



Middleforth Church of England Primary School

Friday 8th September Newsletter

Dear Parents/Carers,

Firstly, welcome back to everyone, including all our new families who have joined up this year. Everyone has made a brilliant start and shone brightly for everyone to see. It has been an absolute pleasure to be back in school and chatting to all our lovely families.

Just to let you know that from next week, the newsletter will be available on ClassDojo and on the school website. It will not be emailed out anymore. If you would like paper copies of anything, please call into the office and they can print it off for you.

Next week is Democracy week and Year 6 will be delivering their speeches for Head Boy and Girl and the South Ribble MP, Kathrine Fletcher will be coming into school on Friday to talk about her role within the community.

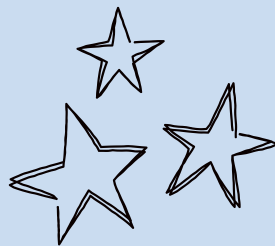
I hope you all have a lovely weekend and make the most of this beautiful weather before it disappears.

Mrs Pilkington

Stars of the Week

Nursery - Everyone
Rec - Joseph & Matilda H
Y1 - Penelope & Orson
Y2 - Sam & Amelija
Y3 - Joseph & Esmee
Y4 - David & Sophie
Y5 - Conrad & Jessica
Y6 - Charlotte & Nicole

WELL DONE



Target 96%	
Reception	99.3%
Year 1	94.7%
Year 2	98.0%
Year 3	98.3%
Year 4	94.0%
Year 5	91.7%
Year 6	98.1%
Total	96.2%

This half term our focus will be on: The Words of Jesus

Over the past two years, our worship themes have been focused around different Christian values. Our next step as a school to deepen our understanding of Christianity is to place an emphasis on the person of Jesus Christ - who he is, what he says and what he does. We will be exploring the significance of his words and works and the relevance of this within our current world. Therefore the focus will be on the persona and ministry of Jesus and to consider how he himself embodies the values, Wisdom, Hope, Community, Dignity as well as Joy and Peace.

This week we talked about Jesus being the light of the world from John 8.12. We had a mindful reflection focussing on how we can shine as lights in the world and how much brighter, happier and more joyful the world will be if we all 'Let Our Light Shine.'



LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



Should lifejackets be compulsory for all on open water?



Share your thoughts and read the opinions of others

In the news this week

In Canada, the government in the province of Ontario is set to pass a new law that will make it compulsory for children aged 12 and under to wear lifejackets on boats. Parents, guardians, or other adults supervising children could be subject to a fine of up to \$200 (£130) if they do not comply. In the UK, currently, there is no legal requirement for anyone using rivers and seas for leisure purposes to wear a lifejacket/personal flotation device (PFD).

Things to talk about at home ...

- > Share your experience of lifejackets. Have you ever been required to wear one? Where were you? Did everyone wear them?
- > Can you make a list of all the times you think lifejackets should be worn?
- > Do you feel there should be laws in place to ensure people wear lifejackets on boats at sea? If so, do you believe they should apply to everyone?

Please note any interesting thoughts or comments

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Uniform

At Middleforth, we wear our uniform with pride as it gives us a sense of togetherness, and fosters an environment of equality and belonging.

The approved school uniform is as follows:

- Grey trousers, skirt or pinafore dress
- White shirt or polo shirt
- Grey or white socks or tights
- Sensible flat shoes (**no trainers**)

Royal blue sweatshirt/jumper/cardigan with school logo or plain royal blue without logo



Summer Uniform

- Pale blue cotton print (gingham or stripes) dress or Grey school shorts

PE Uniform

- **PE KIT - to be worn only on PE days**
- White T-shirt with school logo
- PE Hoodie with school logo
- Royal blue shorts
- Black pumps or trainers
- **Plain black** jogging bottoms or leggings for outdoor PE or colder weather.

Class Dojo

Thank you so much to everyone, who has already signed up to class dojo. This is a replacement to SeeSaw and SeeSaw will no longer be used. If you have signed up or need another copy of the log in details, please speak to your child's class teacher and another copy can be sent home.

As this is new to everyone, please bear with us but we are hoping to use this as a single form of communication with parents and carers moving forward. This should streamline messages and information coming through to yourselves. If you have any questions, please come and ask a member of staff and we will be happy to help.



Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

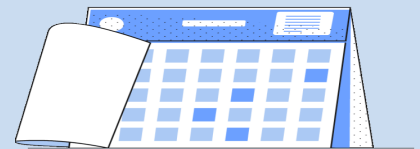
24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

School term and holiday patterns



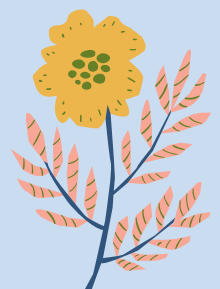
Autumn Term 2023 Re-opened on Monday 4th September 2023
Mid-term closure Monday 23rd October - Tuesday 31st October 2023

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 Monday 19th February
School closes on Thursday 28th March 2024 at 2.00pm

Summer Term 2024 Re-open on Monday 15th April
Mid-term closure Monday 27th May- Monday 3rd June 2024
School closes on Friday 19th July 2023 at 2.00p



LET YOUR LIGHT SHINE - MATTHEW 5:16