NEWSLETTER

ASPIRE - ACHIEVE - THRIVE - ENJOY

10th October 2025

Dear Parents/Carers

We have been blown away by the donations to the food bank this year, I think it may be the most we have had in the 10 years I have been here. We have more than filled our three tables! I will send you a final photograph next week as we need to add a fourth and maybe even a fifth table to display everything collected. Thank you for your generosity.

Uniform

We are starting to notice some of the children in our older year groups wearing short cycling shorts on non-PE days. Please can you ensure your child is wearing correct uniform – either black or grey trousers, skirt or pinafore or a blue checked summer dress in the warmer months. We will be contacting parents going forwards if children arrive in incorrect uniform. Thank you for your support with this.

Year 5 theatre trip

We have advertised a Year 5 trip which fits in with their musical theatre unit of work. Currently we are £492 short to cover the cost of the trip. With trips, we are able to cover some short falls from voluntary contributions but not this much. We can cancel the trip without incurring any costs if we do so on Monday 13th October. We need more people to have made their payments by midday on Monday otherwise the trip will not be able to go ahead. Please can Year 5 families who were intending to book on and make payment do so this weekend. Thank you for your support with this, it would be a real shame to cancel this experience for the children.

Have a lovely weekend,
Kind regards,

Mrs Dixon
Head of School

Your weekly reminder that we are a nut free school

Thank you for your continued support with this matter ensuring our children who have this life-threatening allergy stay safe.

Our attendance so far this year is **96.1% (this week was 97.3% - our highest attaining week so far this year!)**
Well done to **1RC**, our highest attending class this week with **100**% attendance!

School attendance policy

Section 17 of our policy covers how we support the attendance of every pupil, including those with additional needs. Some pupils face greater barriers to attendance than their peers. These can include pupils who suffer from long term medical conditions or who have special educational needs and disabilities. Their right to an education is the same as any other pupil and therefore the attendance ambition for these pupils is the same as they are for any other pupil. It also includes pupils with EBSA – Emotionally based school avoidance.

Milton Keynes council have updated their guidance to parents around EBSA which can be found here. Below are some snippets from the guidance to help you understand what EBSA is:

My child is struggling to go to school

Why going to school matters

Going to school helps children learn new things, make friends, and build social skills. It also helps them become stronger emotionally and prepares them for future success. Being in school regularly can make children feel safe, happy, and part of a group.

Worries about school

Feeling worried or anxious is normal and can even be helpful in certain situations, such as preparing for a test. It is quite common for children to sometimes feel worried about going to school. Children can feel better or worse depending on what's happening in their lives. Their feelings about school can change based on things like:

- Support from parents and teachers
- Moving to a new school
- Making or losing friends
- Family changes, like losing a loved one or parents separating.

Signs my child might be feeling worried

Since children might struggle to talk about their feelings, parents may notice changes in behaviour, such as:

- Making excuses to stay home
- Being clingy or crying
- Saying they feel unwell
- Delaying getting ready

Every child is unique, so they may display these signs differently.

Emotionally based school avoidance (EBSA)

For some children, worries about school can make it hard for them to attend. When a child finds it difficult to go to school for emotional reasons, we might use the term 'Emotionally Based School Avoidance' (EBSA) to describe this.

We recognise that if your child is struggling to go to school, this can be an overwhelming and emotional time for parents and families. This guidance is here to support you and your child, in partnership with their school and other local services.

Understanding EBSA

All children are different and so what they are worried about and what the EBSA difficulties looks like for them will be different too.

Some children might be able to attend school but struggle with busy times of the day or certain lessons. Other children might start missing certain days of the week or stop going to school completely. We therefore use the term *avoidance* rather than *non-attendance* to highlight that some children might still be going to school despite finding it difficult.

