

# Temple Meadow Newsletter

## Friday 21st July 2023



Dear Parents and Carers,

This is our final newsletter which closes off an unbelievably busy yet enjoyable academic year. We have this year expanded the opportunities for Parents/Carers to be in school as part of Stay and Plays; Music Performance; Dance Performance; Sport's Days; Science Fayre; Grandparent Tea Party; Sow and Grow; Nursery Graduation; leaver events and many, many more too numerous to mention. All events have been very well attended; I'm sure at times your home diaries have overflowed with invites!

We were very proud to close this academic year once again graded Good by OFSTED; our banners are on order and will be up soon so we can celebrate our achievement.

Today, we say goodbye to our Year 6 and I'm sure you will agree that the leavers assembly was a fitting celebration of their time at Temple Meadow. I loved their high quality singing and all the lines they had memorised. Our Year 6 leaving us are a truly remarkable group of pupils, they have a very exciting future ahead of them and have all the attributes for future success.

### Announcing our Head Boys and Head Girls

Following the presentations to myself, Mr Smith and the Year 5 teachers, we created a shortlist for all staff to vote on. Our current Head Boys and Head Girls announced the new postholders this morning in our final assembly and awarded them their badges. We also gave them the opportunity to phone their Parents/Carers to share their good news before this newsletter was circulated.



I am delighted to announce that our new Head Boys and Head Girls are as follows:

Head Boys:

**Luke, Zayn and Rayaan**

Head Girls:

**Ruby, Olivia and Bianca**

We do always feel for any of the Year 5 pupils that were not successful, but there are so many roles and responsibilities yet to allocate across school so hopefully their disappointment will diminish.

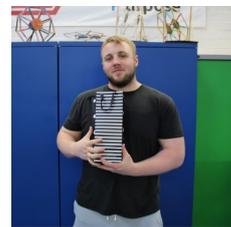
### Leavers

As we close this academic year, we have some staff leavers; **Mr Taylor, Miss Bull and Miss Williamson**.

**Mr Taylor** leaves to start his teaching qualification at Newman University as he is on a pathway to be a teacher in the not-too-distant future.

**Miss Bull** leaves us to concentrate on her career direction; she has a longer term aim to become an educational psychologist. Although we are very sad to see them leave, we do however love the fact that their careers continue to develop and they will have a future high-impact on pupils' lives.

**Miss Williamson**, currently our Nursery teacher, moves to West Park Primary School; which is much nearer to where she lives.



### Reward Winners

In our final assembly today, our random generators selected 2 winners from each Key Stage to celebrate their achievements in Reading, Writing and Maths.

Congratulations to: **Rose, Sarah, Milo, Hashim, Mason and Hassaan** who have all won a Smyth's toy store voucher.

Our random generators also selected two pupils who achieved 100% attendance during the summer term. **Zackabe and Dean were both given a brand-new art pack!**

Congratulations to **Oliver** who wins an Amazon voucher for winning the award for most improved attendance.

The winner of our Animals in my Brain workshop voucher is **Debra Parker**; congratulations Debra.



### Questionnaire

Thank you so much for your support with this. The electronic (paper free version) has been very well received and we had a higher number returned this year (102 in total).

Overwhelmingly, the questionnaires are **incredibly supportive and positive** with most parents whole heartedly supporting what we do and ticking all the positive boxes. **Please see the separate sheet distributed with this newsletter.** Do take the time to read this as the comments are so positive about so many aspects of school life. It makes us all feel very proud of Temple Meadow. I always share with the teaching team and whole staff group the many lovely things you say about the quality of teaching and care we give our pupils. This makes us feel valued and proud. So thank you. The questionnaire is so useful for me to review and consider, often leading to change or adaptation linked to your suggestions.

One of our new Head Boys and Head Girls first tasks is to randomly choose our winners. A £15 Waterstones voucher has gone to:

**Kyler, Kyrie, Leah, Chloe, Jacob, Jasmeet, Phoebe and Lily.**

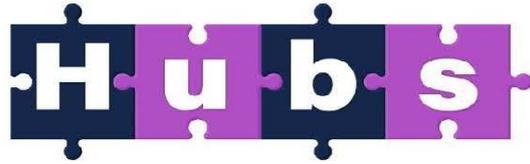
We wish our local 'Lollipop Lady', who has supported the safety of our children at the crossing at the bottom of Waterfall Lane, a very happy retirement after 27 years of service. We marked the occasion by presenting her with a card from Temple Meadow.

