



Jesus said, "You  
are set free from  
your sickness"

Luke 13.12



Our value  
for this  
week is  
"Truth"

Dear Parents

As usual the end of term has been a busy time in school. We have had new children visiting our nursery and Year 6 finding out which school they will be attending next year, all exciting times. Outdoor Learning has been lovely over the last few weeks. All children have had the opportunity to walk down to the farm to see the lambs who have just been born. I don't think it matters how old you are, the awe and wonder of new born lambs never fails to amaze.

On Sunday we had Groundforce Day when many staff and parents gave up their time to help improve the grounds for their children. The playhouse was painted, posts put in for a fence to be put up to protect against the prickly hedge, gardening took place and new boards put around the flower beds. Thank you to everyone who came long. We can't do this alone and your help is much appreciated.

Last Wednesday we had Science Day. Science Oxford came in and worked with each group on a variety of activities from changing properties of sugar to a crime scene investigation and discovering materials. The children had a great time being scientists for the day.

Sport Relief raised £128 with the children dressed in sports gear and running in the morning. It was great to see all the children supporting each other and encouraging everyone along despite the cold weather. Thank you to everyone who took part in the Sport Relief Sweepstake competition. The winners were Mrs Rollason and Mrs Tilbrook

The Bake off for Key Stage 2 was a great success. Overleaf are the winners but Mrs O'Brien and Miss Leslie were so impressed with the effort and skills that the children used to produce amazing standard in cake decorating. Well done to the winners and thank you to all who took part.

Year 3 and 4 enjoyed an Easter workshop with Rev. Hiscock and Rev. Mann on Monday. Through drama and songs they re-enacted the Easter Story bringing it to life and helping them understand the meaning of the crucifixion.

Could I request that parents and children do not use the playground after school. We do have clubs that run straight after school and it is difficult and dangerous if other children are running around. Also please remember that children should not cycle or scoot within the school grounds, especially on the pathways as there are too many children around.

I hope you enjoyed the Easter Service this morning. We would like to wish everyone a very Happy Easter and look forward to seeing you all back on Tuesday 12<sup>th</sup> April.

Yours sincerely

**Mrs Judith Foster**  
Headteacher

## END OF TERM AWARDS

We are very pleased to announce the winners of the class awards for this term as follows;



Upper Key Stage 2  
**Effort - Clara**  
**Improvement - Rory**  
**Achievement - Sophie M**



Lower Key Stage 2  
**Effort - Sophie T**  
**Improvement - Aaron**  
**Achievement - Kim**



Key Stage 1  
**Effort - Ruby**  
**Improvement - Ben**  
**Achievement - Erin**



Reception  
**Effort - Mason**  
**Improvement - Joe**  
**Achievement - Isla**



Pen Licences were also awarded to;

**Rory**  
**Jasmine**  
**Hannah A**

## Can You Help?

We want to build a

## Music Wall

in the Nursery/Reception Playground.



We need old pots and pans, tin lids, racks, colanders, pipes and tubes, etc.

If it can make a noise when tapped, bashed, drummed, strummed or scraped we're interested.

Musicality is not important, anything from Miss Maria's soprano to Mr Elcock's hammer.

It needs to be weatherproof, resilient, not breakable and consistent with the health and safety of Nursery aged children. (no glass, sharp edges, shatterproof ect.)



Donations to Nursery/Reception before Easter if possible please.

(Don't be put off, after Easter would be fine too.)



## SPORT RELIEF - BAKE-OFF



On 18<sup>th</sup> March 2016, Key Stage 2 were inspired to hold a Bake-Off competition.

Thank you to all the parents who assisted with cupcake baking and provided the decorating materials.

Callum with the help of our very own Mel and Sue, Miss Leslie and Mrs O'Brien, judged the competition. The winners were announced at the end of term assembly.



