



Middleforth Church of England Primary School

Friday 13th January Newsletter

Dear Parents/Carers,

It has been another busy week in school, full of lots of new and engaging learning. Year 3 have been persevering with their sewing skills and tackling cross stitch this week, I was very impressed. We had TA interviews this week and have successfully appointed Mrs Lowe who will be starting with us after half term in Year 4, I am sure you will join us in welcoming her to the Middleforth family.

Oscar has continued to settle into school life and has started his Therapy Dog training. Please can I ask that when he is around school, you ask him to sit before giving him any attention. This is to support him with his training. He is really enjoying being a part of school life and racing into school in the morning to see the staff and children.

I hope you all have a wonderful weekend and we will see you all on Monday.

Mrs Pilkington



Stars of the Week

Nursery - Matteo

Rec - Elsie & Alana

Y1 - Sam & Olivia H

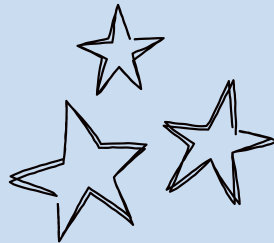
Y2 - Lola & Jack

Y3 - Ethan H & Harrison

Y4 - Benjamin & Jacob

Y5 - Oliver & Nicole

Y6 - Katie & James S



Target 96%

Reception	97.0%
Year 1	97.1%
Year 2	97.4%
Year 3	93.3%
Year 4	99.3%
Year 5	97.3%
Year 6	98.7%
Total	97.2%

Collective Worship

Half termly value - Perseverance

This week we continued to look at 'Running the race of life' and what this means to us. We talked about what skills we need to persevere with this year to reach our goals.

Family Challenge - The Perseverance Challenge

Ask each member of the family to write (on identical pieces of paper) a challenge that will require perseverance to complete. Fold the paper 4 times and place it in a bag with the others. Invite each person to place their hand into the bag (whilst looking the other way) and pick out a challenge which they have one week to complete. (Think carefully about the challenge you set and if possible make it a worthwhile and useful thing to do).



welcome!



For those who don't know me yet, my name is Mrs Knight and I am the new Pupil and Family Support Worker at Middleforth Primary School.

I have an open-door policy, although it is better to make an appointment to be sure I am available.

I have a great deal of knowledge and experience that is beneficial to supporting the children and families at our school. All support and advice is confidential. Although I can't say I know all the answers, I can try to help and support you to find a solution or signpost you to the relevant agency for help. Sometimes as parents we just need someone to talk to and to be able to offload problems and worries, and we are here to help with this. Parenting can be challenging at times and is often stressful. I know this as I am also a parent!

I will be working closely with your children, their families, school staff and outside agencies to try to remove barriers to children's learning to help them to reach their full potential. I will be completing direct work with children needing support and also providing an ear for them to talk to when needed. Some aspects of my role is supporting with issues regarding:

- friendship
- behaviour - at home and at school
 - money issues
 - bereavement
 - parental separation
 - family illness
 - housing issues
- linking with agencies and support group
 - wellbeing support
- signposting to various agencies
 - attending relevant meetings
- one to one support for pupils using a range of interventions

I will also be running a lunch time nurture club for the children. This will be a safe place for children to come and relax in a calm environment. There will be opportunities for children such as playing games, colouring, mindfulness activities or even just a chance to come and chat to me.

I will be working full time, during the school term. I may not be able to get back to you straight away but I will always do my best. I will be updating the school website with relevant information to help and support families, you can find the link here, <http://www.middleforth.lancs.sch.uk/page/family-support/133171>

You can contact me at: sknight@middleforth.lancs.sch.uk or phone me on 01772 746024

Happier January 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- 1 Find three things to look forward to this year
- 2 Make time today to do something kind for yourself
- 3 Do a kind act for someone else to help brighten their day
- 4 Write a list of things you feel grateful for and why
- 5 Look for the good in others and notice their strengths
- 6 Take five minutes to sit still and just breathe
- 7 Learn something new and share it with others
- 8 Say positive things to the people you meet today
- 9 Get moving. Do something active (ideally outdoors)
- 10 Thank someone you're grateful to and tell them why
- 11 Switch off all your tech at least an hour before bedtime
- 12 Connect with someone near you - share a smile or chat
- 13 Take a different route today and see what you notice
- 14 Eat healthy food which really nourishes you today
- 15 Get outside and notice five things that are beautiful
- 16 Contribute positively to your local community
- 17 Be gentle with yourself when you make mistakes
- 18 Get back in contact with an old friend
- 19 Focus on what's good, even if today feels tough
- 20 Go to bed in good time and allow yourself to recharge
- 21 Try out something new to get out of your comfort zone
- 22 Plan something fun and invite others to join you
- 23 Put away digital devices and focus on being in the moment
- 24 Take a small step towards an important goal
- 25 Decide to lift people up rather than put them down
- 26 Choose one of your strengths and find a way to use it today
- 27 Challenge your negative thoughts and look for the upside
- 28 Ask other people about things they've enjoyed recently
- 29 Say hello to a neighbour and get to know them better
- 30 See how many people you can smile at today
- 31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

School term and holiday patterns

Spring term 2023

School closes on
Mid-term closure
School re-opens on
School closes on

Summer Term 2023

May Day & Coronation
School closes on
Mid-term closure
School re-opens on
School closes on

Autumn Term 2023

Mid-term closure
School re-opens on
School closes on

Spring Term 2024

Mid-term closure
School re-opens on
School closes on

Summer Term 2024

May Day
Mid-term closure
School re-opens on
School closes on

Re-open on Tuesday 3rd January 2023
Friday 10th February 2023
Monday 13th February - Friday 17th February 2023
Monday 20th February 2023
Friday 31st March 2023
Re-open on Monday 17th April 2023
Monday 1st and 8th May 2023
Friday 26th May 2023
Monday 29th May – Wednesday 7th June 2023
Thursday 8th June 2023
Friday 21st July 2023
Re-open Monday 4th September 2023
Monday 23rd October - Tuesday 31st October 2023
Wednesday 1st November 2023
Friday 22nd December 2023
Re-open on Monday 8th January 2024
Monday 12th February - Friday 16th February 2024
Monday 19th February 2024
Thursday 28th March 2024
Re-opens on Monday 15th April 2024
Monday 6th May 2024
Monday 27th May – Monday 3rd June 2024
Tuesday 4th June 2024
Friday 19th July 2024

