



# Middleforth Church of England Primary School

## Friday 15th March Newsletter

Dear Parents/Carers,

It's been yet another busy week at school, Year 6 started the week with three days on their residential at Robinwood and had the most amazing time overcoming new challenges, making new friends and finding new skills and talents they didn't know they had. All the staff were incredibly proud of all of you and your determination to try everything, well done Year 6.

During our last few weeks of the swimming pool it has been amazing to see how far all our children have come with their water confidence and swimming abilities. Every time I go up to the pool the children are smiling and having the best time, they are even getting better at organising themselves before and after swimming too!

Our Governors also met this week to evaluate all the progress we are making as a school and discuss our next steps, thank you to everyone who attended and continues to support our school.

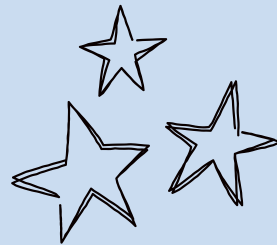
Mrs Pilkington

★★

**Stars of the Week**

Nursery - Isla-Rose  
 Rec - Joseph & Daniel  
 Y1 - Harley & Eliza  
 Y2 - Jasper & Harriet  
 Y3 - Sam & Oliver  
 Y4 - Freddie & David  
 Y5 - Scarlett & Edie  
 Y6 - Whole Class





<b>Target 96%</b>	
Reception	97.6%
Year 1	96.2%
Year 2	94.5%
Year 3	96.0%
Year 4	95.3%
Year 5	95.7%
Year 6	95.4%
<b>Total</b>	<b>95.8%</b>

### Collective Worship



**Half termly theme: Holy Week and Easter**

**Focus this week: : Jesus is Betrayed**

This week Fr Nick came into school to lead worship from Mark chapter 14 verses 32 to 46 where Jesus and his twelve formed a very close community. This community included Judas who Jesus put in charge of all their money. Despite their close friendship, Judas reached a point that he could not continue to follow Jesus. He secretly collaborated with those who wanted to see Jesus killed and handed him over to be arrested.

LET YOUR LIGHT SHINE - MATTHEW 5:16

# TAKEHOME



## In the news this week



What's the best way to handle disappointment?

Many families travelled to Glasgow for an event that claimed to channel the magic of Charlie and the Chocolate Factory. On its website, Willy's Chocolate Experience, guaranteed chocolate fountains, performances by Oompa Loompas, and interactive experiences, with tickets priced at £35 per person. Visitors were greeted by rows of large empty tables and walls of black fabric separating different, almost empty, spaces. Upon facing crowds of disappointed ticketholders, organisers decided to cancel the two-day event after the first morning.

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

- How do you think visitors to the experience might have felt when they realised the experience differed from what they expected?
- Can you think of a time when something didn't go well, even though you tried or thought it would? How did you deal with it?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

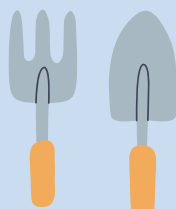


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## Exciting OPAL News!

South Ribble Council are kindly donating a large amount of beech and hornbeam trees and hedges. This is a huge part of our OPAL phase 4 plans of developing the grounds and creating beautiful nature areas. There are so many benefits that will come from this phase such as: benefits to wildlife, visual benefits, more exciting pathways and areas to explore and we are also hoping the added drainage benefits of planting will help to reduce the amount of mud we experience on our field in the winter months! The children are already looking forward to getting involved with our 'planting mission'. Each class will be going out to plant their section over the next two weeks. **But we need your help too!** Do you have any spare spades, forks, trowels or gardening tools that will help us with this huge task? If you do, we would be very grateful! **We are organising a family planting morning on Tuesday 19th March, straight after drop-off at 9am** and wondered if you have any availability to help plant? If you do, please send Miss Lowe a quick message on Dojo, so that she can organise the logistics.

Thank you for your continued support with OPAL



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](http://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

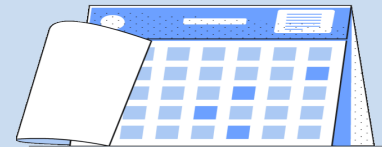


ACTION FOR HAPPINESS

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