For Uniform Cupcakes  
**Rowan T & Louis D**  
**Dylan**  
**Luka, Max & Jake E**



For Effort  
**Izzie & Mair**  
**Clara**  
**Quinn**



For Overall Originality  
**Lucy E**  
**Lottie & Rowan C**



## OUTDOOR LEARNING

After the Easter Holidays we will be cooking on an open fire. We will let you have the dates for each class when we are back in April.

## PHONICS SUPPORT SESSIONS

Don't forget Miss Chilton's Phonic Support Sessions on a **Monday** afternoon from **3.00pm - 3.15pm** in the school hall.



## SICKNESS

Please remember that if your child is sick or has diarrhoea we have a **48 hour** absence policy. This is in line with government recommendations and is crucial to avoid the spread of illness. Please contact us to let us know your child won't be in and then you will need to send a letter with your child when they return.



## SCIENCE OXFORD

On 16<sup>th</sup> March Science Oxford came to school to run different experiments with each year group from Reception to Year 6.



Creating a tornado

Exploring pneumatics



Paper Plate Monsters



Crime Scene Investigation



Crime Scene Investigation



Changing Materials



Changing Materials



## LUNCH



Can I just remind everyone that we are a Healthy School and we encourage everyone to be part of this lifestyle. Lunches are a time when we are especially attentive, Key Stage 1 and Reception children are entitled to their free healthy hot lunch which adheres to Government guidelines on healthy eating, Key Stage 2 are welcome to purchase their lunch at £2.30 per meal. For packed lunches there should be a healthy balance of a sandwich or some savoury item, a cake or biscuit (not sweets or bars of chocolate) and some fruit. The drink may be water or a juice of some kind, no fizzy drinks are allowed. During the day all children should have a bottle of water in the classroom which they can access at all times. Key Stage 2 need to bring their own fresh fruit for breaktime, Key Stage 1 and Foundation are provided with a piece of fruit daily under the Government scheme. It is not appropriate for children to have confectionary at lunchtime, if you want them to have a treat perhaps you could save this for after school.

It is also very important that your child does not bring any products containing nuts into school as we do have children in school with nut allergies, one of them very seriously.



A while ago we had a section in the school newsletter with lunch box suggestions. If you have any ideas to share we would love to hear from you, particularly ideas to encourage fussy eaters to try something new. Please email your suggestions to [office@twyford.bucks.sch.uk](mailto:office@twyford.bucks.sch.uk).

## SAINSBURYS ACTIVE KIDS

Sainsbury's Active Kids vouchers are available to collect from all Sainsbury's stores, petrol stations and when ordering groceries online, until 3<sup>rd</sup> May 2016. All vouchers are given out at the checkout, **BUT HAVE A DIFFERENT APPEARANCE TO THE LAST FEW YEARS, SO WATCH OUT FOR THEM!**

**Spread the word** to friends and family and encourage them to collect as well!

There is a collecting box in the foyer or please send them in via your child's bookbag.

It's really worthwhile collecting, last year we managed to get lots of lunch time play equipment.



**QUEEN'S PARK FAITH TOUR**  
**20<sup>TH</sup> APRIL 2016**  
**YEARS 5 & 6**



Just a reminder for Year 5 and 6 about their visit to the Queen's Park Faith Tour which will be looking at inter-faith dialogue between Christians, Muslims and Sikhs.

- The children will need to be in school by **8.15am** to ensure we are ready to leave at 8.30am.
- The children will need to dress modestly; they will be in school uniform so this shouldn't be a problem although girls may like to wear **trousers**.
- All children will need a **headscarf**, not hats or handkerchiefs.
- Please can the children bring a packed lunch which must not contain meat, fish or eggs as these are not allowed into the Gurwara on account of the Sikh belief in the sanctity of life.

We're looking forward to the trip and hope to share with you what we learnt when we return.

**HOT LUNCHES**

Menus's and order forms are available via the school website [www.twyfordschool.org.uk](http://www.twyfordschool.org.uk) or from the school office.

**ALLERGEN ADVICE** - If you have any concerns about the ingredients in any of the meals you can contact Chartwells Customer Care Line for advice. Please note that the meals are all nut free.