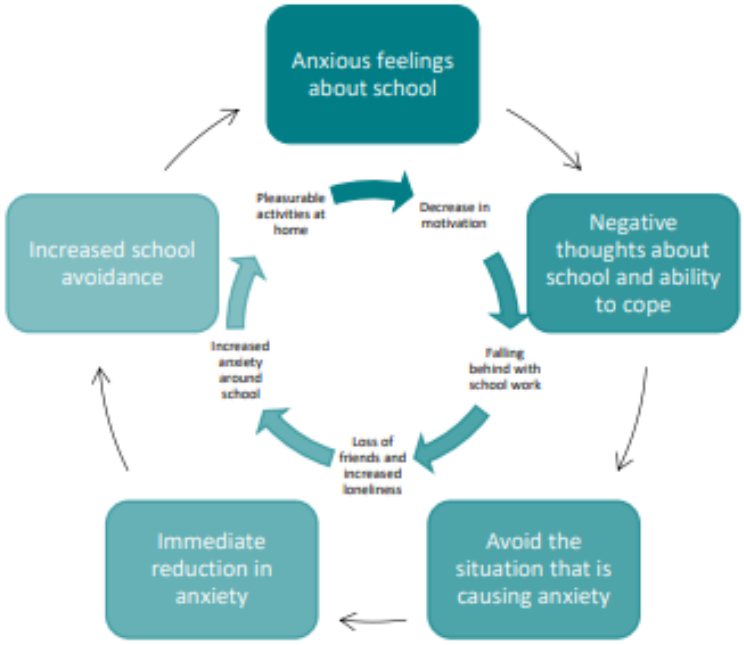
The anxiety avoidance cycle

If a child avoids school due to anxiety, this can create a cycle in which:

- Staying home might feel better for a short time.
- But avoiding school reinforces the idea that staying home is the only way to feel safe.
- This stops children from learning to manage their worries in healthy ways.

The longer a child stays away from school, the harder it can be to go back. They may:

- Lose their daily routine, making school feel even more overwhelming.
- Struggle to catch up on work, leading to more stress.
- Miss seeing friends, making them feel more isolated.



Exploring barriers to attendance

When a child struggles to attend school, it's important to understand why. They might:

- Want to avoid something difficult at school, like lessons, teachers, or social situations.
- Feel comforted at home, where they feel safe with a parent.

Anxiety often plays a big role in school avoidance. Observing your child's behaviour can help you understand:

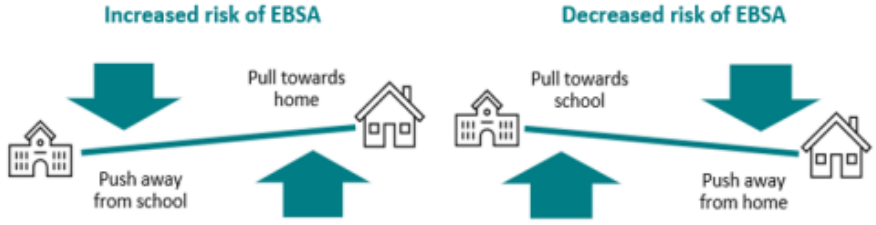
- What makes them feel anxious at school.
- What parts of the school day they find challenging.
- Whether their needs (safety, belonging, motivation) are being met.

Push and Pull Factors

There are two types of factors that affect school avoidance:

- Push & Pull factors that encourage a child to stay at home:
  - Problems at school that push them away.
  - Comfort and safety at home that pulls them to stay.

- Push & Pull factors that help a child go to school:
  - Positive school experiences that pull them back.
  - Changes at home that push them towards school.



Every child is different and so the push and pull factors for *your child* will be unique to them. It is important to work together with school to understand these barriers and how to make school feel safe, welcoming and appealing for them.

