

Portfields Post

This week has been a wonderful start to the second half of spring term. Not only have we had a few days of sunshine but there have been wonderful learning and enrichment opportunities happening throughout the school.

Monday saw our annual Young Voices trip. The children headed to the O2 arena to sing their hearts out. We were extremely impressed with the children's attitude and effort throughout the day.

Our assemblies this week were on managing friendship issues. We discussed the difference between STOP (**S**everal **T**imes **O**n **P**urpose) and STROP (**S**ingle situations, **T**iff between friends, **R**andom accidents, **O**ff day, **P**roblems that can be solved) and what to do if we have issues with our friends. A huge thank you to the Pupil Leaders who led these assemblies.

Year 6 have started additional PE lessons having cricket coaching in partnership with Bucks County Cricket via the Chance to Shine charity. The children had a great time and are looking forward to continuing across the rest of the half term.

Parents evening bookings opened and we have already had an excellent take up. If you are yet to book your child's parents evening appointment, please do so via this link portfields.schoolcloud.co.uk

Next week promises to be just as busy with EYFS having their first forest school sessions. Please read the Parentmail for additional information.

We are also welcoming Meadow View nursery next week, who are visiting to use our wonderful forest school facilities.

Our Year 1 children have their exotic animals encounter experience day and they are already very excited about the animals they might meet!

Thursday sees one of my favourite days of the academic year: Work Book Day. It's always a great day with a real buzz around the school. I look forward to seeing all the exciting costumes and seeing the children's love of reading on show for all to see.

Have a wonderful weekend,

Mrs Folkard.

Notices

Y1 & Y2 Spellings - Spring 2

We have added the spring 2 overview of Y1 & Y2 spellings to your class pages. These spellings are "common exception words". These are words where a usual spelling rule doesn't apply. Often, using phonics knowledge doesn't support learning these and, as such, the children need to practise these away from their phonics lessons.

[Year 1 Class Page](#)

[Year 2 Class Page](#)

Year 2 - Souvenirs Needed!

As part of Year 2's current history topic 'Holidays,' the pupils are looking at different holidays from the past. For one of our lessons, we need the pupils to bring in a small souvenir from a holiday or day trip that they have been on. This could be a small keyring, teddy or fridge magnet. Please don't send anything too valuable or expensive as the children will be responsible for their own souvenirs. Please could the children bring these souvenirs to school on the dates below:

- Newt - Monday 9th March.
- Toad - Tuesday 10th March.
- Frog - Wednesday 11th March.

EYFS Wellie Donations

If anyone would like to donate some spare / old wellies for our outdoor garden area. We are looking for children's sizes 9-12.

Milton Keynes Dons Community Day

Milton Keynes Dons Football Club is delighted to invite you to be part of our first-ever Community Day, a special celebration of Milton Keynes, taking place here at Stadium MK on Saturday 7th March, where anyone can attend completely FREE of charge!

Community Day 2026 is the MK Dons' way of bringing every different community within the city together and everyone is welcome, whether you're a regular visitor, haven't been here in a while, or have never attended a football match before.

Getting the ticket couldn't be simpler, please click on the link below:

Event Information - eTickets

Please see attached poster for more information.

FOPS Updates

Mother's Day Stall – Thursday 12th March

A reminder that if you would like your child to visit the **Mother's Day Stall**, **bookings must be made by Monday 2nd March**. Unfortunately, no late payments can be accepted.

Bookings can be made here: <https://pta.events/wdfwpjyt>

Volunteers Needed

We are looking for helpers to support the stall:

- **Afternoon session:** 1:00pm – 3:00pm
- **After-school session:** 3:00pm – approximately 3:45pm

If you are able to volunteer for either slot, please sign up here: <https://www.pta-events.co.uk/friendsofportfields/index.cfm?event=volunteers>

Please note: *If we do not receive enough volunteer support, it may not be possible for us to run the stall.*

Join Our School Lottery and Support Portfields!

