



Middleforth Church of England Primary School

Friday 15th September Newsletter

Dear Parents/Carers,

What another busy week. We have been finalising our plans to launch OPAL and we are hoping to have a big family launch where you can all come and enjoy this time with your children.

Unfortunately we still need someone to help us create our welly storage. If you know anyone who can help us, please can you get in touch with the office.

In celebration assembly this week, we have announced our head boy and girl and deputies. Well done to everyone who put themselves forward, you did an incredible job. Our School football team also played in their first tournament this week and won 3 games and drew 1. We are all very proud of all of you and the sportsmanship you showed.

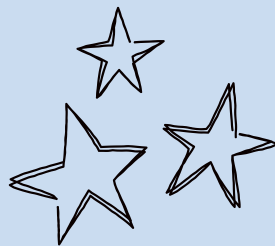
On Monday next week, we welcome back Mrs Blackett into Year 1. She has popped into school today to see the children and is thrilled to be back in school and looking forward to seeing everyone again next week.

Mrs Pilkington

Stars of the Week

Nursery - Grayson
 Rec - Molly & Henry
 Y1 - Ivy & Theodore N-T
 Y2 - Olivia & Felicity
 Y3 - Charlie & Jasmyrn
 Y4 - Jimmy & Harriet
 Y5 - Oliver & Jacob R
 Y6 - Arthur & Mia S

WELL DONE



Target 96%	
Reception	99.7%
Year 1	97.3%
Year 2	96.7%
Year 3	95.5%
Year 4	96.7%
Year 5	96.7%
Year 6	91.5%
Total	96.4%

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

This week in worship we focussed on Matthew 5.1-10. We shares The Beatitudes and focussed our thinking on peacemakers and how we can be a peacemaker in school. Lots of children gave really good examples of how mummy's and daddy's are peacemakers at home and help them solve disputes with their siblings.

We discussed two scenarios which pupils from Year 5 and 6 acted out for us. We thought it might be useful if we developed the role of pupil peacemakers within school.



LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



In the news this week

More than 100 schools across the UK have been affected by a potentially dangerous concrete used in their construction between the 1950s and the mid-90s. The crisis has left some school staff struggling to find temporary teaching accommodation and forced many pupils to begin their academic year learning online. It's not just schools affected; more than 30 hospitals are also believed to be at risk, according to experts.

Things to talk about at home ...

- > Share your thoughts on this week's news. Are you aware of any local schools or hospitals that have been affected?
- > For those pupils resuming learning online from home, how do you think they might feel?
- > Considering school buildings, how do you believe they might change in the future? Can you think of any ways to improve school buildings or classrooms?



Is a school more than just a building?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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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.

MP Visit

This morning Katherine Fletcher the Conservative MP for South Ribble came to visit us. She told us about her role, what is important to her and why she wanted to become an MP. The children asked some amazing questions, which Katherine was very impressed with and represented Middleforth extremely well. She has given us a lot of great ideas for our own School Parliament.

She congratulated our new Head Boy, Head Girl and Deputies on their roles and announced our new House Captains.



LET YOUR LIGHT SHINE - MATTHEW 5:16

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

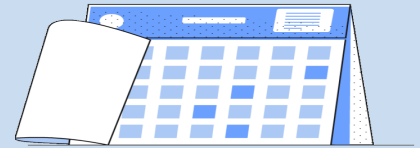
24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

School term and holiday patterns



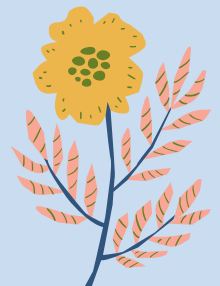
Autumn Term 2023 Re-opened on Monday 4th September 2023
Mid-term closure Monday 23rd October - Tuesday 31st October 2023

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