Some examples of push and pull factors are listed below:

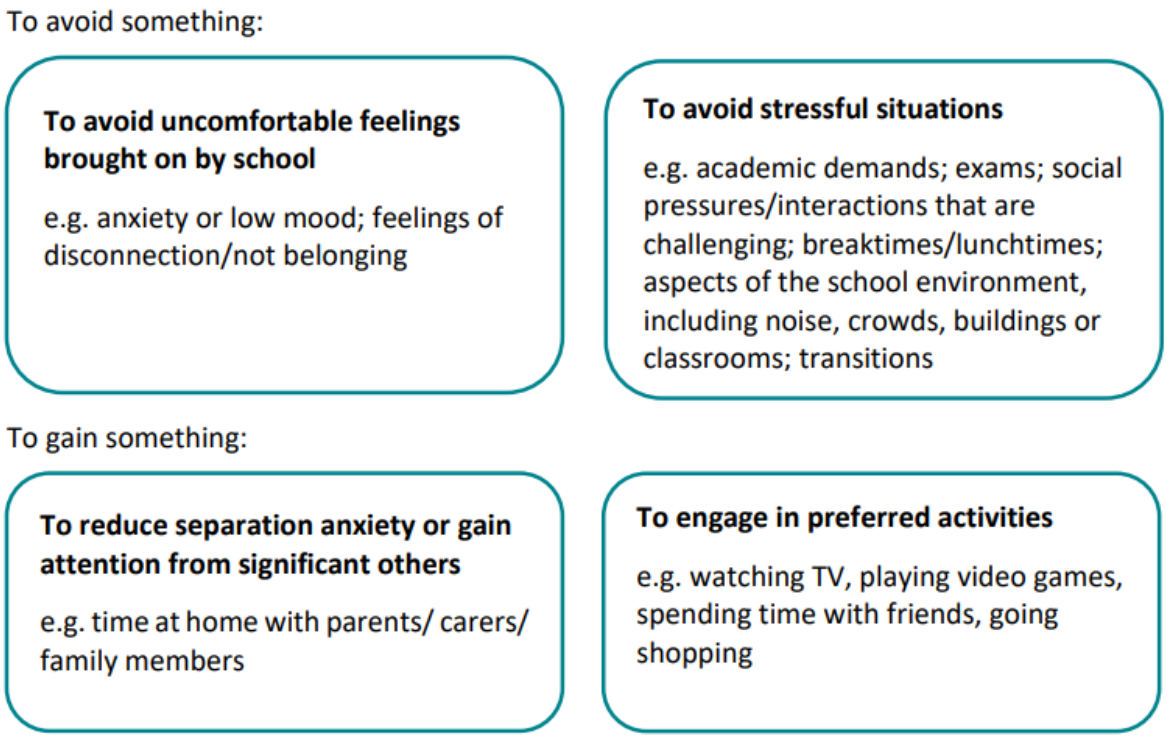
Push away from school
- Friendship difficulties
- Feeling unsafe
- Unpleasant sensory experiences
- Academic/learning pressures

Pull towards school
- Time with friends
- Lessons they enjoy/teachers they like
- Hobbies, clubs, enjoyable activities

Pull towards home
- Worries about a parent or sibling
- Reduced demands at home
- Sleeping later in the morning

Push away from home
- Loneliness
- Boredom
- Goals/hopes for their future

The local authority have created comprehensive guidance for schools on how to support children with EBSA with a goal of developing strategies and adjustments in the school environment (and at home) to make returning to and staying in school more manageable for emotionally distressed students. The guidance supports schools to identify underlying reasons for the EBSA in order to put the right support in place. These reasons might be:



Please get in touch with Miss Julie Newton, our learning mentor, Mrs Woolley, our SENCO or Mrs Dixon if you would like some support with your child's attendance.

A reminder the full attendance policy can be found here.

Diary dates

Dates were given out for the year in the first newsletter. Going forwards, I will include dates here for the current term as a reminder. Any new dates which were not shared previously will appear in red.

