



# Middlefirth Church of England Primary School



## Friday 16th September Newsletter

Dear Parents/Carers,

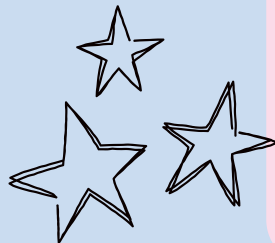
What another amazing week at Middlefirth. The children have continued to shine brightly and embrace the new challenges which moving up through school has presented. Reception have settled into school life like they have always been apart of the Middlefirth family and they have been busy exploring new areas within their classroom and outside and its been a delight to watch.

Just a little reminder about the Book of Condolence in the school entrance, it will remain there until the end of the day on Tuesday 20th September. If you wish to write something in it, please come up to the office before then.

I hope you all have a brilliant weekend making memories and I cannot wait to hear all about them next week.

### ★ Stars of the Week ★

Nursery - Sadie  
 Rec - Jasmine & Harley  
 Year 1 - Isla M & Darcey W  
 Year 2 - Yash & Chloe  
 Year 3 - Midas & David  
 Year 4 - Theo & Jacob R  
 Year 5 - James & Freya  
 Year 6 - Ewan & Ethan



### Target 96%

Reception	98.8%
Year 1	98.7%
Year 2	98.3%
Year 3	97.7%
Year 4	97.5%
Year 5	97.4%
Year 6	97.5%
<b>Total</b>	<b>98%</b>

### Collective Worship

#### Read Together... The Man Who Came Back

Jesus was travelling along the dusty roads towards Jerusalem. At each village he was welcomed by people, happy to see him and listen to his teaching. But today, as he entered the village he saw in the distance a small group standing apart from the crowd. They were calling out, "Jesus, Master, help us, please make us well." These poor people had a disease called leprosy. They were terribly ill and no-one in the village wanted to go near them. But

Jesus didn't ignore them. He stood among them and prayed for them. As each of them went on his way they began to notice that their whole bodies were healing up. They were so excited that they immediately rushed off to share their good news. Well, nine of them did. The tenth turned and fell on his knees in front of Jesus and thanked him for what he had done. "I healed ten people with leprosy today", said Jesus to the man. "Where are the others?". But then he smiled "Well at least you came back to say thank you!"



# TAKEHOME



## Could we live our lives without plastic?



## In the news this week

A housing association has built Europe's first virtually plastic-free housing development in the UK. Built by GreenSquareAccord, the £1.3m project in Redditch, Worcestershire consists of 12 affordable one-bedroom homes built using plastic-free alternatives to reduce environmental impact. Each apartment features many alternatives, such as wooden kitchen units and aluminium window frames. The wiring uses a mineral-based insulation rather than the usual plastic, and solar thermal heating systems are also installed.

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

- > Share your thoughts on this week's story. Do you think it's a good idea to create virtually plastic-free homes? Did you realise there was so much plastic in home building?
- > Think about your usage of plastic in a typical day, how much do you encounter in your everyday life?

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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### Key Dates



**Tuesday 4th October** - Reception 2023

Open Day 1:30-2:30

**Tuesday 18th October** - Reception  
2023 Open Day 1:30-2:30

**Thursday 20th October** - Harvest  
Service in Church (Parents Welcome)

**Tuesday 1st November** - Individual  
Photos

**Wednesday 2nd November** - Prevent  
workshop for parents at 2:15pm

### Subject Focus - Maths

This half term our focus is on improving fluency. Please make sure the children are regularly using Times Table Rock Stars and practising number bonds. You can also use My Maths and Purple mash to support your child's learning. Please ask your child's classteacher if you need any passwords.



### Vacancy

We have a Welfare Assistant vacancy for 1 hour per day, 5 hours per week, term time. Anticipated start date: ASAP. Start time: 11.45am – 12.45pm

Salary: Foundation Living Wage (LCC)

For more information and a job description, please speak to Mrs Boughey in the school office.

**Closing Date Monday 26th September.**



LET YOUR LIGHT SHINE - MATTHEW 5:16

# Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

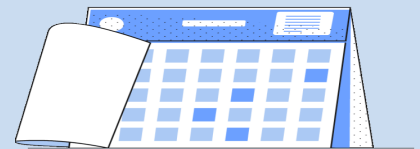
25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together

## School term and holiday patterns 2022/2023



### Autumn Term 2022

School closes on Friday 21st October 2022  
 Mid-term closure Monday 24th October - Friday 28 October 2022  
 School re-opens on Monday 31st October 2022  
 School closes on Friday 16th December 2022

### Spring Term 2023

Re-open on Tuesday 3rd January 2023  
 School closes on Friday 10th February 2023  
 Mid-term closure Monday 13th February - Friday 17th February 2023  
 School re-opens on Monday 20th February 2023  
 School closes on Friday 31st March 2023

### Summer Term 2023

Starts Monday 17th April 2023  
 May Day Monday 1st May 2023  
 School closes on Friday 26th May 2023  
 Mid-term closure Monday 29th May - Wednesday 7th June 2023  
 School re-opens on Thursday 8th June 2023  
 School closes on Friday 21st July 2023



LET YOUR LIGHT SHINE - MATTHEW 5:16