If you need to cancel your child's lunches due to illness please call Chartwells Customer Care Line on 01908 615705 each day of your child's absence. A credit note is issued from the second day of absence.

Please return orders by 9am on Tuesday for the following week. If possible please order for the whole half term.



**Easter Holiday Activities at**  
**Bucks County Museum**  
**and Roald Dahl Children's Gallery**



**Have a go at our**  
**Easter Egg Hunt!**

Only £1 a go! Drop in throughout the Easter holidays!



**Two weeks of crafty fun**  
**for all the family**

**Tuesday 29 March:** Egg Cosies  
**Wednesday 30 March:** Chirpy Chicks  
**Thursday 31 March:** Easter Decorations  
**Friday 1 April:** Beautiful Bunnies



**Monday 4 April:** Dolls  
**Tuesday 5 April:** Biff Bats!  
**Wednesday 6 April:** Puppets  
**Thursday 7 April:** Optical Illusions  
**Friday 8 April:** Teddy Bears



Visit [buckscountymuseum.org](http://buckscountymuseum.org) for more details!

All activities are **£3 per child - No need to book.**  
 Adults not making anything are **FREE!**  
 Drop in between 10am and 12 noon or 1pm and 3pm.  
 All children must be accompanied by an adult for all activities



**Bucks County Museum & Roald Dahl Children's Gallery**  
 Church Street, Aylesbury, HP20 2QP **Tel: 01296 331441**  
**Facebook.com/BucksMuseum** **@BucksMuseum**  
[www.buckscountymuseum.org](http://www.buckscountymuseum.org)





### PTFA NEWS

All Parents and Carers are automatically members of their child's school fundraising group. In our case this is the Parents, Teachers and Friends Association (PTFA). Every single penny that we raise goes towards enhancing your children's education and learning experience. So why should you get involved with your PTFA?

#### **You will get to know the school.**

Joining the PTFA is a great way to make friends, get to know other parents, the staff and the Headteacher.

#### **The events are fun.**

Getting stuck into organising an event can be great fun and can bring the school together as a community. Those of you who helped at the Christmas lunch would probably agree that it was just as enjoyable event for the all the mums who helped in addition to the children and staff!

#### **Understanding how the school operates.**

Being part of the PTFA can help build an understanding of behind the scenes at school. The PTFA is very well supported by the staff and valued for how much it supports the school.

#### **Being the best.**

We want Twyford C of E School to provide the best possible education and experiences for our children. This includes more than just great teaching, which we are very lucky to have, the experiences that the children have while at school are also those run and paid for by the PTFA.

#### **Role model.**

Your children may enjoy you being more involved with the school. There is some evidence to suggest that when parents are engaged in a school, a child's attainment is improved...so that makes an even more compelling reason to get involved!

We are not a closed group, we would welcome any Mums or Dads that want to help in any way (large or small). We want to be able to raise as much money as possible for the school, but we need more help to be able to do that.

### CHEESE & WINE EVENING

With all the above in mind, we are going to have a Cheese & Wine Evening for our next meeting. This will be on Tuesday 19th April at 8pm at school. We will be discussing our fundraising activities for the Summer term, so please come along and enjoy a glass of wine. We would really welcome some new faces and new ideas.

### COFFEE MORNING



**Friday 22<sup>nd</sup> April at 9am in the staff room.** Please come along for a coffee, slice of cake and a chat. All parents are welcome, regardless of whether your child is new to the school.

### NEXT MEETING



**Cheese & Wine Evening  
Tuesday 19<sup>th</sup> April, 8pm at school.**

### MAY BALL

Tickets are selling well, but we still have some available. E-mail Katherine Rollason on [ksrollason@hotmail.com](mailto:ksrollason@hotmail.com) if you need another form or would like more information.