Date	Time	Event
13th October		Home learning due in
14th October	3:30 – 4:00pm	Year 3 Caldecotte residential parent information session *Please come to the office to sign in*
19th – 22nd October		Year 6 Residential to Condover Hall *(for children who have already signed up and paid)*
23rd October	3:30 – 4:30pm	EYFS (Caterpillars) and Years 1 and 2 Spooky Disco
23rd October	5:00 – 6:00pm	Years 3, 4, 5 and 6 Spooky Disco Harvest festival reward day
24th October		Last day of term
Half term		

This week's Aspire winners

1TP	Maaz	1RC	Chester
2PK	Malachi and Sofia	2LD	Oluebube
3MY	Chris	3JC	Nikole
4AJ	Louis	4MH	Aya
5SS	Charlie	5GF	George
6LG	Jayden	6AS	Natalia
After school club	Ewan		

Key Stage 2 Aspire winners tea

The past two weeks Key Stage 2 Aspire winners celebrated with Mrs Dixon this week.



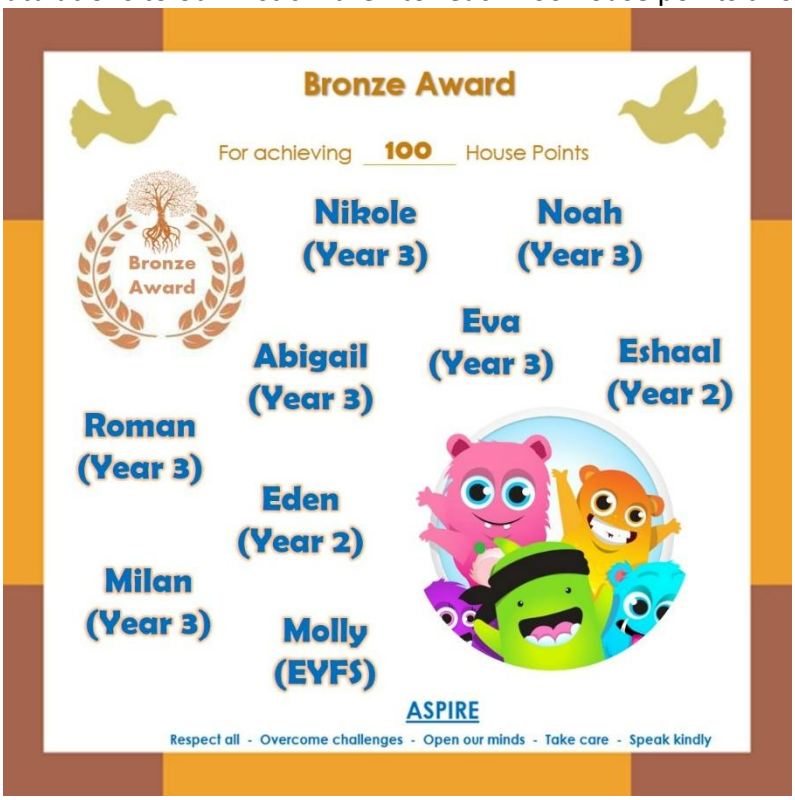




Our House Point system

Below is a reminder of what your child will be working towards as they collect their house points on class dojo this year.

Congratulations to our first children to reach 100 house points this year!



Year 5 Musical Theatre Music Experience - Payments Due Monday 13th October.

