



# Middlefirth Church of England Primary School



## Friday 6th September Newsletter

### **Welcome back everyone!**

The first thing I was to say is how wonderful it is to have everyone back in school. The children have been amazing all week and have looked incredibly smart in their uniform, thank you for all your support in making sure that the children come to school each day looking smart and ready to learn. Our new reception children have settled so well into our Middlefirth family and we couldn't be more proud of the courage and independence they have all shown.

### **Relationships**

As a school we strongly believe that children need to feel safe and loved at school and this is built from strong relationships with their peers and adults in school. Therefore, this week we have had a strong focus on getting to know one another and celebrating our unique abilities and learning the key expectations in our classrooms and around school. Hopefully you will all have been hearing about this and you can see it all in the classrooms at **'Meet The Teacher' on Wednesday 11th September at 3:20**. If you ever have a problem or want to speak to the class teacher, you can either phone the office to arrange an appointment or send a message on Dojo and teachers will respond within a reasonable time.

### **Key Dates**

We have also managed to organise and plan in most of the dates for the next academic year and put this onto a one page calendar for parents to try and make sure that you are aware of all the events taking place in school, which should make it easier for more of you to attend. This will be on Dojo and shared with parents next week. Where possible we will try and stick to this and where there are changes we will notify you as soon as possible.

### **What's New**

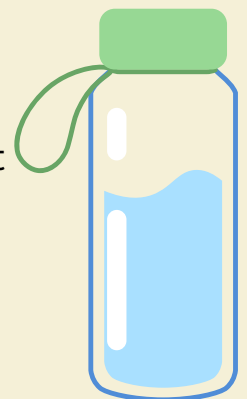
This year we will be having exhibition days on the last Friday of each half term from 9 until 10:15. This will be an opportunity for your children to showcase to you everything they have been learning and for them to try and teach you some new skills. It would be great to have as many of you there as possible. The dates will follow.

I hope you all have a lovely weekend and we will see you all on Monday morning.

Mrs Pilkington

### **Water Bottles**

This is a polite reminder that each day, every child should bring their own water bottle filled with water. The children have the opportunity to refill this throughout the day if they drink it all so it doesn't need to be huge. These bottles should only be filled with water and not juice. Teachers have spoken to the children but please can you also explain this to them at home and ensure that only water comes into school as the children will not be able to drink juice.





# First Week of Term



LET YOUR LIGHT SHINE - MATTHEW 5:16



# First Week Of Term



## Uniform

At Middleforth, we wear our uniform with pride as it gives us a sense of togetherness, and fosters an environment of equality and belonging.

The approved school uniform is as follows:

- Grey trousers, skirt or pinafore dress
- White shirt or polo shirt
- Grey or white socks or tights
- Sensible flat shoes (no trainers)
- Royal blue sweatshirt/jumper/cardigan with school logo  
(plain royal blue without logo may also be worn)

### **Summer**

- Pale blue cotton print (gingham or stripes) dress

### **PE KIT - to be worn on PE days**

- White T-shirt with school logo
- PE Hoodie with school logo
- Royal blue shorts
- Black plimsolls
- **Plain black** jogging bottoms or leggings for outdoor PE or colder weather
- Trainers for outdoor PE

### **Other items**

- Water proof reversible coats, Fleeeces, Sun Hats

Uniform can be purchased from Justs Clothing ([www.justsclothing.co.uk](http://www.justsclothing.co.uk)) and SSD Uniform Shop([www.SSDuniformshop.co.uk](http://www.SSDuniformshop.co.uk))

# Self-Care September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 1 Find time for self-care. It's not selfish, it's essential
- 2 Notice the things you do well, however small
- 3 Let go of self-criticism and speak to yourself kindly
- 4 Plan a fun or relaxing activity and make time for it
- 5 Forgive yourself when things go wrong. Everyone makes mistakes
- 6 Focus on the basics: eat well, exercise and go to bed on time
- 7 Give yourself permission to say 'no'
- 8 Be willing to share how you feel and ask for help when needed
- 9 Aim to be good enough, rather than perfect
- 10 When you find things hard, remember it's ok not to be ok
- 11 Make time to do something you really enjoy
- 12 Get active outside and give your mind and body a natural boost
- 13 Be as kind to yourself as you would to a loved one
- 14 If you're busy, allow yourself to pause and take a break
- 15 Find a caring, calming phrase to use when you feel low
- 16 Leave positive messages for yourself to see regularly
- 17 No plans day. Make time to slow down and be kind to yourself
- 18 Ask a trusted friend to tell you what strengths they see in you
- 19 Notice what you are feeling, without any judgement
- 20 Enjoy photos from a time with happy memories
- 21 Don't compare how you feel inside to how others appear outside
- 22 Take your time. Make space to just breathe and be still
- 23 Let go of other people's expectations of you
- 24 Accept yourself and remember that you are worthy of love
- 25 Avoid saying 'I should' and make time to do nothing
- 26 Find a new way to use one of your strengths or talents
- 27 Free up time by cancelling any unnecessary plans
- 28 Choose to see your mistakes as steps to help you learn
- 29 Write down three things you appreciate about yourself
- 30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

## School term and holiday patterns

2024-2025

### Autumn Term

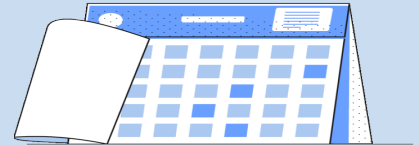
**School re-opens** Tuesday 3rd September 2024  
**Mid-term closure** Monday 21st October - Monday 28th October 2024  
**School re-opens** Tuesday 29th October 2024  
**School Closes** Friday 20th December 2024 at **2pm**

### Spring Term

**School re-opens** Monday 6th January 2025  
**Mid-term closure** Monday 17th February - Friday 21st February 2025  
**School re-opens on:** Monday 24th February 2025  
**School closes on:** Friday 4th April 2025 at 2pm

### Summer Term

**School re-opens** Tuesday 22nd April 2025  
**May Day:** Monday 5th May 2025  
**School closes on:** Friday 23rd May 2025  
**Mid-term closure:** Monday 26th May – Monday 2nd June 2025  
**School re-opens on:** Tuesday 3rd June 2025  
**School closes on:** Friday 18th July 2025 at 2pm



LET YOUR LIGHT SHINE - MATTHEW 5:16