



Christ the Sower Ecumenical School



31 March 2023

Well, we have arrived at the end of yet another term, and what a busy and successful one it has been! Our school continues to go from strength to strength, and as we have gradually reopened our doors, you have started to flock in to celebrate your wonderful children's work with us by attending coffee mornings, celebration assemblies, publishing parties, concerts, and the many other events that we have organised. Thank you so much for this, and for the continued support that you show to us as a school and as a staff team. It really is greatly appreciated by us all.

Thank you to the five parents who attended the first meeting of our fledgling PTA last week. As a school, we are eager to buy a minibus as this will enable us to attend more events around Milton Keynes, further enhancing our curriculum. It would especially enable Mr Froud to sign us up for more sporting fixtures and to allow even more pupils to attend them.

The PTA are planning a Fun-Run, a disco and a Summer Fair next term, so please be on the lookout for opportunities to volunteer and to support our school. It really will benefit all of our children in the longer term, so even if you are not in a position to help the PTA, please do come along to the different events to offer your support to us on the day by spending some money!

We currently have a parent vacancy on the Governing Body. This is a fantastic opportunity for you to get involved in the running of our school at the highest level and thereby support the complex task of school leadership at Christ the Sower. Amy Inchley, mum to Juliet in Year 2 and Erin in Year 5 has been a parent Governor on our LGB, for several years, and she would be happy to answer any questions that you might have about the role. Please see the previous letter that went out about the position, and please apply by 17th April 2023 in writing to the school office. Thank- you.

Mel Nugent

DATES FOR YOUR DIARY

Friday 31 March 2023

Last day of term

Monday 17 April 2023

Inset Day

Tuesday 18 April 2023

Back to school

Golden Book

Golden Book Winners

N	Eloise
R	Zachary
1	Eva
2	Samreet
3	James Marta
4	Livia
5	Ethan Lily
6	Manfred Ifrah

We are very proud of all our children at CTS, a special well done to the following Golden Book winners this week!

Attendance Bears

KS1— Acorn 95%

KS2— Clover 99%



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 25 March is the **YELLOW** Team



IT Rockstars

Year 3 - Laharii and Poorvi

Year 4 - Sofia

Year 5 - Robert and Evelyn

Year 6 - Ifrah and David A



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

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Poppy



Conker



Acorn



Clover



Mustard



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Wheat



EASTER GYMNASTICS CAMP

MONDAY 3RD - THURSDAY 6TH APRIL
TUESDAY 11TH - FRIDAY 14TH APRIL

Fun & games
Gymnastics lessons
Trampolining
Team building

PRICES

SCHOOL DAY 8:30-3PM £30

EXTENDED DAY 8:30-5PM £40

2 HOUR DROP IN £12

4 HOUR DROP IN £20



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



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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!



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Catkin



Sycamore



Barley



Wheat



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



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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



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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

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M&M Supplies



Address: Fishermead Boulevard, Milton Keynes MK6 2LA

AGES 4-8

HAF PROGRAMME

FREE CAMP + FOOD



APF Multi-Activity Camp

3RD-6TH APRIL

12-4PM

FISHERMEAD TRINITY CENTRE



Daisy



Poppy



Conker



Acorn



Clover



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Barley



Wheat