



# Middleforth Church of England Primary School

## Friday 30th September Newsletter

Dear Parents/Carers,

As a school this week, we have celebrated life in all its fulness through learning new and exciting things right through school and its been amazing to see. Not only do our pupils amaze me each day in school but they continue to shine brightly outside of school. This week a parent stopped me before school to tell me how amazing two year 6 pupils were at the weekend with their youngest son who had hurt himself and asked me to thank them on his behalf. It was humbling to know that our children continue to show love and kindness in their own time.

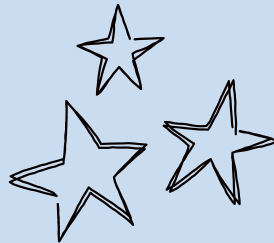
This weekend, please try and take time as a family to make memories and talk to each other about your day and try and remember to thank the people around you.

Thank you all once again for everything you do to support our school community.

MEMORIES

### ★ Stars of the Week ★

- Nursery -Matteo
- Rec -Lyla & Emma
- Y1 - Harry & Poppy
- Y2 - Emily & Samanta
- Y3 - Eva & Amber
- Y4 - Conrad & Chloe
- Y5 - Luke & Leah
- Y6 - Harry & James M



### Target 96%

Reception	98.9%
Year 1	98.0%
Year 2	98.7%
Year 3	96.8%
Year 4	96.8%
Year 5	96.5%
Year 6	97.9%
<b>Total</b>	<b>97.7%</b>

### Collective Worship

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

On Monday Fr Nick delivered our worship and spoke about remembering to say thank you and discussing what things we might take for granted e.g. clean water coming from our taps, a house to live in. Fr Nick linked this to the Bible reading from Ephesians 5.20

'Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ'

#### Challenge - Jumbled Words

Unjumble the words (that are known as anagrams), to discover words from the story

r sleep \_\_\_\_\_ per day \_\_\_\_\_  
 net \_\_\_ sly rope \_\_\_\_\_  
 heed al \_\_\_\_\_ had kent \_\_\_\_\_  
 sue js \_\_\_\_\_



# TAKEHOME



## In the news this week

The popular dance competition, Strictly Come Dancing, has returned to TV screens. The 20<sup>th</sup> series of the competition has the show's largest ever line-up of professional dancers. Fifteen celebrities are competing for the glitterball this year, including presenters Kym Marsh and Helen Skelton, former footballer Tony Adams, Paralympic gold medalist Ellie Simmonds, EastEnders actor James Bye and singer Matt Goss.

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

- > Share any competitions that you may have taken part in. Do you enjoy it when things are competitive? What about others at home?
- > Do you prefer watching or taking part in competitions?
- > Considering the phrase 'it's the taking part that counts' - what do you think it means and do you agree?

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

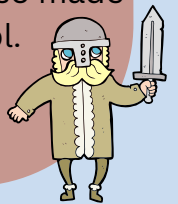
Photos

**Wednesday 2nd November** - Prevent

workshop for parents at 2:15pm

### Subject Focus - History

In year five they have been looking at the weapons and shields that were used by the Anglo-Saxons. They learnt about 'freemen' becoming warriors. The wealthier they were, the more decorative their shields were. Year 5 have also made a stunning display in school.



### Positive Pathways

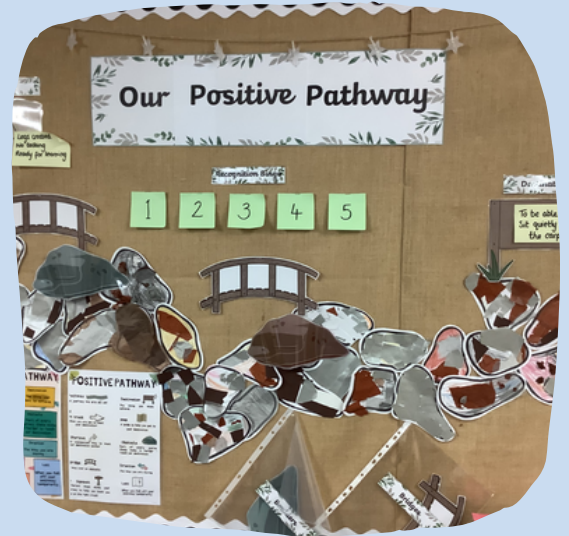
In each class across school we have a 'Positive Pathway' which is a target for each class to work on. This should be able to be achieved within a maximum of two weeks. This should focus on something the class wants to work on for example, lining up smartly, treating others kindly, respecting one another.

Some key questions we will discuss with the children may be, Are you on track right now?, Do you think we have met an obstacle?, Do you think you have met an obstacle?, How can I help you bridge this?, How can we bridge this together? and What can we do together to get back on track?

Stay Positive!

LET YOUR LIGHT SHINE - MATTHEW 5:16





# POSITIVE PATHWAY

- Pathway**  
A journey we are all on!
- Destination**  
The thing you want to achieve.
- On track**  
When you are set to meet your destination!
- Obstacle**  
Part of every journey, these make it harder to reach our destination.
- Shortcut**  
An unexpected way to meet your destination quicker
- Direction**  
The way you are moving.
- Bridge**  
A way over an obstacle.
- Lost**  
When you fall off your pathway temporarily.
- Signpost**  
Different stops along your journey to help you know you are on the right track!



# Macmillan Coffee Afternoon Hosted by Year 4

**Join us on Thursday 6th  
October from 2pm onwards to  
help us raise money for  
charity.**

**Shop bought or homemade cake  
donations would be greatly  
appreciated.**

**Please drop off at the office  
on the morning of the event.**





THANK YOU



Good  Luck



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

*New Date* The Exchange, Burnley  
– Friday 23rd September  
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

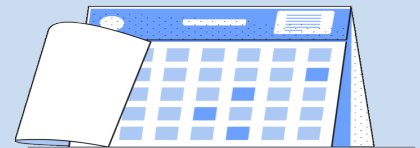
25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together

## School term and holiday patterns 2022/2023



### Autumn Term 2022

School closes on  
Mid-term closure  
School re-opens on  
School closes on

Friday 21st October 2022  
Monday 24th October - Friday 28 October 2022  
Monday 31st October 2022  
Friday 16th December 2022

### Spring Term 2023

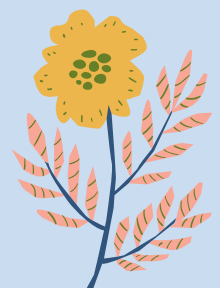
Re-open on  
School closes on  
Mid-term closure  
School re-opens on  
School closes on

Tuesday 3rd January 2023  
Friday 10th February 2023  
Monday 13th February - Friday 17th February 2023  
Monday 20th February 2023  
Friday 31st March 2023

### Summer Term 2023

Starts  
May Day  
School closes on  
Mid-term closure  
School re-opens on  
School closes on

Monday 17th April 2023  
Monday 1st May 2023  
Friday 26th May 2023  
Monday 29th May - Wednesday 7th June 2023  
Thursday 8th June 2023  
Friday 21st July 2023



LET YOUR LIGHT SHINE - MATTHEW 5:16