*Saturday*  
**7th May**  
*The*  
**Twyford C of E School PTFA**  
**MAY BALL**  
**POUNDON HOUSE**

*a glass of bubbles • canapes • 3 course dinner*  
*live music • dancing*

*Drinks from 6pm • Carriages at Midnight*

Tickets £50  
Order forms  
available from  
• Twyford Stores  
• School Office  
or email [ksrollason@hotmail.com](mailto:ksrollason@hotmail.com)  
Poundon House is near Bicester  
OX27 9BB

### MAY BALL - RAFFLE HAMPERS

So far we have had a disappointing response to our request for raffle prizes. The May Ball will potentially be the PTFAs biggest fundraiser ever, so we need as much support as possible. If you cannot come along to the Ball, then contributing to the raffle will still help the cause. Just as a reminder we will be putting hampers of **alcohol**, **chocolate** and **sweets**, female **beauty/pampering** and a men's hamper. Any donations can be handed into the school or handed directly to Sarah Miller who will be putting the hampers together.

### MAY BALL - GIFT TREE



We are also planning to have a gift tree, so if you would like to donate any vouchers for services, beauty treatments, hair-cuts or shops, we would be very grateful.

### WISH LIST

We will be discussing the following wishes at the next meeting:

- The fence posts and panels for the new music wall in the Early Years Garden
- Catering Teapots for school events
- A wide broom for the hall
- Professional cleaning for the school hall floor

### FUTURE PTFA MEETINGS

We are considering having a PTFA meeting during the school day later in the term. We hope that this will be better for those who want to come along but can't always make evenings.

## TERM DATES - 2015/16 - 2016/17 - 2017/18

	Open on the morning of:	Close at the end of the afternoon on:
Summer Term 2016	Tuesday 12 <sup>th</sup> April 2016 Monday 6 <sup>th</sup> June 2016	Friday 27 <sup>th</sup> May 2016 Thursday 21 <sup>st</sup> July 2016
Autumn Term 2016	Monday 5 <sup>th</sup> September 2016 Monday 31 <sup>st</sup> October 2016	Friday 21 <sup>st</sup> October 2016 Tuesday 20 <sup>th</sup> December 2016
Spring Term 2017	Thursday 5 <sup>th</sup> January 2017 Monday 20 <sup>th</sup> February 2017	Friday 10 <sup>th</sup> February 2017 Friday 31 <sup>st</sup> March 2017
Summer Term 2017	Tuesday 18 <sup>th</sup> April 2017 Monday 5 <sup>th</sup> June 2017	Friday 26 <sup>th</sup> May 2017 Friday 21 <sup>st</sup> July 2017
Autumn Term 2017	Wednesday 6 <sup>th</sup> September 2017 Monday 30 <sup>th</sup> October 2017	Friday 20 <sup>th</sup> October 2017 Tuesday 19 <sup>th</sup> December 2017
Spring Term 2018	Thursday 4 <sup>th</sup> January 2018 Monday 19 <sup>th</sup> February 2018	Friday 9 <sup>th</sup> February 2018 Thursday 29 <sup>th</sup> March 2018
Summer Term 2018	Monday 16 <sup>th</sup> April 2018 Monday 4 <sup>th</sup> June 2018	Friday 25 <sup>th</sup> May 2018 Tuesday 24 <sup>th</sup> July 2018

## DATES FOR YOUR DIARY

Monday 11 <sup>th</sup> April		Inset Day
Tuesday 12 <sup>th</sup> April		School re-opens after Easter Holiday
Monday 18 <sup>th</sup> April		Reception class places are offered direct from Buckinghamshire County Council.
Tuesday 19 <sup>th</sup> April	New	PTFA Cheese and Wine Evening 8pm
Wednesday 20 <sup>th</sup> April		Faith Tour, Years 5 and 6
Friday 22 <sup>nd</sup> April	New	PTFA Coffee Morning
Thursday 28 <sup>th</sup> April	New	Year 5 Sex and relationship talk with School Nurse
Wednesday 4 <sup>th</sup> May	New	Year 3 & 4 Visit to St.Albans Verulamium
Saturday 7 <sup>th</sup> May		PTFA May Ball
Monday 9 <sup>th</sup> - Friday 13 <sup>th</sup> May		Key Stage 2 SATS Week
Wednesday 11 <sup>th</sup> May	New	Reception visit to Meadow Farm Mini-Beast Safari
Thursday 12 <sup>th</sup> May	New	Foundation visit to Meadow Farm Mini-Beast Safari
Thursday 19 <sup>th</sup> May		Chartwells Italian Day Menu
Monday 23 <sup>rd</sup> May - Friday 27 <sup>th</sup> May		Year 5 & 6 Residential Trip
Friday 27 <sup>th</sup> May		School closes for Half Term
Monday 6 <sup>th</sup> June		School re-opens after Half Term
Monday 6 <sup>th</sup> June	New	Year 6 Sex and Relationship talk



