



Middleforth Church of England Primary School

Friday 30th January Newsletter

Dear Parents/ Carers,

This week has been full of energy and excitement across school. We kicked things off with a fantastic inclusion event run by South Ribble, where the children had an amazing time trying out new sports and activities. On Tuesday, we celebrated National Geographic Day, and Miss Howarth organised a brilliant orienteering course around school. The children threw themselves into the challenge, developing their fieldwork and navigation skills – thank you, Miss Howarth, for such an engaging activity. We ended the week on a high with our Minis filling their star jar and celebrating with a bear hunt around school, followed by a well-earned juice and biscuit – what a lovely moment to share together! Behind the scenes, our librarians have also been working incredibly hard to make our library area even more inviting. They have shown great independence and initiative, coming up with thoughtful ideas about how to improve the space, thank you to them all. Our outdoor area continues to develop too, and we are excited to risk assess our new OPAL equipment with the children during OPAL worship next week so that we can begin using it. Watch this space! Thank you all for your continued support, and have a lovely weekend.

Mrs Pilkington

★

Stars of the Week

★

- Nursery - Lola
- Rec - Cassie & Logan
- Y1 - Ayaan & Peyton
- Y2 - Eric & Piper
- Y3 - Isaac & Jack
- Y4 - Roman & Sam
- Y5 - Kenton & Samanta
- Y6 - Dolly & Evelyn





Target 96%	
Reception	96.3%
Year 1	93.3%
Year 2	97.3%
Year 3	99.7%
Year 4	97.3%
Year 5	94.0%
Year 6	95.3%
Total	96.2%

Values Awards

Reception - Freddie, for always trusting the adults in class and listening to their advice.

Year 1 - Darcie, Respect - for showing kindness in the classroom and always making sure everyone is ok.

Year 2 - Evie, Perseverance - A growth mindset to improve confidence in Maths.

Year 3 - Kaya-Mai, Joy - for throwing herself into Forest School with a smile on her face throughout.

Year 4 - Darcey W, Courage - for being brave and determined whilst on crutches.

Year 5 - Sam, Service - for being a fantastic, supportive friend and role-model to others.

Year 6 - Daisy-Mae, for helping around school and in class showing great initiative.

TAKEHOME

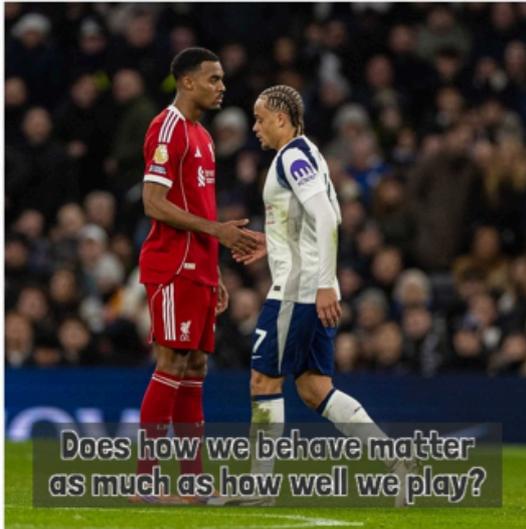
20th January
- 7th February

In the news this week

The Football Association (FA) has published a review looking at behaviour in football across England. It wants to ensure football practice and matches are safe, fair, and enjoyable for everyone, including players, referees, and fans. The review encourages all involved in the sport to play their part in supporting and following values of positive behaviour.

Things to talk about at home ...

- Share your experiences of sporting or other competitive events with someone at home. Have you ever felt strong feelings when watching or taking part?
- Do you believe players and fans should have the same rules about respect?
- Discuss what you think might happen if winning becomes more important than respect.



Does how we behave matter as much as how well we play?

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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Inclusion Event

On Monday, Dave from South Ribble hosted an Inclusion Event in school. Each class were invited to take part in different activities and sports played by people with disabilities. The children had to use their senses when they couldn't see or hear and some activities involved staying sat down. It was a wonderful opportunity for our children to experience sport in this way.



English

This week, Miss Howarth and I have spent time looking through English and shared reading books across school, and we have been completely blown away by the creativity and ambitious vocabulary being used from everyone from Minis to Year 6. The quality of writing we have seen in every year group has been fantastic, well done to everyone for the pride and effort you are putting into your work.



Local Food bank:

Friday 9.30-12.00

Penwortham
Community Centre

Kingsfold Drive

PR1 9EQ

Email: penworthamfoodbank@gmail.com



Foodbank and other services of support

Children and Family Wellbeing service are offering a range of different empowering parenting courses. These courses aim to offer support for issues such as emotional wellbeing, mental health, neurodiversity and understanding relationships.

The courses can also help if your child is currently on a pathway for Autism or ADHD.

Please click the QR code for more information.





