes are held every Wednesday between 5.00 -6.00pm at Cold Harbour School - Highland Close, Bletchley, Milton Keynes MK3 7PD

Next grading is in June 2023, so join now and you could achieve your first belt by the summer!





















Cold Harbour's Instructor is Gary Prosser 2<sup>nd</sup> Dan Black Belt. He can be contacted on 07494 785141 or at gprosser10@yahoo.co.uk

The Chief Instructor for the UK is Roy Richards 7<sup>th</sup> Dan Black Belt

Everybody is welcome from 5 years old - Mums, Dads ,Brothers, Sisters, and Friends.

Karate practise is generally divided up into three components: Kihon (basics), Kata (forms) and Kumite (sparring).

**Kihon** (basics) covers various strikes, blocks, kicks, stances and movements one might need to use in self-defence. Students practise these in lines each class so that the techniques are refined and become instinctive. Allows students to develop an understanding of their body and how it can be used as most effectively as a weapon, for example, how to generate maximum power with minimum effort.

Kata (forms) is often referred to as the 'art form' of karate. Each kata (form) is a traditional predetermined pattern of movements that promotes several self-defence principles. Kata practise also develops coordination, balance, agility, strength and speed.

Kumite (sparring) is where techniques and principles learnt in Kihon (basics) and Kata (forms) are applied against an opponent. Kumite can vary greatly, depending on the student's level of experience. For example, beginners only practise pre-arranged kumite. This is where both the attacker and defender know exactly which techniques will be used and when. They do this in a slow and controlled environment.

Karate has a coloured belt (or ranking) system allowing students to set goals and measure their progress. The difference between each belt level produces small steps in both physical and technical ability, giving them a new challenge and skill to develop and take on.



