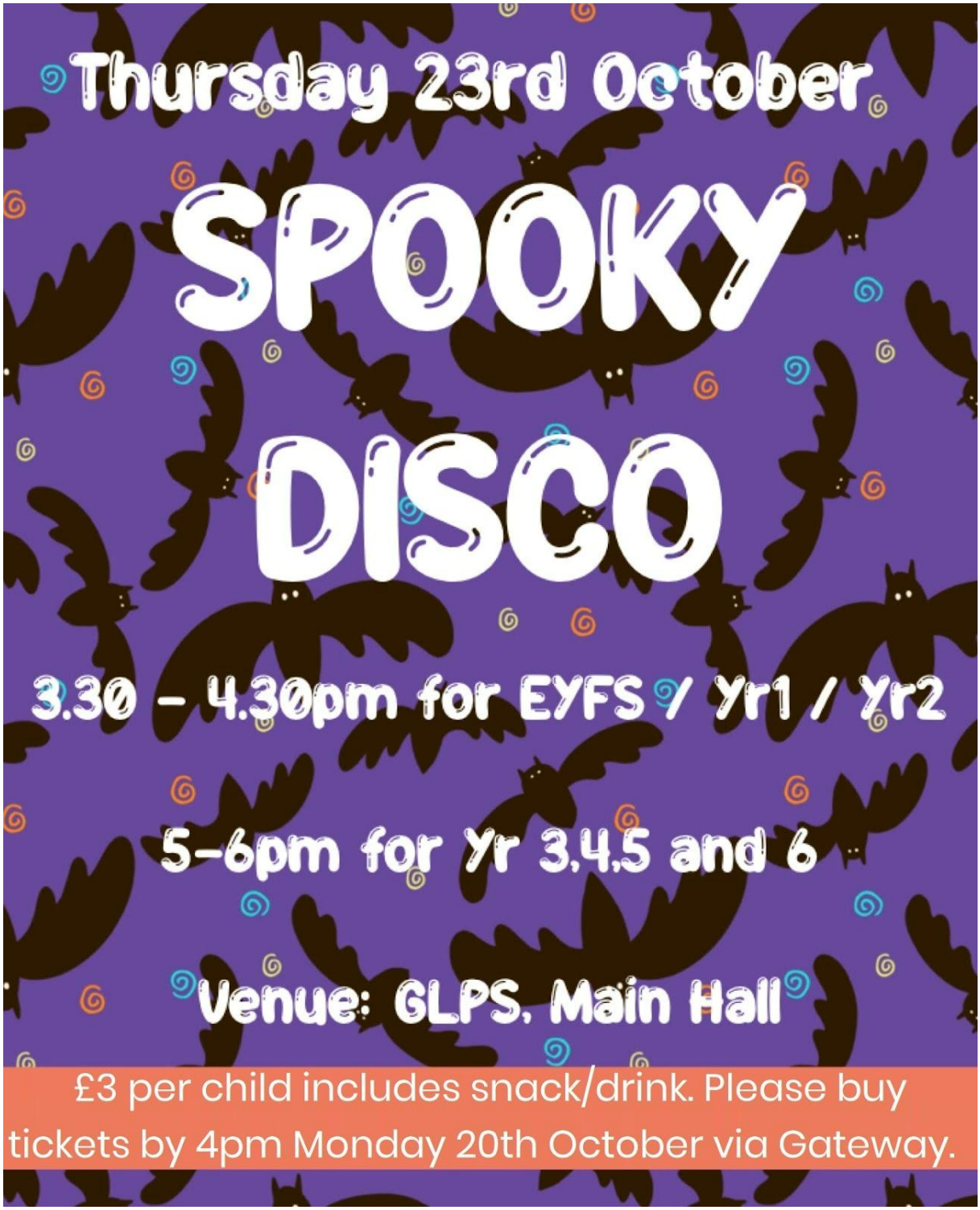
As a part of the Musical Theatre unit of work in the Music Curriculum, we would like to propose taking children to the Milton Keynes Theatre to watch the pantomime 'Goldilocks and the Three Bears'.

The children will have been learning about the different types of Musical Theatre, as well as all of the different roles and responsibilities within the industry.

Payment is due by no later than due **Monday 13th October 2025** via School Gateway.

Please note, if we do not receive sufficient voluntary contributions, the trip will not be possible and will have to be cancelled due to insufficient funds.

Any questions, please do not hesitate to ask Miss Creed.


Thursday 23rd October
SPOOKY
DISCO
3.30 - 4.30pm for EYFS / Yr1 / Yr2
5-6pm for Yr 3,4,5 and 6
Venue: GLPS. Main Hall
£3 per child includes snack/drink. Please buy tickets by 4pm Monday 20th October via Gateway.

