



# Middleforth Church of England Primary School

## Friday 14th July Newsletter

Dear Parents/Carers,

What a fantastic week! The Year 6 children and the staff had an amazing time at Robinwood and were a credit to the school; a HUGE thank you to Mr Noblet, Mrs Allton, Mr Day and Mrs Ball who attended the trip. The Year 6 dress rehearsal went well and everyone is looking forward to their performances on Monday. All the classes enjoyed moving up to their new class on Thursday.

This Week-

In Nursery Mrs Smith read the book *The Colour Monster Starts School*, and the children have thought hard about the emotions that the Colour Monster might experience. Reception had 2 special visitors today; Miss Stritch and Stanley.

Year 2 enjoyed creating their own Math Board Game and playing it with the younger children. Year 3 have used a range of art techniques and materials to create a 3d model of the Highway Rat. Year 4 have read the poem *Mungojerrie* and *Rumpleteazer* and recorded what we had learnt about them in preparation for writing a newspaper report about the criminal duo! Year 5 been looking at their digital Footprint in their Computing lessons.

I hope everyone has a lovely weekend and the weather improves.

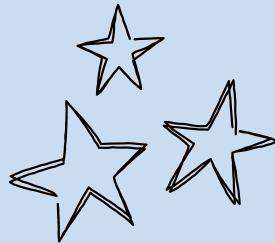
Thank you

Mrs Pilkington

**Stars of the Week**

Nursery - Emilia  
 Rec - Jack & Jessica  
 Y1 - (On School Trip)  
 Y2 - Oliver & Samanta  
 Y3 - William & Jaiden  
 Y4 - Benjamin & Jacob R  
 Y5 - Alex & Ethan  
 Y6 - Whole Class

**WELL DONE**



Target 96%	
Reception	96.3%
Year 1	95.3%
Year 2	97.9%
Year 3	98.7%
Year 4	93.6%
Year 5	95.2%
Year 6	99.3%
<b>Total</b>	<b>96.7%</b>

### As our value this half term is: Truthfulness

This week our assembly was delivered by Father Nick. Father Nick read the story of Thomas, which features events that took place after Jesus rose from the dead and appeared to His disciples. Thomas was reluctant to believe in the truth of the resurrection without seeing Jesus himself, until he saw him with his own eyes. Jesus said that those who believe without sight are truly blessed, and that includes us today! We don't see the Lord physically, but trust that He is with us always.

Treasures from the Bible – Children to discuss the importance of being open and honest all of the time. Talk about how we should not say one thing to someone's face and then tell someone else something different.



# TAKEHOME



## In the news this week

The world-famous Wimbledon tennis tournament is currently underway and will conclude on 16<sup>th</sup> July. Experienced player, Venus Williams, made her 24<sup>th</sup> appearance in the singles draw at Wimbledon after the 43-year-old American was given a wild card entry. Venus is a five-time Wimbledon singles champion and reached the final in 2017, 20 years after her first appearance there.

### Things to talk about at home ...

- > Ask adults at home what they know about the Wimbledon tennis tournament. Have you watched any of it together this year?
- > Share your experiences of winning and losing with someone at home and ask them to share theirs. Think about how each feels and what you can learn from both situations.



Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

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### Scopay

Please can all Scopay balances be paid before Friday 21st July.

A reminder that from September any same day cancellations for breakfast and after school club will not be refunded due to planning the resources needed. Cancellations can be made up to midnight on Scopay the night before.

### School dinners

The cost of school dinners will increase from £2.40 to £2.50 from September in line with catering cost increases. A reminder that pupils in Y3 no longer receive universal free school meals, however you may be eligible for pupil premium and free school meals. You can check if you're eligible on the LCC website:

<https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/>

### Year 6 Trip to Robinwood.

Year Six had an amazing three day, two-night residential at Robinwood in Alston, Cumbria.

The class behaved impeccably and put maximum effort in to each activity. We had a few screams, a few tears, several tight harnesses but an super experience for all involved! Well done Year Six, we are very proud of you all.

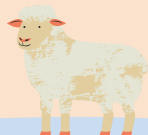


### Key Dates

- 17th July - Year 6 Play
- 20th July 2pm - Year 6 leaver's Assembly
- 20th July 9am Whole school Assembly at church - parents/carers welcome
- 21st July 2pm - school finishes for summer



The Year 1 children had a fantastic time at Humblescough Farm. The children enjoyed looking and stroking the animals, they learnt about where our food comes from, they investigated different habitats on the farm and engaged in forest-farm activities in the woodland area. They represented Middleforth to a high standard and everyone had a lovely day. Well done Year 1!



LET YOUR LIGHT SHINE - MATTHEW 5:16

# Jump Back Up July 2023

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Summer Term 2023

School closes on Friday 21st July 2023 at 2.00pm

## Autumn Term 2023 Re-open Monday 4th September 2023

Mid-term closure Monday 23rd October - Tuesday 31st October 2023

School re-opens on Wednesday 1st November 2023

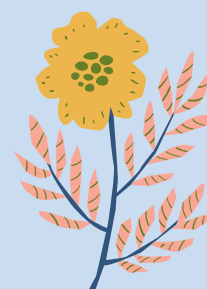
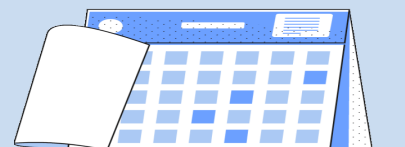
School closes on Friday 22nd December 2023 at 2.00pm

## Spring Term 2024 Re-open on Monday 8th January 2024

Mid-term closure Monday 12th February - Friday 16th February 2024

School re-opens on Monday 19th February 2024

School closes on Thursday 28th March 2024 at 2.00pm



LET YOUR LIGHT SHINE - MATTHEW 5:16