



Middlefirth Church of England Primary School



Friday 28th March Newsletter

Dear Parents/Carers,

Another super busy week at Middlefirth! This week we have taken part in lots of different Easter activities to celebrate Holy Week and all that it teaches us. Each class have created their own crosses, re-enacted the Easter story and even in nursery they have demonstrated their understanding through play. On Monday we started with Worship from Father Nick and on Tuesday we had a wonderful worship delivered by James Bovenizer, who will continue to work with Year 5 and 6 after the Easter Break.

3 C's, along with Mrs Mansfield, Father Nick and Reverend Janet, have led prayer stations for the whole school and we are all so proud of their hard work and the way they each delivered the activity at their station. The children displayed fantastic knowledge and set great standards for the rest of the school. Finally, today the whole school went to Church for a Eucharist Service. The children listened well and all received a blessing during the service.

Sadly, this week has been the last week of swimming. It has been amazing to see the progress that all children have made and this week each group were able to have their own fun swim. We are so lucky that we have been able to enjoy this fantastic opportunity as a whole school.

Today we also say Goodbye to Mr O'Hagen who has been with us, since the start of the school year, as he continues with his teaching career. Thank you for everything and we wish you all the best of luck for the future.

After half term, on the first day back, Year 3,4, and 5 will go on their trip to the Anderton Centre. Please remember to check what your child needs for this day. Year 5 will need a spare pair of clothing because they are water based.

We want to wish you all a Happy Easter and a restful break.

Mrs Pilkington

An Easter Grace

Dear Lord,
on this Easter Day,
we thank you that through the mystery of the cross,
you overcame the darkness of the world,
claiming victory over death,
being alive for evermore.

We give thanks for all your gifts,
and ask for your blessing on this food,
and on those we are sharing it with,
and on all who are in our minds and our hearts
today.
Amen.

DUST +
GLORY



HAPPY EASTER!



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

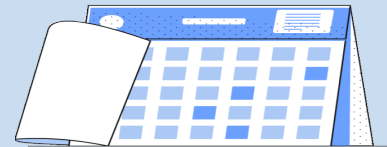


ACTION FOR HAPPINESS

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

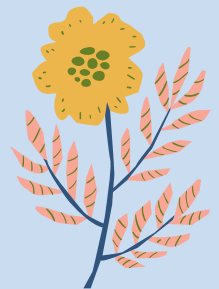
Thursday 28th March 2024 at 2pm
Re-opens on Monday 15th April 2024
Monday 6th May 2024
Monday 27th May – Monday 3rd June 2024
Tuesday 4th June 2024
Friday 19th July 2024 at 2pm

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



Spring