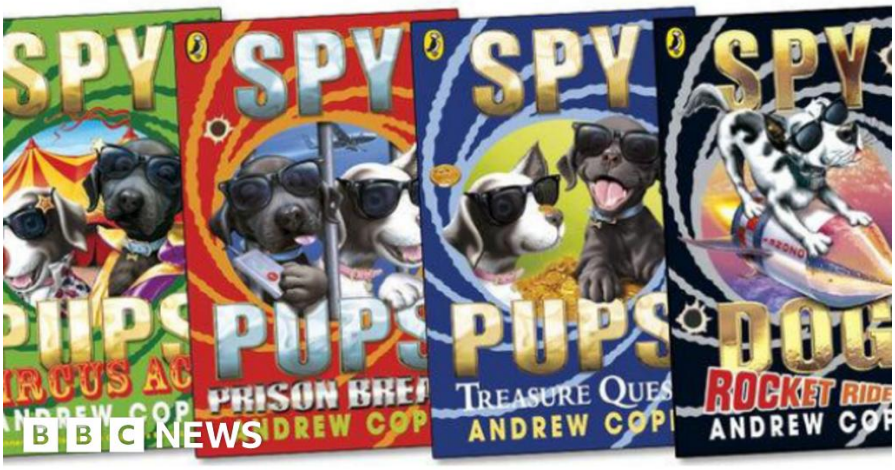
- Marketplace
- **PTA Calendar**
- Compliments Form
- **Feedback**
- Volunteer WhatsApp Invite

The Community Marketplace is for everyone — parents, carers, and staff — to give, sell, or snap up pre-loved items, including uniform. Already live with lots of listings of pre-loved uniform, it's easy to browse, list or share.

🔗 Visit the Marketplace directly: glps-pta-community.github.io/marketplace
🔗 Or explore all our PTA tools via: linktr.ee/glpspta

Any questions? Please email:
pta@greatlinfordprimaryschool.co.uk

Spy Dogs Series - WARNING!



Please see the following message from the **School Library Service** in regards to Andrew Cope's Spy Dogs, Spy Pups and Spy Cats series:

"In the front and/or back of some editions of the Spy Dog, Spy Cat and Spy Pups series there is a reference to the author, Andrew Cope's, former website for the series which was owned and managed by him. We understand an unconnected third party has recently taken control of the domain name and is using it to display a different website with inappropriate adult content. This website is not associated with Puffin or Andrew Cope. Please do not visit it and ensure that children do not visit it either.

PRH are taking this extremely seriously and are acting on this issue as a matter of urgency through the appropriate channels to get this website removed. This is an in-depth and complex legal process and will take time. They have immediately paused the sale and distribution of the books whilst they deal with this matter."

As a school, if we find any of these books, we will temporarily remove them from our classroom libraries and the nest until the situation is dealt with. We suggest that if you have any of these books at home that you do the same.


OCTOBER HALF TERM
TENNIS CAMP
GREAT LINFORD & STEWKLEY TENNIS CLUBS
GETCOACHINGUK
TENNIS · PADEL
FOR MORE DETAILS VISIT
GETCOACHINGUK.COM

Workshops by MK SENDIAS

For parents and carers of children and young people with a special educational needs or disability.

Autumn Term 2025

Sessions will be delivered via Microsoft Teams

	Workshop	Date	Booking link
1	**EHCP**	**Thu 16 Oct**	https://www.eventbrite.co.uk/e/1735334866299
What is an EHCP? When is it appropriate to apply for a needs assessment for an EHCP? What provision will be offered? Find out about the EHCP process and what's included in an EHCP			
2	**SEND Support**	**Tue 21 Oct**	https://www.eventbrite.co.uk/e/1735331054899
Does your child need extra support with their learning? The SEND Code of Practice says that Schools should follow a graduated approach to identify children who are in need of support and to assess, monitor and secure appropriate support. This workshop provides information on what this might look like in an educational setting and how that setting should support a young person if they don't have an EHCP.			
3	**Annual Review - EHCP**	**Thu 20 Nov**	https://www.eventbrite.co.uk/e/1735340733849
The Annual Review is the legal process of looking at the needs and provision specified in an EHC plan and deciding whether these need to change. Would you like to know more about the process of reviewing an EHC plan each year? How should the process be carried out? Find out how SENDIAS can support you preparing for the Annual Review and looking at the EHC plan after the Annual Review.			

