



Middleforth Church of England Primary School

Friday 22nd March Newsletter

Dear Parents/Carers,

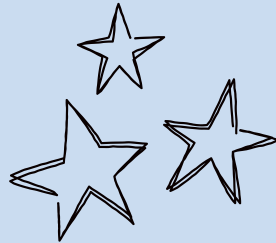
What a wonderfully busy week, yet again, at Middleforth. This week we have started our hedge planting as part of our next developmental of OPAL. Year 3 have been demonstrating their Art and DT skills, making fish out of wire and using their sewing skills to make cushions. Nursery have enjoyed making 'Rainbow Fruit Pizzas' for their snack and Year 5 spent a lovely morning at Church on the 'Journey to Easter.' Pupils from Key Stage 1 have also represented the school at a football tournament this week and showed off their amazing teamwork and football skills. They celebrated victory by coming top of their group. It has been wonderful to hear how children have represented school so well during their different activities in and out of school. We are so proud of everyone! Next week we will have lots of activities taking place for Easter - please keep an eye on Class Dojo for updates. Have a lovely weekend.

Mrs Pilkington

Stars of the Week

Nursery - Flora
 Rec - Chloe & Myles
 Y1 - Penelope & Jack
 Y2 - Theo & Amelija
 Y3 - Alex & Kairo
 Y4 - Hugo & Theo
 Y5 - Whole
 Y6 - Amelia & Bradley

WELL DONE



Target 96%	
Reception	94.7%
Year 1	93.0%
Year 2	96.0%
Year 3	98.9%
Year 4	95.3%
Year 5	92.3%
Year 6	97.7%
Total	95.4%

Collective Worship



Half termly theme: Holy Week and Easter

Focus this week: : Forgiveness

This week Mrs Mansfield used the 'Worldless book' to explain how Jesus died for our sins and how he forgives us. We discussed how Jesus came to Earth to prove how you could live without sin and make good choices. We thought about how it was a sad time, but it had been part of God's plan to help us all to become a friend of God again, just like we had been when God first created the world.

"For God so loved the world that he gave his only son and whoever believes in Him will not die but have everlasting life." John 3:16

LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



In the news this week

Poverty-fighting charity, Oxfam, recently released a new report on inequality and global corporate power. It found that the world's five richest people have more than doubled their fortunes from a combined total of £321 billion to £688 billion since 2020. The wealth of the poorest 60% (nearly five billion people) has fallen. If this trend continues, the world will have its first trillionaire within 10 years, whilst poverty may not be eradicated for another nearly 230 years.

Things to talk about at home ...

- Share your thoughts on this week's story. Are you surprised to learn that there will likely be a trillionaire within ten years?
- Can you name any billionaires? Do you know how they acquired their money?
- Do you think more should be done e.g., by governments, to reduce the gap between the world's richest and poorest people?



Should there be a limit on how rich one person can become?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

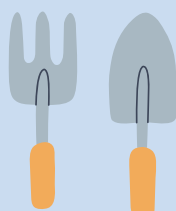
www.picture-news.co.uk/discuss



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Exciting OPAL News!

This week each class has been out and planted part of our new hedges to help with the layout of the field and the drainage to enable to the field to be more accessible all year round. A huge thank you to everyone who came and helped and the Guardian's of Nature for the hard work and support, we couldn't have done it without you all.



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

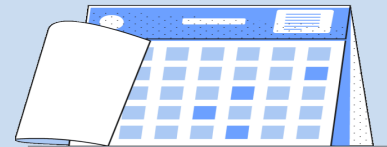
31 Discover the joy in the simple things of life



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