Did you know you can support Portfields School simply by taking part in our school lottery? Every ticket sold directly helps our fundraising efforts, making a real difference to the resources and experiences we can provide for our children.

This half-term, you can choose to join the **weekly draw** or take part in the **Super Draw**, where you could win a **Luxury City Break** or £1000 cash alternative. It's a fun way to support the school-and you might even win big.

Why join? • Tickets cost just £1 a week • Chance to win up to £25,000 • Play weekly, or just enter the Super Draw • Every ticket helps boost our fundraising for 2026

Further details in the attached leaflet.

Stay Connected with FOPS!

FOPS (Friends of Portfields School) play a vital role in organising many of the exciting activities and events that happen throughout the school year.

To stay in the loop with everything FOPS has planned—from fundraising initiatives to fun-filled events-make sure to check out the following channels:

<https://whatsapp.com/channel/0029Vah9uiR65yDH7UY2FV2O>

<https://www.facebook.com/share/g/EQNeaw535evstvoa/?mibextid=K35XfP>

<https://www.instagram.com/friendsofportfieldsschool.np?igsh=bTFz0HIaHh6>

Mindset Masters Sessions

Mindset Masters sessions are currently running at Tickford Meadow Family Centre. These sessions are purposeful, fun, and fully funded by MK Council for children within the centre's reach area.

There are a few spaces remaining for this half term, please see below the details

Session details:

Every Thursday

For children approx 5-11 years

FULLY FUNDED (for children of families in the reach area)

Our weekly themed sessions explore a mix of:

- ☆ Creative movement, games and Yoga
- ☆ Crafts and creative activities
- ☆ Mindfulness
- ☆ Relaxation and light hearted meditation

And aims to:

- ◇ Promote positive mental health and wellbeing
- ◇ Help children explore emotions and healthy coping strategies
- ◇ Be a healthy outlet after a busy day/week
- ◇ Promote regulation and relaxation
- ◇ Teach important life skills
- ◇ Promote a growth mindset and resilience

To join the Tickford Meadow adventures, or for more information, please email admin@positivelymesportsandwellbeing.co.uk or contact Tickford Meadow Family Centre directly to secure a space.

Children can attend one off sessions or the whole of the next 5 week block to suit!

Please see a session poster attached.

Dates

New dates in red

Dates (Spring 2)

Thu - 5.3.26 - World Book Day

Thu - 5.3.26 - Parent Reading Drop In (08:30 - 09:00)

Fri - 6.3.26 - Y1 Exotic Animal Encounter

Fri - 6.3.26 - EYFS Forest School (am+pm)

Tue - 10.3.26 - Y3 Roald Dahl Trip

Thu - 12.3.26 - Class & Leavers Photos

Fri - 13.3.26 - Bridge Day

Tue - 17.3.25 - Parents Evening

Tue - 17.3.25 - Y5 Recycling Visit

Wed - 18.3.25 - Parents Evening

Wed - 18.3.26 - Rocksteady Concert 9:30 am & 2pm

Thu - 19.3.26 - Y5 Space Centre Trip

Tue - 24.3.26 - Easter Discos

3:30-4:30 - EYFS

4:45 - 5:45 - Y5 Disco

Wed - 25.3.26 - Easter Discos

3:30 - 4:30 - Y3 Disco

4:45 - 5:45 - Y6 Disco

Wed - 25.3.26 - Y5 Forest School (Swift & Kingfisher)

Thu - 26.3.26 - EYFS Spring Hat Parade - 2.45pm (The Playground)

Thu - 26.3.26 - Easter Discos

3:30 - 4:30 - Y1 & Y2 Disco

4:45 - 5:45 - Y4 Disco

Fri - 27.3.26 - Y5 Forest School (Heron & Owl)

Fri - 27.3.26 - Last Day of Term

Dates (Summer 1)

Mon - 13.4.26 - Children return

Mon - 4.5.26 - Bank Holiday (School Closed)

Mon 11.5.25 - Year 6 SATs Week (Mon-Thu)