Have a lovely summer, Ms Walsh – Headteacher



Sandwell

**Family**  
Helping Families Thrive



Believe in  
children  
Barnardo's



## Come along to our Family Fun day

Enjoy fun activities and find out what is on  
offer for children, young people &  
parents/carers in your town

Rowley Regis Family Hub  
(Formerly Rowley  
Children's Centre)  
Dudley Road  
Rowley Regis, B65 8JY

Wednesday  
26<sup>th</sup> July

~~~~~

10am - 12noon

or

1 - 3pm

## What is a Family Hub?

**Children's Centres  
are growing to  
include more  
support and services  
and will become  
Sandwell Family  
Hubs.**

Our mission is to help all families in Sandwell thrive

Family Hubs will offer the right help, in the right place, at the right time by offering services and support for all families with children aged 0 - 19 (or 25 with SEND) and extra support is available for families during pregnancy and in your baby's first years.

To see how Family Hubs can support you and your family, head over to our Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

[www.sandwellfamilyhubs.com](http://www.sandwellfamilyhubs.com)

## Calendar of Dates

March 2023

< > Calendar Month Print

| Mon                    | Tue              | Wed                                   | Thu                                  | Fri                                                   | Sat | Sun |
|------------------------|------------------|---------------------------------------|--------------------------------------|-------------------------------------------------------|-----|-----|
| 27                     | 28               | 1<br>Girls Footb...                   | 2<br>World Boo...<br>Year 6 Boo...   | 3<br>KS1 SATS p...                                    | 4   | 5   |
| 6<br>Multiplicati...   | 7                | 8<br>Girls Footb...                   | 9<br>Year 6 Boo...<br>KS2 SA...      | 10                                                    | 11  | 12  |
| 13                     | 14               | 15<br>Girls Footb...                  | 16<br>Year 6 Boo...                  | 17<br>Early Years...<br>Red Nose ...<br>Year 4 Pbo... | 18  | 19  |
| 20<br>Year 1 Visit ... | 21<br>Year 3 ... | 22<br>Year 3 Gos...<br>Girls Footb... | 23<br>Year 2 Mus...<br>Year 6 Boo... | 24<br>Year 4 King...                                  | 25  | 26  |
| 27                     | 28               | 29<br>Girls Footb...                  | 30<br>Year 1 Mus...<br>Year 6 Boo... | 31                                                    | 1   | 2   |
| 3                      | 4                | 5                                     | 6                                    | 7                                                     | 8   | 9   |
| Easter Holiday         |                  |                                       |                                      |                                                       |     |     |

Example

**A reminder that all of our important dates now feature on our School Website.**

Any changes to dates/times are updated immediately via the website which means what you see is always live information. To find the dates, simply head to our website, click **Parents & Carers** then **Calendar of Dates**.

## Week 1

## Week 2

## Week 3

Monday

Cheesy Quesadilla, Sweetcorn,  
Green Beans or Salad

Fishless Fingers, Sweetcorn, Green  
Beans or Salad

Jacket Potato with Cheese  
Assorted Salads

Baked Apple Sponge & Custard  
Muller Yoghurt

Quorn Southern Style Burger, Savoury  
Rice, Green Beans or Salad

Margherita Pizza Pasta Bake, Green  
Beans or Salad

Jacket Potato with Cheese and Beans  
Assorted Salads

Arctic Roll  
Chocolate Mousse  
Fresh Fruit Slices

Fish Fingers, Mashed Potatoes,  
Peas, Carrots

Mac 'n' Cheese, Herby Bread,  
Peas, Carrots or Salad

Jacket Potato with Cheese  
Assorted Salads

Chocolate & Cherry Muffin  