Middleforth Church of England Primary School 2025/2026 Yearly Planner



SEPTEMBER

10th - Meet the teacher
 22nd - Fairtrade Fortnight
 23rd - EYFS Phonics and Reading workshop
 26th - European day of Languages

OCTOBER

9th - SEN/Family Support
 Coffee morning
 2nd - National Poetry Day
 7th - Whole School Flamenco Day 2nd
 16th - Whole School Church
 20th - PTFA School Disco
 21st - Reception 2026 Open Days
 22nd - Individual Photographs 24th -
 Parents Exhibition Afternoon 2pm

NOVEMBER

Non-Fiction November Black History
 Month 5th - Flu Vaccinations
 6th - Outdoor Classroom Day
 10th - Anti-Bullying Week 11th -
 Remembrance Day 12th -
 Y6 WW2 Trip
 13th and 18th - Book Fair 13th -
 KS2 Church - Year 6 Leading
 14th - Children in Need
 18th & 19th - Parents Evening
 21st - Year 4 Poetry Recital Competition
 24th - School Parliament Week

DECEMBER

9th - KS1 Nativity
 11th - Minis/Reception Nativity
 12th - Christmas Jumper Day
 16th - Christmas Carols in Church
 17th - Christmas Parties and Christmas
 Lunch
 18th - Whole School Church

JANUARY

22nd - Parents Coffee Morning
 16th - Energy Saving week
 20th - 3.30pm Year 6 SATs and
 Robinwood meeting
 27th - National Geographic Day

FEBRUARY

1st - National Story Telling Week
 3rd - KS1 Church - Year 2 leading
 9th - Children's Mental Health Week
 6th - Young Voices Concert (Co-Op Live
 Arena)
 10th - Safer Internet Day
 10th & 11th - Parents Evening
 13th - Parents Exhibition Afternoon 2pm
 14th - International Book Giving Day
 Swimming Pool Arrives

MARCH

3rd - World Wildlife Day
 2nd - 4th - Year 6 Residential to
 Robinwood
 5th - World Book Day
 16th - Sign Language Week
 17th - Neurodiversity Week
 26th - Whole School Church
 Let's Go Sing- Year 4 DATE TBC
 Red Nose Day - Date TBC

APRIL

15th, 22nd, 29th - Tots on Tyres
 (Reception)
 15th - World Art Day
 22nd - World Earth Day
 22nd - Scoot Safe (Year 3)
 23rd - Parents Coffee Morning
 29th - International Dance Day

MAY

National Share a Story Month
 6th & 13th - Y5 Bikeability
 7th & 8th (PM) - May Day Festival
 11th - Key Stage 2 SATs week
 11th - Mental Health Awareness Week
 18th - Walk to School Week
 22nd - Parents Exhibition afternoon 2pm

JUNE

2nd - Year 4 Multiplication Check
 Window
 5th - World Environment Day
 8th - Phonics Screening Check week
 11th - Book World Cup!
 15th - National School Sports Week
 19th - Sports Day
 25th - National Writing Day
 25th - Sustainability Conference
 26th - Back up Sports Day
 22nd - Key Stage 1 SATs week
 Possibly Y6 trip to Harris Museum TBC

JULY

7th - Year 6 Performance
 10th - Reports Home
 14th - Reports drop in for parents
 3.30pm - 4.30pm
 15th - Year 6 Leavers PM
 15th - Year 6 Prom 5.30pm
 16th - AM Whole School Church
 17th - Finish for summer

As a caring, Christian community, we aspire to 'let our light shine'. We will open up the world to celebrate God's wonderful creation and foster a sense of awe and wonder. We will nurture our God given talents to ensure that everyone reaches their full potential academically, socially and spiritually.

'LET YOUR LIGHT SHINE'
 MATTHEW 5.16



Happier January 2026

MONDAY

TUESDAY

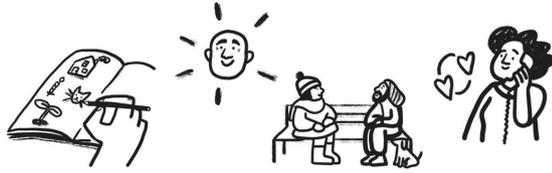
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



- 1 Find three things to look forward to this year
- 2 Make time today to do something kind for yourself
- 3 Do a kind act for someone else to help brighten their day
- 4 Write a list of things you feel grateful for and why

- 5 Look for the good in others and notice their strengths
- 6 Take five minutes to sit still and just breathe
- 7 Learn something new and share it with others
- 8 Say positive things to the people you meet today
- 9 Get moving. Do something active (ideally outdoors)
- 10 Thank someone you're grateful to and tell them why
- 11 Switch off all your tech at least an hour before bedtime