Tuesday 7 <sup>th</sup> June		Transfer Testing (11+) Meeting for Parents of Year 5
Wednesday 8 <sup>th</sup> June		PCSO Hayley Morgan, CEOP talk with Year 6
Wednesday 8 <sup>th</sup> June	New	PCSO Hayley Morgan, Stranger Danger Assembly
Thursday 9 <sup>th</sup> June		Whole School Photograph
Friday 10 <sup>th</sup> June	New	PTFA Cream Tea and Maypole Dancing
Tuesday 14 <sup>th</sup> June		Sports Day & Picnic - Recreation Ground, Twyford
Tuesday 14 <sup>th</sup> June	New	Collegiate Workshop
Wednesday 15 <sup>th</sup> June		Year 6 Leavers Photographs
Wednesday 15 <sup>th</sup> June		<del>PCSO Hayley Morgan, CEOP talk with Year 6</del> CHANGE OF DATE
Friday 17 <sup>th</sup> June	New	Tennis Coaching
Friday 24 <sup>th</sup> June	New	Tennis Coaching
June 29 <sup>th</sup> June	New	Musical Extravaganza
Thursday 30 <sup>th</sup> June		Grandparents Afternoon - Foundation (Nursery & Reception)
Friday 1 <sup>st</sup> July	New	Tennis Coaching
Saturday 2 <sup>nd</sup> July		Roald Dahl Parade in Aylesbury
Monday 4 <sup>th</sup> July		Chartwells American Day menu
Tuesday 5 <sup>th</sup> July		County Induction Day
Wednesday 6 <sup>th</sup> July	New	Year 5 Science Fair at Royal Latin School.
Friday 8 <sup>th</sup> July	New	Tennis Coaching
Friday 8 <sup>th</sup> July		PTFA Summer Sizzler
Monday 11 <sup>th</sup> July - Friday 15 <sup>th</sup> July		Children's Choice Week
Friday 15 <sup>th</sup> July		Camp Out Day
Monday 18 <sup>th</sup> July		End of Year Celebration Service, St. Mary's Church 2pm
Tuesday 19 <sup>th</sup> July		Whole School Ramble
Tuesday 19 <sup>th</sup> July		Open Evening
Thursday 21 <sup>st</sup> July		School closes for Summer Holiday at 1.30pm
Monday 5 <sup>th</sup> September		School re-opens after Summer Holiday
Friday 7 <sup>th</sup> October		Individual School Photographs

Church Street, Twyford, Buckingham, MK18 4EU Telephone 01296 730305 Email [office@twyford.bucks.sch.uk](mailto:office@twyford.bucks.sch.uk)