Muller yoghurt

Tuesday

Chicken Meatballs & Gravy, Mashed  
Potato, Broccoli, Vegetable Medley

Vegan Meatballs & Gravy, Mashed  
Potato, Broccoli, Vegetable Medley

Cheese & Beans, Assorted Salads

Brownie Bites & Mandarin Oranges  
Vanilla Ice Cream

Roast Chicken & Gravy, Roast Potatoes,  
Broccoli, Carrots

Dahl, Bombay Potatoes, Naan Bread or  
Salad

Jacket Potato with Beans  
Assorted Salads

Oaty Apple Crumble & Custard  
Frozen Strawberry Yoghurt

Chicken Curry, Brown & White Rice,  
Naan Bread or Salad

Vegetable Curry, Brown & White  
Rice, Naan Bread or Salad

Jacket Potato with Cheese and Beans  
Assorted Salads

Lemon Slice & Custard  
Fruit Jelly

Wednesday

Brunch Lunch (Sausage, Bacon,  
Beans, Omelette, Hash Brown)

Veggie Brunch (Veggie Sausage,  
Beans, Omelette, Hash Brown)

Jacket Potato with Cheese and Beans  
Assorted Salads

Chocolate Crispies  
Fruit Jelly

Beef Chilli & Cheese Loaded Wedges,  
Peas, Sweetcorn or Salad

Sticky Sausage, Loaded Wedges,  
Peas, Sweetcorn or Salad

Jacket Potato with Cheese and Beans  
Assorted Salads

Chocolate Cookie  
Muller Yoghurt

Pork Sausage, Jacket Wedges, Spaghetti  
Hoops or Sweetcorn

Vegetarian Sausage, Jacket Wedges,  
Spaghetti Hoops or Sweetcorn

Jacket Potato with Beans  
Assorted Salads

Apple Flapjack & Custard  
Vanilla Ice Cream Tub

Thursday

Cajun Chicken with Pineapple Salsa, Pasta,  
Sweetcorn or Assorted Salad

Margherita Pizza, Pasta, Sweetcorn or  
Assorted Salad

Jacket Potato with Tuna Mayo  
Assorted Salads

Oat & Raisin Cookie  
Muller Yoghurt

Pepperoni Pizza Sauté Potatoes  
or Assorted Salad

Margherita Pizza, Sauté Potatoes  
or Assorted Salad

Jacket Potato with Tuna mayo

Fruit Muffin  
Fruit Jelly

Beef Bolognese with Pasta & Garlic Bread  
or Salad

Margherita Pizza, Pasta, Coleslaw or  
Assorted Salad

Jacket Potato with Tuna Mayo  
Assorted Salads

Sprinkle Tray Bake & Custard  
Very Berry Mousse

Friday

Fish Fingers, Chips, Peas, or Salad

Quorn Vegan Nuggets, Chips, Peas or  
Salad

Jacket Potato with Cheese and Beans  
Assorted Salads

Cornflake Tart & Custard  
Strawberry Mousse

Harry Ramsden Battered Pollock,  
Chips & Baked Beans

Vegetable Bake, Chips, Baked Beans

Jacket Potato with Cheese and Beans  
Assorted Salads

Iced Shortbread Biscuit  
Muller Yoghurt

Harry Ramsden's Junior Pollock,  
Chips, Mushy Peas or Salad

Vegan Pastry Roll, Chips,  
Mushy Peas or Salad

Jacket Potato with Cheese and Beans  
Assorted Salads

Melting Moment  
Muller Yoghurt

2023: 05/06. 26/06. 17/07. 04/09.  
25/09. 16/10. 13/11. 04/12.  
2024: 08/01. 29/01. 26/02. 18/03

2023: 12/06. 03/07. 24/07. 11/09.  
02/10. 23/10. 20/11. 11/12.  
2024: 15/01. 05/02. 04/03

2023: 19/06. 10/07. 18/09. 09/10.  
27/11. 18/12.  
2024: 22/01. 19/02. 11/03

Dates:

Dishes may change without prior notice. This is a generic menu and may differ to the menu bespoke to your school, check your school's website for full details.

**N** New **V** Vegetarian **VG** Vegan

Fruit and  
water  
served  
daily





# KIDS SUMMER CAMP



**ELP SPORTS**  
ENJOY LEARN PROGRESS



## HOLIDAY ACTIVITIES CAMP FOR ALL

Sports, Treasure hunts, LIVE Mario Kart, Exploring,  
Crafts , PRIZES TO BE WON & MUCH MORE!

FOR 5 - 12 YEAR OLDS

Our camps are running for 4 weeks, each week is 4 days  
10AM - 2PM Everyday!

**MONDAY 31ST JULY - THURSDAY 3RD AUGUST**

**MONDAY 7TH AUGUST - THURSDAY 10TH AUGUST**

**MONDAY 14TH AUGUST - THURSDAY 17TH AUGUST**

**MONDAY 21ST AUGUST - THURSDAY 24TH AUGUST**

**HADEN HILL LEISURE CENTRE, BARRS RD, CRADLEY HEATH, B64 7HA**

**FOR MORE INFORMATION PLEASE CONTACT:**

**[mitchell.elpsports@gmail.com](mailto:mitchell.elpsports@gmail.com) OR 07469947722**



# What is a **Family Hub?**

**Children's Centres  
are growing to  
include more  
support and services  
and will become  
Sandwell Family  
Hubs.**

