



Middleforth Church of England Primary School

Friday 19th April Newsletter

Dear Parents/Carers,

What a busy first week back we have all had but it has been great to see everyone working hard and trying their best. In Nursery this week they have been learning some Bollywood dance moves and they were trying to teach myself and Mrs Allton some of their new moves. Reception were being creative outdoors and getting stuck into their learning. I've also seen Year 2 developing their PE skills this week and Year 3 we were re-enacting the story of Boudicca. Year 4 were using their senses to describe some beautiful scenery in Cornwall for the English work, Year 5 started to learn the Ukulele and Year 6 have been busy revising and working hard for the last few weeks before their SATS.

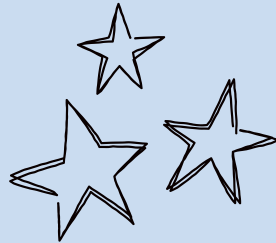
Mrs Pilkington

★ ★

Stars of the Week

Nursery - Henley
Rec - Georgia & Ivy
Y1 - Emma & Akhil
Y2 - Isabelle & Emily
Y3 - Marty & Lois
Y4 - Thomas & Kora
Y5 - Orla & Phoebe
Y6 - Noah & N

WELL DONE



Target 96%	
Reception	84.7%
Year 1	96.3%
Year 2	94.4%
Year 3	96.3%
Year 4	95.5%
Year 5	95.7%
Year 6	96.1%
Total	94.5%

Collective Worship



Half termly theme: The Parables of Jesus

Focus this week: : Respect

This week we started the week by looking back at our Golden Rules as a school and by how using Jesus as an examples of how to live our lives can help us on the right path. We talked about how our Christian values play a vital part in this too.

We finally looked at what we want to achieve this summer term to ensure we achieve our goals before moving onto our next year groups.

LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



In the news this week



Scottish runner, Jasmin Paris, has become the first female runner to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.

Things to talk about at home ...

- > Can you imagine how Jasmin might have felt when she finished the event? Make a list of the different feelings you believe she may have had.
- > Can you think of a time when you found something really difficult? Were you able to complete the challenge or task? Talk about the experience and what you learned from it.

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

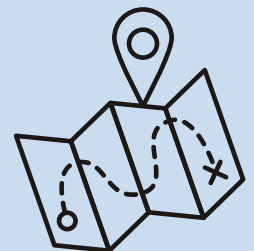
www.picture-news.co.uk/discuss



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Anderton Centre trip - Year 3, 4 and 5

On Monday Year 3, 4 and 5 went to the Anderton centre to take part in a variety of outdoor and adventurous activities. Year 3 and 4 had land based activities, such as team building, High all aboard, bushcraft, abseiling and low ropes. Year 5 took part in water based activities, including jumping in at the end for those who were crazy enough! We had an amazing day and all the children represented Middleforth incredibly well and were a credit to you all.



LET YOUR LIGHT SHINE - MATTHEW 5:16

Active April 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

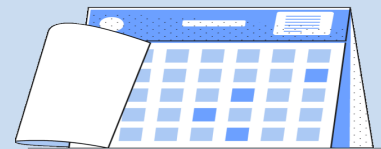
30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

School term and holiday patterns



Summer Term 2024

May Day

Mid-term closure

School re-opens on

School closes on

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

