



Middleforth Church of England Primary School

Friday 29th September Newsletter

Dear Parents/Carers,

What a wonderful, busy week we have had. We have seen some fantastic Maths taking place right across school this week. Children were able to confidently talk about their learning and explain their mathematical thinking.

On Tuesday, the children in Minis worked together and made some delicious flapjack for their afternoon snack. Year 3 have started to design their own fruit tarts in DT and Year 4 have been writing some fantastic information sheets about the Loch Ness Monster. Do you think it's real? The football team represented school again this week and although the results didn't quite go their way, they showed amazing resilience! Well Done! We are all really proud of you!

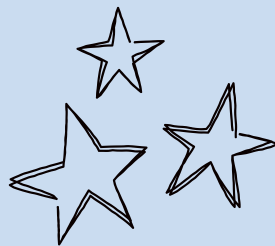
The Friends of Middleforth are hosting a Coffee and Cake gathering on Thursday after school where you can find out a little more about what they do and hopefully we can gain some new volunteers.

Thank you Mrs Pilkington

★ **Stars of the Week** ★

Nursery - Grace
Rec - Aurora & Eva
Y1 - Freddie & Laney
Y2 - Isla B & Jasper
Y3 - Hattie & Jack
Y4 - Eva & Holly
Y5 - Chloe & Edie
Y6 - Freya & Florence

WELL DONE



Target 96%	
Reception	98.3%
Year 1	98.0%
Year 2	95.3%
Year 3	95.5%
Year 4	94.7%
Year 5	93.7%
Year 6	94.6%
Total	95.8%

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

This week in worship we focussed on Matthew 6.25-28. In this story in Matthew's gospel he is asking us to reflect on what is important. He tells us that Jesus does not want us to stop working hard for the right things but he does not want us to worry about the wrong things as this will not bring us fulfilment and not bring us PEACE. Children said that they did not need to worry as they trusted that God would take care of them.



LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



In the news this week

The 2024 edition of the Guinness World Records has been released. This year, over 30,000 applicants submitted their achievements, but only 2,638 records were selected for the edition, which features more than 80% new and updated records. The annual collection of records has run since 1955, when it was first inspired by the question 'What's the fastest game bird in Europe?'. Its latest edition is themed around the Blue Planet, with a number of records celebrated, including those set by impressive marine creatures, adventurous sailors and record-breaking lakes, rivers and icescapes.

Things to talk about at home ...

- > Do you know any world records?
- > If you were to attempt a world record, what do you think you would try to do and why?
- > What do you think the benefits would be of setting or breaking a world record?



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.

Reminder for Secondary School Applicants

Year 6 parents! As your child is due to start secondary school in September 2024 - apply for their school place now! www.lancashire.gov.uk/schools (Closing date 31 October 2023)

For guidance and eligibility for school transport see:

For guidance and eligibility for school transport see:

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

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

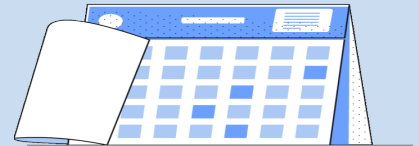
24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

School term and holiday patterns



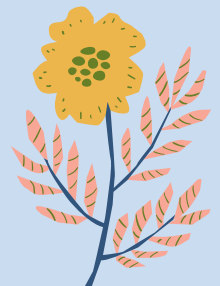
Autumn Term 2023 Re-opened on Monday 4th September 2023
Mid-term closure Monday 23rd October - Tuesday 31st October 2023

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