Our mission is to help all families in Sandwell thrive

Family Hubs will offer the right help, in the right place, at the right time by offering services and support for all families with children aged 0 – 19 (or 25 with SEND) and extra support is available for families during pregnancy and in your baby's first years.

To see how Family Hubs can support you and your family, head over to our Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

[www.sandwellfamilyhubs.com](http://www.sandwellfamilyhubs.com)





# SUMMER... In Rowley

For further information contact:  
Mo Javid 07983-967-266

Join us for **FREE** community play sessions in Rowley!

Visit our website:  
[www.goplaysandwell.co.uk](http://www.goplaysandwell.co.uk)

Enjoy our summer sessions full of fun, arts & crafts,  
outdoor games & activities for families aged 6-12 (up to 16 with SEN-D)

| Week 1                                                                                                                                         | Week 2                                                                                                                                        | Week 3                                                                                                                             | Week 4                                                                                                                                          | Week 5                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <p>Thursday 27th July</p> <p>Blackheath Library (B65 OEA)<br/>10:30am - 1:00pm</p> <p>Brickhouse Green Space (B65 8HS)<br/>2:00pm - 4:30pm</p> | <p>Monday 31st July</p> <p>Blackheath Library (B65 OEA)<br/>10:00am - 12:30pm</p> <p>Brickhouse Green Space (B65 8HS)<br/>2:00pm - 4:30pm</p> | <p>Monday 7th August</p> <p>Oakham Library (B69 1RD)<br/>10:00am - 12:30pm</p> <p>Britannia Park (B65 9HH)<br/>2:00pm - 4:30pm</p> | <p>Monday 14th August</p> <p>Blackheath Library (B65 OEA)<br/>10:00am - 12:30pm</p> <p>Brickhouse Green Space (B65 8HS)<br/>2:00pm - 4:30pm</p> | <p>Monday 21st August</p> <p>Oakham Library (B69 1RD)<br/>10:00am - 12:30pm</p> <p>Britannia Park (B65 9HH)<br/>2:00pm - 4:30pm</p> |
| <p>Friday 28th July</p> <p>Haden Hill Park (B64 7JL)<br/>11:00am - 4:00pm</p>                                                                  | <p>Wednesday 2nd August</p> <p>Play Day</p> <p>West Smethwick Park (B67 7JJ)<br/>12:00pm - 4:00pm</p>                                         | <p>Friday 11th August</p> <p>Haden Hill Park (B64 7JL)<br/>11:00am - 4:00pm</p>                                                    | <p>Friday 18th August</p> <p>Haden Hill Park (B64 7JL)<br/>11:00am - 4:00pm</p>                                                                 | <p>Friday 25th August</p> <p>Haden Hill Park (B64 7JL)<br/>11:00am - 4:00pm</p>                                                     |



Funded and Supported by Sandwell  
Powered by CREATIVE ACADEMIES NETWORK  
 **mh** murrayhall community trust



**Supporting children and parents/carers to develop the school readiness skills and confidence they need to transition to school!**



**Supporting children and parents/carers to develop the school readiness skills and confidence they need to transition to school!**

## **School Readiness Sessions**

**@ Tipton Family Hub  
(formerly known as the  
Children's Centre)  
1st / 8th / 15th August  
1-2:30pm**

**Limited spaces  
available, call to book a  
place:  
0121 522 5150**

## **School Readiness Sessions**

**@ Rowley Family Hub  
(formerly known as the  
Children's Centre)  
1st / 8th / 15th August  
10-11:30am**

**Limited spaces  
available, call to book a  
place:  
0121 559 9916**

**Believe in  
children  
Barnardo's**

### **SCHOOL READINESS**

Activities, advice and support to help with some of following and more...

- Toileting
- Independence skills