Facilitated by the MK SEND Information Advice and Support Service for families living in **Milton Keynes**.

Places must be pre-booked. You do not need to have downloaded Microsoft Teams to be able to join. We recommend joining the session via laptop, iPad or desktop.

Please book your place via Eventbrite.

If you have further questions, please email on Contact@mksendias.org.uk
For more information visit https://mksendias.org.uk/events

MILTON KEYNES SEND IAS

SEND Drop-In Session at the Moorlands Family Centre

Need help with the special educational needs processes relating to education, health and social care? Find out what support there is for children with additional needs and how our services can support you.

Wednesday 8th October 2025	**11am - 12:30pm**	**Moorlands Family Centre Beanhill** Local Centre, Dodkin, Beanhill, MK6 4LP

MILTON KEYNES SEND IAS

A statutory service offering confidential and impartial information, advice and support. The service supports children, young people (0-25) with special educational needs and/or disabilities as well as their parents/carers.

T: 01908-254518 (leave a message for call back)

E: Contact@mksendias.org.uk

W: www.mksendias.org.uk

PACA MK
Parents and Carers Alliance

Parent Forum - An independent and voluntary group of parents and carers of children and young people with disabilities or additional needs.

T: 07852526057

E: pacamk@gmail.com

W: www.pacamk.org

Milton Keynes City Council

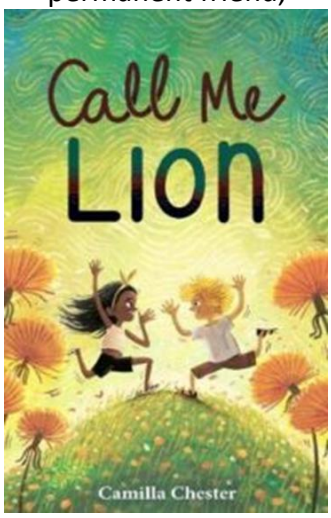
An opportunity to find out more about the SEND Local Offer website and the SEND Team offer of support.

W: https://www.mksendlocaloffer.co.uk

Reading Review - what books do we think you should be reading?

Have a look below at our weekly reading review. Each week, a member of staff will share two of their favourite books. One for Key Stage 1 and one for Key Stage 2. Let's see what the recommendations are for this week…

Mr Silvester's Reading Review

KS1	KS2
A beautifully illustrated picture book asking the question: what if your quiet neighbour was secretly a dinosaur? A young girl called Liz knows her neighbour's secret identity, but none of the grown-ups will listen. After a little gentle sleuthing, Liz uncovers a spectacular, magical world of dinosaurs where her enormous friend truly belongs. 	Leo wants to talk, but he can't. He has all the words, but fear means they won't come out. When Risha moves in next door, he's worried that when his new friend finds out his secret, he'll be left alone again. But when he learns her secret, he hopes to help her and make her a permanent friend, 

Great Linford Parish Council

More information and to register please follow the link
https://yogastateofmind.wixsite.com/.../10-weeks-funded...

Yoga State of Mind

part of Yoga for Health Alliance

Funded 10-weeks Yoga4Health course starts on 14 October - sign up now!

What to expect:

- Weekly in-person sessions
- Breathing practices
- Moderate yoga postures, with option on chair or mat
- Mindfulness and Relaxation
- Resources to continue home practice and cultivate positive habits for the body and the mind
- Beginners are welcome

Tuesdays 4:30-5:30pm
14 October–16 December 2025

Marsh Drive Community Centre
Great Linford, MK14 5HH
What3Word reference: *buildings.airbase.exist*

Cost: free but a deposit of £25 is required to secure space; refundable if minimum 80% classes attended

Register interest via QR code below or on the website: *https://yogastateofmind.wixsite.com/home*

