



Christ the Sower Ecumenical School



17 March 2023

Dear Parents and carers

We had a fantastic week last week here in school, celebrating British Science Week, which this year had a theme of 'What does science mean to you?'

All year groups took part in a live lesson that looked at finding connections between farming and science. In KS1 this asked how tractors are connected to space. In lower KS2 they explored how pigs are connected to jumbo jets and finally in years 5 and 6, the children learned how sheep are connected to seaweed.

There were also so many exciting science lessons and investigations taking place across school last week, for example Year 3 have been learning all about yeast growth and how it is affected by the temperature. Meanwhile in year 5 they have been learning about the phases of the moon and making moon dials. Make sure to ask your child all about what they have been up to in science week!

Don't forget to book your slot for parents evening in the last week of term, there are still slots available in all year groups.

Have a great week!

Mel Nugent

DATES FOR YOUR DIARY

Monday 20 March 2023

Wheelpower Assembly

Wednesday 22 March 2023

Book Fair Begins!

Tuesday 28 March 2023 &

Thursday 30 March 2023

Parent's Evening - please don't forget to book your space via MCAS

Golden Book

We are very proud of all our children. A special well done to

Golden Book Winners

N	Willow Jade
R	Ethan
1	Whole class
2	Georgia
3	Davina Nandan
4	Zayan
5	Adrian Luca
6	Max George

**THANK YOU!! TODAY
WE RAISED AN IN-
CREDIBLE £228.90
FOR RED NOSE DAY!**



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.

Attendance Bears

KS1— Poppy 95%

KS2— Rosehip 98%



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 **YELLOW** Team



IT Rockstars

Year 3 - Faiq & Darius

Year 4 - Rahma

Year 5 - Adrian & Zeal

Year 6 - David & Ifrah



Daisy



Poppy



Conker



Acorn



Clover



Mustard



Rosehip



Catkin



Sycamore



Barley



Wheat

AGES 4-16

TEL: 07555 748776

FREE* APF Activity Camps

MILTON KEYNES - HAF PROGRAMME

Sports

Arts & Crafts

Gladiator Duel

Bouncy Castle

Archery

Action Hero Wrestling

Zorb Football

3RD - 6TH APRIL 2023

TRINITY CENTRE - FISHERMEAD

MILTON KEYNES COLLEGE - BLETCHLEY

OLDBROOK COMMUNITY CENTRE

TICKFORD PARK PRIMARY SCHOOL - NEWPORT PAGNELL

***ELIGIBILITY - FREE SCHOOL MEALS CRITERIA**

BOOK NOW!

kjames@apfactivitycamps.com

www.apfactivitycamps.org



Daisy



Poppy



Conker



Acorn



Clover



Mustard



Rosehip



Catkin



Sycamore

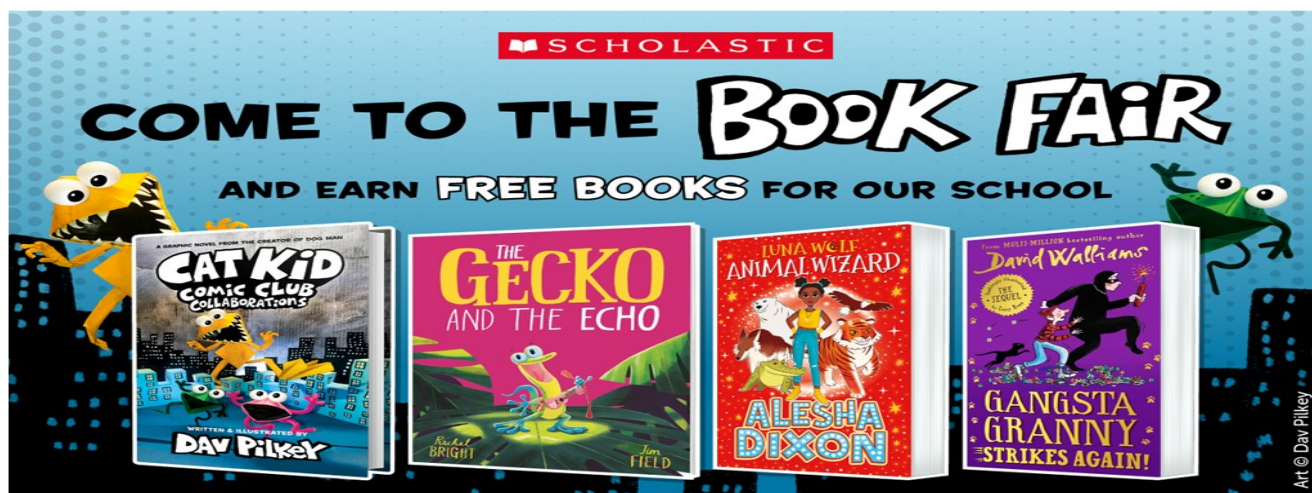


Barley



Wheat

The book fair is coming!



The Scholastic book fair will be in school from **Wednesday 22nd March to Tuesday 28th 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 CAMP

ONLY FEMALE FOCUSED DEVELOPMENT CAMP IN MILTON KEYNES.

£25 PER PERSON



**WEDNESDAY
5TH APRIL 2023**



9AM - 3PM

(EARLY DROP & LATE
PICK UP AVAILABLE)



**KICK OFF SPORTS
MILTON KEYNES
MK15 0DS**



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



Daisy



Poppy



Conker



Acorn



Clover



Mustard



Rosehip



Catkin



Sycamore



Barley



Wheat

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.

£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 2nd 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
7th 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.



Daisy



Poppy



Conker



Acorn



Clover



Mustard



Rosehip



Catkin



Sycamore



Barley



Wheat

MK NETBALL HOLIDAY CAMP

At The Hazeley Academy

All ages accommodated

Be coached by MK Dons & MK Netters
Coaches

Supported by regional/ elite players from
club.



April 5th & 6th
10am – 3pm
£25 per day

To Book A Place /PAY

[MK Netters/MK Dons Easter Netball camp
\(cognitoforms.com\)](http://cognitoforms.com)



Daisy



Poppy



Conker



Acorn



Clover



Mustard



Rosehip



Catkin



Sycamore



Barley



Wheat



Emily's Star Easter Egg Hunt

Friday 7th April - 10-2

The Secret Garden, Wolverton

£4.50 per child

plus booking fee.

Scan the QR Code to
book your tickets

Kindly Sponsored by
M&M Supplies