- 12 Connect with someone near you - share a smile or chat
- 13 Take a different route today and see what you notice
- 14 Eat healthy food which really nourishes you today
- 15 Get outside and notice five things that are beautiful
- 16 Contribute positively to your local community
- 17 Be gentle with yourself when you make mistakes
- 18 Get back in contact with an old friend

- 19 Focus on what's good, even if today feels tough
- 20 Go to bed in good time and allow yourself to recharge
- 21 Try out something new to get out of your comfort zone
- 22 Plan something fun and invite others to join you
- 23 Put away digital devices and focus on being in the moment
- 24 Take a small step towards an important goal
- 25 Decide to lift people up rather than put them down

- 26 Choose one of your strengths and find a way to use it today
- 27 Challenge your negative thoughts and look for the upside
- 28 Ask other people about things they've enjoyed recently
- 29 Say hello to a neighbour and get to know them better
- 30 See how many people you can smile at today
- 31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



Middleforth Church of England Primary School



We have funded and paid nursery places available!

Call the office to book a visit and enquire about a place:
01772 746024



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'LET YOUR LIGHT SHINE'
MATTHEW 5:16

LET YOUR LIGHT SHINE - MATTHEW 5:16

Parents and Carers, tell us about your experience of using childcare in Lancashire



Scan the QR code to
access our short survey

lancashire.gov.uk/childcare



Lancashire SEND Roadshow

2025/2026

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.



Lancashire SEND Roadshow

Dates across Lancashire are:

25th Sept 2025 9:30 – 1 pm	Kirkham Family Hub
22nd Oct 2025 9:30 – 1 pm	Skelmersdale Family Hub and The Zone
3rd Dec 2025 9:30 – 1pm	Pendle and Burnley 1882 Lounge Burnley Football Club
28th January 2026 9:30 – 1 pm	The Park Family Hub Accrington
4th February 2026 9:30 – 1 pm	Inspire Youth Zone Chorley
26th March 2026 9:30 – 1 pm	Clitheroe Family Hub
15th April 2026 9:30 – 1 pm	Lune Park Family Hub Lancaster
6th May 2026 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
16th June 2026 9:30 – 1 pm	Fleetwood Library
1st July 2026 1:30 – 4:30 pm	Moor Nook Ribbleson Family Hub

Please scan the following QR codes for more information:



Local Offer



Family Hubs

Lancashire SEND IAS

Information, advice and support for Special Educational Needs and Disability



Who are we and what do we do?

SENDIAS is a statutory service and operates confidentially from the Local Authority to provide impartial and unbiased support to children and families across Lancashire.

Family Support

The service offers free information, advice, and support regarding SEND across the spectrum of education, health and social care, for example: EHCP processes, paperwork, communications with schools, and tribunal's.

Empowering families

The SENDIAS goal is to empower families to make informed decisions and have their voices heard throughout the SEND journey.

Service changes:

The team has recently expanded and we are currently we are reviewing the service offer following service user feedback to make it more flexible, accessible and empowering for families across Lancashire. These changes allow us to reach more families and offer consistent, high-quality accessible information advice and support across county.



Our Website with further details can be found here:

[SENDIAS Home - Lancashire SEND IAS](#)

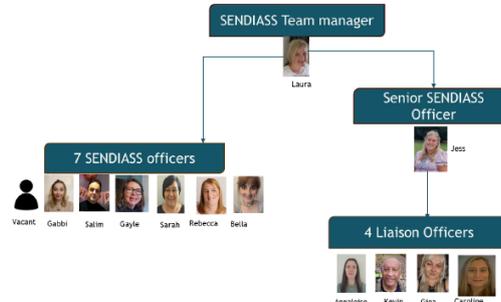


Lancashire SEND IAS

Information, advice and support for Special Educational Needs and Disability



Team structure:



How SENDIAS can support Families:

- Practical Guidance will be available at one stop shops in family hubs.
- SENDIAS can provide advice on preparing meetings, understanding reports, and managing appeals effectively.

Contact can be made by families by phone, referral form or email to our helpline— **referrals from professionals MUST come through our contact form:** https://my.apps.lancashire.gov.uk/w/webpage/request?form=send_information_advice_and_support_contact_form

Community and Peer Networks Peer support groups and local networks help families share experiences and find reassurance.

Guidance Through EHCNA request

SENDIAS provides crucial guidance to parents during EHCP applications, helping to resolve school placement disputes successfully through groups and drop in's or in the future using digital options.