Questions?
Email the teacher Joanna: *yoga4health.mk@gmail.com*
For news about community yoga events follow *@yoga_state_of_mind_daily* on Instagram

'The course has been a lifeline'.
– testimonial from a previous Yoga4Health participant

Great Locality Proud Community
supported by
Great Linford Parish Council

LIMITED SPACES

Join Great Linford Community Hub for lunch and bingo at the Great Linford Parish Office!
Great Linford Community Hub, in partnership with Great Linford Parish Council, is delighted to invite you to our Social Space every Tuesday from 12pm – 3pm!
Come along and enjoy a warm lunch for just a small donation - perfect for a midday pick-me-up! 🍛❤️
Afterwards, stick around for some fun with Bingo! 🎉Great prizes, great company, and a great time are guaranteed. ✨
📍Location: Great Linford Parish Office, MK14 5HA
Everyone is welcome! So, why not make it part of your Tuesday routine? We can't wait to see you!

We believe in supporting our community every step of the way. That's Stantonbury Parish Council and Great Linford Parish Council work together to bring Citizens' Advice Drop-In Sessions to more people.
Citizens' Advice Drop-in Session EVERY Thursday:
Time: 10:00 AM – 1:00 PM
Location: Great Linford Parish Council Office, St Leger Court, MK14 5HA
This FREE service is for residents of Bancroft Park, Blakelands, Blue Bridge, Bolbeck Park, Bradville, Conniburrow, Downhead Park, Downs Barn, Giffard Park, Great Linford, Linford Wood, Neath Hill, Oakridge Park, Pennyland, Redhouse Park, Stantonbury, Tongwell, and Willen Park.

MK Local Offer

Positive Mindset Drumming & Body-Beats with Drum United 🎶
Join Adey from Drum United Academy for FREE fun-filled drumming sessions designed to boost confidence and mindset through rhythm and movement! Expect body-tapping, air-drumming, box-drums, drumsticks, and plenty of upbeat energy.
📍Where & When:
Kingston Library – Tuesday 28 October
10:30–11:00 AM (Under 5s)
11:15–11:45 AM (Ages 5–12)
Stony Stratford Library – Wednesday 29 October
10:30–11:00 AM (Under 5s)
11:15–11:45 AM (Ages 5–12)
Central MK Library – Thursday 30 October
10:30–11:00 AM (Under 5s)
11:15–11:45 AM (Ages 5–12)
👨‍👧Each booking allows one adult with up to 3 children. Parents/carers must stay during the session.
🎟️Spaces are limited – booking is essential! Register now via the Drum United Academy website.
https://drumunited.academy/

By sharing this information we are not endorsing or quality checking any events or activities. Parents/ carers remains responsible to check the suitability. Please contact providers directly for more information.

World Mental Health Day- 10th October

This year's theme is 'Access to services - mental health in catastrophes and emergencies'. It is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

You may find following resources useful:

• @MindBLMK offers a range of free mental health and wellbeing services **https://www.mind-blmk.org.uk/how-we-can**

• @chumscharity's MK Wellbeing Service - early help for young people aged between 7 and 18 (or up to 25 if the person has SEND) **https://chums.uk.com/mk-wellbeing-service-live/**

• Mental Health and Well-Being resources on LO **https://www.mksendlocaloffer.co.uk/.../mental-health-and...**

• See NHS Choices information hub offering children, young people and their parents advice and help on mental health problems: **https://www.nhs.uk/mental-health/children-and-young-adults/**

• @YoungMinds A-Z guide gives you advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events: **https://bit.ly/3EuP5co**

• Looking after a child or young person's mental health - Advice for parents and carers: **https://www.nhs.uk/.../supporting.../childrens-mental-health**

• Free 'Health and Wellbeing' courses by @CommunityLearningMK are aimed at anyone who wants to have a little "me-time", develop better coping strategies or share experiences **https://www.milton-keynes.gov.uk/.../adult-education-courses #WorldMentalHealthDay #WMHD2025 #WMHD #mentalhealth #wellbeing**