- Dealing with emotions
- Behaviour management



**Believe in  
children  
Barnardo's**

### **SCHOOL READINESS**

Activities, advice and support to help with some of following and more...

- Toileting
- Independence skills
- Dealing with emotions
- Behaviour management



# Early Years Summer Sessions!

Play, Talk, Read



**Summer fun for  
under 3's!**

**9<sup>th</sup> / 16<sup>th</sup> / 23<sup>rd</sup> August**

**1:00–2:30pm**

**Tipton Family Hub  
(formerly known as Tipton  
Children's Centre)**

**A set of three  
sessions with a free  
goody bag at the end  
of week 3 if all are  
attended!**

**Call 0121 522 5150 to book your place now!**

Please note: older siblings are welcome, but please let us know prior to attendance.

# Early Years Summer Sessions!

Play, Talk, Read



**Summer fun for  
under 3's!**

**9<sup>th</sup> / 16<sup>th</sup> / 23<sup>rd</sup> August**

**10:00–11:30am**

**Rowley  
Family Hub  
(formerly known as Rowley  
Children's Centre)**

**A set of three  
sessions with a free  
goody bag at the end  
of week 3 if all are  
attended!**

**Call 0121 559 9916 to book your place now!**

Please note: older siblings are welcome, but please let us know prior to attendance.



# ROWLEY REGIS LIBRARIES SUMMER 2023 ACTIVITIES & EVENTS



## Blackheath Library

0121 569 4920 - B65 0EA

### Summer Craft Activities

Tuesdays to Fridays in August  
(except Friday 11, Tuesday 16 and  
Thursday 30) 11am

### Play Talk Read & Sandy Bear

Every Monday from 9:45am  
(except 28 August)

### Sandy Bear story time session

Every Saturday from 11am

### Go Play Crafts & Games

Thursday 27 July  
Monday 31 July  
Monday 14 August  
from 10.30am

### Teddy Bear's Picnic\*

Wednesday 9 August at 2pm  
Storytime & crafts for cuddly toys  
Hosted by our Friends Group  
Contact the library to book

### Booster Cushion Theatre:

### Hansel, Gretal and You... Who?

Monday 14 August at 10:30am  
**BOOKING ESSENTIAL**

Hansel and Gretal have been turned into oven gloves! Can you help the Gingerbread man Man save them?  
"This is a fast funny show with lots of opportunities to help"

*All activities are subject to change at short notice  
Please contact the library for further information*

*\* = funded by Friends of Rowley Town Libraries*

### Family Ukulele Workshop

Monday 14 August at 2pm

### Explore Workshop

Friday August 11 at 10:30am -  
Uncover the mystery of the missing Blaze of the Phoenix Mascot! **BOOKING ESSENTIAL** - Limited Spaces



### Meet the Team \*

Wednesday 16 August 2pm  
Create your own Superstar Team member from the Reading Challenge

### Juggling Jim Circus Workshop\*

Thursday 31 August 2:30pm  
**BOOKING ESSENTIAL**

Join Juggling Jim's circus workshop and learn new skills to amaze your family and friends! Juggling, Diablo, Balance, Plate Spinning and much, much more, suitable for all ages

### Professor Black and the 12 Labours of Hercules 26 July 3pm

Hercules was one of the most famous Greek heroes, but he was not liked by everyone. To prove his strength he was given 12 tasks to perform. Did he succeed? Join Professor Black and find out! Includes story session, games, activities and design/drawing activity



# Ready, Set, Read!

Join the summer reading challenge July 8 to September 24  
There's also a mini challenge for under 4's!



# ROWLEY REGIS LIBRARIES SUMMER 2023 ACTIVITIES & EVENTS



## Cradley Heath Library 0121 569 4926 - B64 5JU

**Summer Craft Activities**  
Every Tuesday (except Aug 28) &  
Saturday from 11am

**Play Talk Read & Sandy Bear**  
Every Wednesday & Friday 2-3pm  
Sandy Bear story time session  
Every Monday from 11am

**Wanda Meets Berry: Author Event**  
Tuesday 1 August 2:30pm  
Join Laura, Author of Berry and Wanda and go  
to the Stars in an interactive children's picture  
book that supports children's well-being.  