Term Dates 2025 - 2026

Autumn Term 2025

Re-open on:	Wednesday 3 rd September 2025
School closes on:	Friday 24 th October 2025
Mid-term closure:	Monday 27 th October – Friday 31 st October 2025
School re-opens on:	Tuesday 4 th November 2025
School closes on:	Friday 19 th December 2025 at 2pm

Spring Term 2026

Re-open on:	Monday 5 th January 2026
School closes on:	Friday 13 th February 2026
Mid-term closure:	Monday 16 th February - Friday 20 th February 2026
School re-opens on:	Monday 23 rd February 2026
School closes on:	Friday 27 th March 2026 at 2pm

Summer Term 2026

Starts:	Monday 13 th April 2026
May Day:	Monday 4 th May 2026
School closes on:	Friday 22 nd May 2026
Mid-term closure:	Monday 25 th May – Monday 1 st June 2026
School re-opens on:	Tuesday 2 nd June 2026
School closes on:	Friday 17 th July 2026 at 2pm

INSET

Monday 1st September 2025
Tuesday 2nd September 2025
Monday 3rd November 2025
Monday 1st June 2026
Monday 20th July 2026

Instagram Teen Accounts - update

You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages.

Teen accounts are automatically set up for users aged 13 – 17. Instagram have announced that teens will now see content similar to content that they would see in a PG-13 movie.

Instagram have also updated their policies around content to include “hiding or not recommending posts with strong language, certain risky stunts, and additional content that could encourage potentially harmful behaviors”

Finally, for parents who would like to apply more stringent settings, Instagram are also introducing a new, stricter setting called ‘Limited Content.’ This setting will mean your child is not able to see, leave, or receive comments under posts as well.

You can read about the updates here: <https://about.instagram.com/blog/announcements/instagram-teen-content-safety-pg-13>



Playing games online

Does your child play games online? We have outlined some risks that you should consider:

Chatting to strangers / risk of inappropriate language

Some games will allow communication via text chat, direct messages or chatting. Some games do offer the ability to switch communication off and/or the option to restrict bad language, so make sure settings appropriate to your child are applied. If your child is playing online with strangers, then you need to be aware that there is a risk of grooming. Some games do allow you to restrict communication to ‘friendly only,’ however you would need to monitor that their online friends are real life friends. It can be difficult to moderate online chat so ensure your child knows how to block and report other players.

Cyberbullying

It can be very easy online for children to behave in a way that they would not if they were face to face. Talk to your child about how they speak to others online and encourage them to talk to people online with respect. Other forms of cyberbullying whilst playing games could be excluding others, criticising the ability of other players and ganging up on others.



In app purchases

Many games include the option to purchase additional items/ subscriptions so ensure you do not have payment cards saved or set up restrictions/ a password to approve purchases.

What can I do?

- **Set up parental controls** - as well as setting up appropriate parental controls through the game’s settings, ensure you have set them up on the console/device your child is playing on.
- **Check age ratings** - before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store/Google Play.
- **Chat to your child regularly** about the risks above so that they are aware of what can happen online and remind them to always talk to you or a trusted adult if they have any concerns

Further information

CEOP provides further guidance and support regarding this topic: <https://www.ceopeducation.co.uk/parents/articles/gaming/>

Snapchat

Snapchat is a popular social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time, and users can also upload snaps to stories, which disappear after 24 hours.

Key Concerns

There are potential risks such as:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map).
- cyberbullying.
- contact from strangers.
- excessive screen time – children may have a fear of missing out (FOMO) as well as pressure to maintain “streaks”.
- “disappearing” messages can lead to more risky behaviour and a “false sense of security.” These messages could be screenshot or another device used to take a photo, so they’re not actually deleted as the sender believes. The image could then be shared.
- in-app purchases.



Parental Controls / Safety settings

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

If your child is using Snapchat, then make sure the appropriate privacy settings are set up, including who can see their location and who can contact them. Also ensure your child knows how to block and report other users if necessary:

<https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

More information

For more detailed advice and information:

- <https://parentzone.org.uk/article/snapchat>
- <https://parents.snapchat.com/safeguards-for-teens>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.01.26. The inclusion of any links does not imply any affiliation with or

Family Smart Start

Family Smart Start is a free toolkit designed to help you and your child navigate the milestone of getting their first phone. The toolkit provides support on how to set up their new phone, how to talk to your child about digital safety and a template family agreement. Find out more here:

<https://familysmartstart.com/>

Cyber security

Cyber security is the process of protecting your information and data whilst online against scams and cyber-attacks. Cyber-attacks are the process of maliciously targeting individuals or organisations to disable networks or steal data for example.

The National Cyber Security Centre (NCSC) have an area on their website with guidance to help protect you and your family. The guidance includes how to manage your digital footprint online, information about anti-virus software as well as top tips for staying online such as:

- Using a strong password
- Setting up 2step verification

You can find the resources here:

<https://www.ncsc.gov.uk/section/advice-guidance/you-your-family>

The NCSC also provide advice on what you should do if you are the target of a scam or cyber-attack. Find out more here:

<https://www.ncsc.gov.uk/section/respond-recover/you>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version:
<https://www.knowsleyclcs.org.uk/january-2026-primary/>