Mon - 18.5.26 - Learning Journal Session - Oak Class - 2pm - 3pm (Lagonda Hall)

Mon - 18.5.26 - Y4-6 Careers Focus Day

Tue - 19.5.26 - Learning Journal Session - Chestnut Class - 2pm - 3pm (Lagonda Hall)

Wed - 20.5.26 - Learning Journal Session - Elm Class - 2pm - 3pm (Lagonda Hall)

Fri - 22.5.26 - Last Day of Term

Celebration

House Point Totals

1st - Green = 1293

2nd - Orange = 1214

3rd - Purple = 1155

Star of The Week

Elm - Ace

Chestnut - Harry

Seahorse - Alice

Toad - James

Frog - Charlie

Iguana - Owen

Stegosaurus - Ronnie

Brachiosaurus - Eleanor

Owl - Clara

Heron - Fatima

Dolphin - Greyson

Meerkat - Emily

Second Assembly

Oak - Seth

Shark - Elizabeth

Starfish - Marlie

Newt - Rosie

Gecko - Ridhwa

Chameleon - Patrik

Triceratops - Emily

Kingfisher - Maisie

Swift - Emma

Rhino - Hudson-Rio

Jaguar - Natalia

HELP AND SUPPORT FOR EMOTIONAL AND MENTAL HEALTH

There are a range of support services available online, by text and over the phone to help children, young people and their families. If you are worried about someone

else, there is also guidance to help you ask how they are and offer guidance on how to support them.

Local & national support services:

The local 'How You Feel Matters' document outlines the range of help and support that can be accessed by children and young people in Bedford Borough, Central Bedfordshire and Milton Keynes

Bedford Borough:

www.bedford.gov.uk/files/how-you-feel-matters-pdf-april-25-pdf.pdf

Central Bedfordshire this can be found: [How You Feel Matters - Central Bedfordshire](#)

Milton Keynes: [How you feel matters in Milton Keynes | Milton Keynes City Council](#)

There are also some further local and national services that can be very helpful:

- www.youngminds.org.uk or Text: **YM** to **85258**: A wide range of support available for young people including 24/7 mental health crisis support
- www.everything-ok.co.uk/ a wide range of local support for young people.
- Call **0808 802 5544** or visit www.youngminds.org.uk/find-help/for-parents/ for Young Minds support via their Parents Helpline
- www.themix.org.uk or Tel: **0808 808 4994**: The Mix for any issue affecting young people under 25.
- www.samaritans.org or Tel: **116 123**: the Samaritans provides 24/7 information and support
- www.childline.org.uk or Tel: **08001111**: Childline, providing a wide range of support including 1-2-1 counsellor chat
- www.talkgrief.org: Winston's Wish Talk Grief, if you have lost someone and need to chat an online platform for teens and young adults.
- Call **111 Option 2 - 24/7** A free helpline for people of all ages who need **urgent** mental health support.

Young people can talk to a CAMHS professional directly who can arrange additional support.

IN ANY EMERGENCY, PLEASE DIAL 999

What to do if you are concerned about a child, young person or someone you know?

- Encourage the person or your child to ask for support if needed.
- If you are concerned about the emotional and mental health of a child or adult, contact a professional, please see the sources of support above.

- If they, or you, are worried about them harming themselves, ask them direct questions, such as “sometimes when people feel like you do, they think about suicide and harming themselves, is that what you are thinking about”?
- Empathic listening is key here – ask open and honest questions and show that you’re listening by reflecting on what they say and clarifying what they mean, try not to jump in with solutions – allow them to express their problems first.
- Don’t minimize their feelings by saying it’s ‘just a phase’, ‘you’ll grow out of it’ or ‘why is that even bothering you?’ Take time to imagine what it’s like for that person, focus on their feelings and their experiences – not your own
- Firstly, it is important that you try to stay calm and listen to the young person or adult – hear them out, try to avoid judgement, regardless of what is going on.