



Middleforth Church of England Primary School

Friday 1st March Newsletter

Dear Parents/Carers,

There isn't a week goes by where there isn't something exciting happening. This week year 5 have been having specialist tennis lessons on a Wednesday from a specialist tennis coach. Reception have been making snakes and writing stories about them disappearing all around school. One even came and tried to pinch Oscar's toy! Year 5 girls have been to Penwortham Girls today for a transition day and have represented the school incredibly well. On Tuesday Harriet, Jorja-Lily and Freya accompanied me to a Children's Conference in Chorley and again couldn't have represented our school any better. Just a reminder about parents' evening next week. You should all have an appointment and if you don't, make sure you have messaged your child's class teacher.

Have a lovely weekend everyone,

Mrs Pilkington

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Stars of the Week

Nursery - Flora

Rec - Chloe & Alex

Y1 - Kodet & Laney

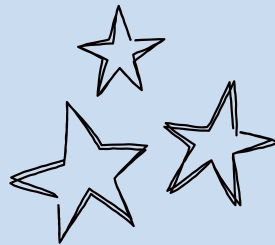
Y2 - Ashton & Jasmine

Y3 - Yash & Rhys

Y4 - Daisy-Mae & Harrison

Y5 - Jessica & Emily

Y6 - Luke & Leah



Target 96%	
Reception	97.7%
Year 1	97.3%
Year 2	97.7%
Year 3	95.4%
Year 4	97.0%
Year 5	95.2%
Year 6	98.2%
Total	97.2%

Collective Worship



Half termly theme: Holy Week and Easter

Focus this week: : Jesus clears the temple

This week we talked about times where we have been angry and how we reacted. We talked about different strategies and if we have ever regretted our decisions and action when we were mad. But getting angry about something that is unfair or wrong can also lead us to take action. We looked at the life of Elizabeth Fry and George Muller and how they took action and stood up for what they believed in. We then had some volunteers who helped us to recreate the temple where Jesus went into the temple and drove out all of those who were buying and selling there. He overturned the tables of the money changers and the stools of those who sold pigeons, and said to them, "It is written in the Scriptures that God said, 'My Temple will be called a house of prayer.' But you are making it a den for thieves!"

LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



In the news this week

Across the UK and Ireland, the charity, World Book Day, will be holding its annual celebration on Thursday 7th March. The day is a chance to celebrate and encourage reading in schools and homes. Children are more likely to enjoy reading when they have greater control over what they read and when there is an emphasis on fun, the charity believes. Many schools choose to recognise the day by encouraging children to dress up as their favourite book characters, bringing in their favourite books and holding other reading activities in school.

Things to talk about at home ...

- > Does your school recognise World Book Day? What do you do? Do you enjoy the activities?
- > What other ways do you think we can encourage people to read? Do you enjoy reading? Do you think it's important for people to read more?

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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Key Dates



Tuesday 5th March - Parents Evening
Rec-Year 6

Wednesday 6th March - Parents
Evening Nur-Year 6

Thursday 7th March - World Book Day
Monday 11th - Wednesday 13th March
- Y6 Residential

Nut Free School

Please can I remind you all that we are Nut Free school. Please can you ensure that all snacks and food which you send into school do not contain nuts.

We have pupils in school with severe nut allergies and it is important that we keep everyone safe.

Thank you

NUT FREE

OPAL

We have made full use of our grounds this lunch time and a few children have become very muddy but they have had lost of fun. If you haven't already, please can you ensure that your child has waterproof and wellington boots in school. These are needed even in nicer weather as the children are still accessing the mud pit, mud slide and sand pit. We are also in the process of building a huge sand pit on the field which will also be used all year round. Once again, if you have any old waterproof or wellington boots which no longer fit your children please could you donate these to school for those children who do not have access to them.



LET YOUR LIGHT SHINE - MATTHEW 5:16

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

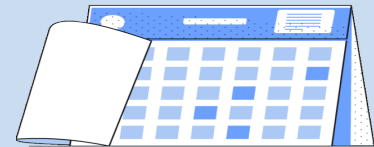
31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

School term and holiday patterns



Spring Term 2024

School closes on
Summer Term 2024
 May Day
 Mid-term closure
 School re-opens on
 School closes on

Thursday 28th March 2024 at 2pm
 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 at 2pm

2024-2025

Autumn Term

School re-opens
 Mid-term closure
 School re-opens
 School Closes

Tuesday 3rd September 2024
 Monday 21st October - Monday 28th October 2024
 Tuesday 29th October 2024
 Friday 20th December 2024