Includes story-time, yoga, breathing techniques,  
games and crafts.  
**BOOKING ESSENTIAL**

**Teddy Bear's Picnic\***  
Saturday 12 August at 11am  
See Blackheath's activities for details

**Meet the Team \***  
Saturday 19 August 11am  
See Blackheath's activities for details

**Summer Reading Challenge  
Crafts & Activities**  
hosted by BCAT  
Wednesday 21 August  
10:30am - 12 noon

BCAT will provide a mix of art, music, drama,  
music and games to support this years Summer  
Reading Challenge theme on Ready, Set, Ready  
theme. Suitable for ages 5-10

**Family Ukulele Workshop**  
Monday 21 August at 2pm

**Juggling Jim Circus Workshop\***  
Tuesday 29 August at 2:30pm  
See Blackheath's activities for details  
**BOOKING ESSENTIAL**

## Oakham Library 0121 569 4933 - B69 1RD

**Summer Craft Activities**  
Every Wednesday & Saturday  
from 11.30am

**Play Talk Read & Sandy Bear**  
Every Monday (except August 28) 10.30am

**Sandy Bear story time session**  
Every Friday from 11am

**Summer Reading Challenge Crafts  
& Activities hosted by BCAT**  
Monday 21 August  
2:30pm - 4pm  
BCAT will provide a mix of art, drama, music  
and games to support this years Summer  
Reading Challenge theme - Ready, Set, Read.  
Suitable for ages 5-10

**Juggling Jim Circus Workshop\***  
Wednesday 30 August at 2:30pm  
See Blackheath's activities for details  
**BOOKING ESSENTIAL**

**Go Play:**  
Monday August 7 and 21 10:30am-1pm

*All activities are subject to change at short notice  
Please contact the library for further information  
\* = funded by Friends of Rowley Town Libraries*

# The Community

Link 

## UNIFORM BANK

Have you got school uniform that you no longer need?  
Do you need some school uniform for the new term?

### Drop off dates

Jubilee Park Community Centre  
Cradley Heath Community Link

Drop off clean unwanted uniform: 24-28<sup>th</sup> July 10am-2pm

### Collection dates

Jubilee Park Community Centre  
Collect Free Uniform: 15<sup>th</sup> August 10am-1pm

Cradley Heath Community Link  
Collect Free Uniform: 19<sup>th</sup> August 10am-1pm

Jubilee Park Community Centre  
Powis Avenue, Tipton, West Midlands, DY4 0RJ

Cradley Heath Community Link  
72 High Street, Cradley Heath, B64 5HA

|                |             |
|----------------|-------------|
| Polo Shirts    | Sweatshirts |
| Trousers       | Jumpers     |
| Dresses        | Cardigans   |
| P Kits & Pumps | Skirts      |

# CAMHS SUMMER ART WORKSHOPS

HOSPITAL ROOMS  
SANDWELL

## WEAR & TEAR

with Poppy Nash

14:00 - 16:00 on Tuesdays

1st August + 8th August + 15th August

This workshop series is all about the clothes we wear and what they say about us. We'll start with pre-loved clothes, exploring how they're made and how we can make them into something new.



## MAKE OUR STORY

with Marley Starskey Butler

10:00 - 12:00 on Wednesdays

2nd August + 9th August + 16th August

In these three sessions we will use sound recording techniques, writing and talking activities and music to tell our own stories.



## CHARACTERS & COMICS

with Sarah Taylor Silverwood

10:00 - 12:00 on Thursdays

3rd August + 10th August + 17th August

This workshop series is all about the clothes we wear and what they say about us. We'll start with pre-loved clothes, exploring how they're made and how we can make them into something new.



Hospital Rooms is an arts organisation who are collaborating with Sandwell CAMHS (Child and Adolescent Mental Health Service) to make the building a more beautiful and creative place. Together with artists, we are running free workshops for local young people from 0-18 years old to transform the building with artworks made especially for these spaces.



SCAN TO  
SIGN UP



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

[hospital-rooms.com/sandwell-camhs](https://hospital-rooms.com/sandwell-camhs)

HOSPITAL  
ROOMS