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| |  | | --- | | Friday 7th October 2016  The Mill Messenger | |  | |  | |  | |  | | --- | | Stars of the Week: Congratulations to: Sammy, Emma, Sharvein, Solena, Alice, Dylan, Sameeha, Grace, Ella, Brandon, Neha, Max, and Jenny  **House Cup Winners:**  Congratulation to the Red house for winning this week with an impressive score of 27 points.  **Attendance Cup Winners**  We had a classes this week on Miro and Lichtenstein classes in Year 2 and 4. They both had attendance figures of 99.1%. Well done - take a bow you are this week’s attendance cup winners!  **EggCellent Award**  The award this week took on a different focus. It was awarded to all children who out themselves forward for a leadership role – either as a R13 rep, a school council member, house captain or head boy/girl. Everyone prepared, went out of their comfort zone and were proactive with their pitches. Well done to all. Results will be announced in Monday’s assembly.  U:\Desktop\IMG_0090.JPG | |  | | **Key Dates:**  **Parents Evening** – Monday 17th and Tuesday 18th October  **Half Term –** Monday 24th – Friday 28th October  **Christmas Fair –** Friday 9th December  **Christmas Performances -** Monday 12th and Tuesday 13th December  **Last day of Term** – Friday 16th December | |

*“A comfort zone is a beautiful place, but nothing ever grows there!”*  Anon

Dear Mums, Dads and Carers,

This week saw many children in KS2 move into their “wobble zone!” You have heard of the comfort zone? People say you need to get out of your comfort zone, stretch yourself, they say. It’ll be good for you. Everyone seems to agree with this idea, but what do we actually know about the comfort zone? Aside from the fact that this seems to be true:

The most scientific explanation of what a comfort zone is [relates it to anxiety levels](http://www.academia.edu/460313/From_Comfort_Zone_to_Performance_Management). Your comfort zone is any type of behaviour that keeps you at a steadily low anxiety level. Imagine something you do all the time, like cooking dinner or commuting to work, or watching TV. Everyday activities that you’re used to won’t make you feel anxious and uneasy, so they’re part of your comfort zone. Although people often refer to ‘getting outside your comfort zone’ in terms of trying new things, anything that raises your anxiety levels can be counted as being outside that zone.

Many children went out of their comfort and into their wobble zones this week when they prepared speeches and stood up in front of their peers and told them why they were suitable candidates for Head Boy or Girl, House Captains, Room 13 committee members and School Council reps. Each and every child did an amazing job, they were confident, prepared and ready to answer questions on the campaign run! Votes have been cast and results will be shared during Monday’s assembly. Well done to all involved.

The Year 6 girl’s football team had their first tournament this week. They reached the semi-finals with an impressive display - losing only one game on route. Special mention to Jenny our goal keeper who made many important stops and to Jess for scoring 2 goals in one of the games! Well done ladies, another first for The Mill.

A reminder to all that our new PTA run by Mrs Kim Nobbs are seeking volunteers. If you can support in any way our Christmas Fair, either in time (even if only 10 minutes) or resources or donations, Kim would love to hear from you. Please let the office know your details. Furthermore, the committee will be around on parent’s evenings to answer any questions you may have.

As the weekend approaches, discuss with your children Habit number 2 – “Start with the end in mind.” Ask them what it means to them. If we have an end goal, how do we reach it, what steps need to be put in place? What is their end goal? Do you have any shared family targets? Have an amazing weekend.

Kind regards,



Mr. Matt Lecuyer - Headteacher