



# Middleforth Church of England Primary School

## Friday 23rd September Newsletter

Dear Parents/Carers,

I cannot believe we have only been back for three weeks. It has been so busy and the children are all continuing to take great pride in their work. I had the pleasure of teaching in Nursery on Tuesday afternoon and I loved getting to know our nursery children better and learning all about their interests.

This year we have been closely monitoring our attendance and I am really pleased to see that each class and as a school we are exceeding our targets. Well done everyone!

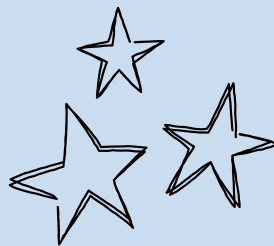
Please can I politely remind everyone that the school gates close at 8:55am and this is when the register is taken. If you arrive after this you will need to sign your child in at the office and provide a reason for being late.

Thank you all again for your continued support and I hope you all have a lovely weekend.

★ **Stars of the Week** ★

Nursery - Amara  
 Rec - Kya-Mai & Theodore  
 Year 1 - Seren & Ivan  
 Year 2 - Emma & Isaac  
 Year 3 - Ethan C & Ethan H  
 Year 4 - Scarlett & Beckett  
 Year 5 - Zach & Riley  
 Year 6 - Isla P & James S

**WELL DONE**



Target 96%	
Reception	99.2%
Year 1	98.1%
Year 2	98.5%
Year 3	97.4%
Year 4	97.4%
Year 5	96.7%
Year 6	97.4%
<b>Total</b>	<b>97.8%</b>

### Collective Worship

#### As our value this half term is: Thankfulness

#### **Please Read Together...** David's Psalm for Giving Grateful Praise

Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

#### **Home-school challenge... Thank you chain**

Think about how an everyday item reaches you: Where does it come from? Who was involved in making it? Who should you thank?

Make a thank you chain and bring it to school to hang in the hall or on the worship table.



# TAKEHOME



How can we help those in need who are far away?



## In the news this week

Pakistan has had the heaviest rainfall in decades. The United Nation's (UN) Secretary General has urged the world to help Pakistan, after flood water covered a third of the country. Starting an appeal to help the tens of millions affected by the disaster, Secretary General Antonio Guterres blamed exceptionally high levels of rain and climate change. The flooding has affected over 30 million people in Pakistan as the heavy rains have washed away roads, people's homes, and farms. Emergency services have been pushed to their limits trying to rescue those stranded and evacuate them to temporary housing.

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

- > Share any experience you have of floods or flooding, have there ever been floods in your local area? What did people do to help?
- > Although they are far away, can you think of ways that you can help others who are in need? What help do you think the people affected need the most?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

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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 -Science

This half term Year 3 are learning about plants. Do you have any plants at home? Are they inside or outside? Do you have a favourite plant?

**Challenge:** Go on a nature walk and take a photo of a plant that catches your eye. Why do you like it? Do you know what it's called?

**Take a photo with the plant and send it to your teacher on Seesaw**



### School Library

Our school library is now officially... open! Our super team of librarians have been working exceptionally hard with the library launch this week and have successfully 'loaned out' nearly 100 books! Each week, pupils will have the opportunity to loan out and return their chosen books. At Middleforth, we aim to encourage reading for pleasure wherever possible. To have nearly half of the school select a book of their choice in the first week is amazing - who knows how many it will be next week!

See the photos of it in action below.



LET YOUR LIGHT SHINE - MATTHEW 5:16

# OPEN LIBRARY



Lancashire

**SEND**  
Partnership



**Does your family include a child or young person with SEND?**

**FREE drop in SEND information event for parents and carers.  
Fun activities for children will be available – everyone welcome!**

**Milton Street Youth Zone, Fleetwood**  
– Monday 12th September  
10am – 2pm

**County Hall, Preston**  
– Tuesday 4th October  
9:30am – 12:30pm

**The Exchange, Burnley**  
– Friday 23rd September  
*New Date* 10am – 2pm *New Date*

Representatives from services to be confirmed for each event  
– check the Local Offer for updates.

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

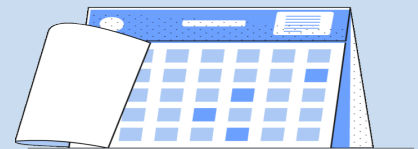
25 Avoid saying 'I should' and make time to do nothing



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