## MENU FOR SUMMER TERM 2016

Week one		Week two		Week three	
11/04 02/05 23/05 13/06 04/07		18/04 09/05 20/06 11/07		25/04 16/05 06/06 27/06 18/07	
<b>Monday</b>	Choose a main meal... British 'Pork Sausages (in Beef Casing) with Jacket Wedges Quorn Pieces in Creamy Tomato Sauce with Jacket Wedges Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Peach Sponge & Custard Fresh Fruit or Yoghurt	<b>Monday</b>	Choose a main meal... Pepperoni Pizza on Wholemeal Base with Diced Potatoes Omelette with Diced Potatoes Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Baked Beans for dessert... Cranberry Cookie Fresh Fruit or Yoghurt
<b>Tuesday</b>	Choose a main meal... Chicken Tikka Masala with Rice Cheese & Tomato Pizza on Wholemeal Base Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Lemon Muffin Fresh Fruit or Yoghurt	<b>Tuesday</b>	Choose a main meal... Red Tractor Beef Bolognese with Pasta Vegetarian Meatballs in Tomato Sauce with Pasta Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Apple Crumble with Custard Fresh Fruit or Yoghurt
<b>Wednesday</b>	Choose a main meal... Baked Ham with Baked New Potatoes Onionlet with Baked New Potatoes Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Mixed Salad for dessert... Vanilla Fruity Sponge with Chocolate Custard Fresh Fruit or Yoghurt	<b>Wednesday</b>	Choose a main meal... Roast Chicken with Roast Potatoes & Gravy Linda McCartney Vegetarian Sausages with Roast Potatoes & Gravy Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Orange/Strawberry Jelly Squeezie Fresh Fruit or Yoghurt
<b>Thursday</b>	Choose a main meal... Creamy Chicken Carbonara Pasta Bake with Tiger Bread Roll Rustic Shepherd's Pie with Jacket Potatoes Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Pancakes with Strawberry Jam Fresh Fruit or Yoghurt	<b>Thursday</b>	Choose a main meal... Chicken & Tomato Pasta Bake with Garlic & Herb Roll Vegetable Rendoll with Garlic & Herb Roll Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Chefs Salad for dessert... Pineapple Sponge with Custard Fresh Fruit or Yoghurt
<b>Friday</b>	Choose a main meal... MSC Breaded Fish with Oven Chips Quorn Burger in a Bun with Oven Chips Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Baked Beans for dessert... Apricot Flapjack Fresh Fruit or Yoghurt	<b>Friday</b>	Choose a main meal... MSC Fish Fingers with Jacket Wedges Soya Mince Lasagne with Jacket Wedges Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Chocolate Cookie Fresh Fruit or Yoghurt
<b>Saturday</b>	Choose a main meal... British 'Pork Sausages (in Beef Casing) with Jacket Wedges Cheesy Vegetable Grill with Jacket Wedges Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Baked Beans for dessert... Chocolate Mandarin Sponge with Custard Fresh Fruit or Yoghurt	<b>Saturday</b>	Choose a main meal... Sticky BBQ Chicken with Rice Cheese & Tomato Pizza on Wholemeal Base Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Jammy Flapjack Fresh Fruit or Yoghurt
<b>Sunday</b>	Choose a main meal... Roast Turkey with Mashed Potatoes & Gravy Linda McCartney Vegetarian Sausages with Mashed Potatoes & Gravy Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Ice Cream Cake Fresh Fruit or Yoghurt	<b>Sunday</b>	Choose a main meal... Red Tractor Beef Lasagne with Garlic Sauce Vegetarian Cowboy Pie with Garlic Sauce Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Banana Muffin Fresh Fruit or Yoghurt
<b>Monday</b>	Choose a main meal... MSC Smart Crumb Fish Cakes with Diced Potatoes Vegetarian Korma with Diced Potatoes Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Mixed Fruit Crumble with Custard Fresh Fruit or Yoghurt	<b>Monday</b>	Choose a main meal... Red Tractor Beef Lasagne with Garlic Sauce Vegetarian Cowboy Pie with Garlic Sauce Jacket Potato with a choice of Baked Beans, Tuna Mayonnaise or Cheese	on the side... Seasonal Vegetables for dessert... Banana Muffin Fresh Fruit or Yoghurt

If your child requires or needs a special diet or allergen menu, please speak to your catering manager or contact us  
For details on how to claim free school meals, please speak to your catering manager or contact us  
THEME DAY - Italian - 10th May 2016  
THEME DAY - Independence Day - 4th July 2016  
\* Contains either Beef/Pork

There is a vegetarian choice every day... and don't forget that salad is available daily

Keep yourself topped up with water - it will help you concentrate all day long

