



Middleforth Church of England Primary School

Friday 6th March Newsletter

Dear Parents/ Carers,

It has been another busy and wonderful week at Middleforth. Swimming has continued for each year group, and it has been fantastic to see the progress the children are already making in the water. In Year 2, the children have started their new maths unit on measurement, where they have been practising measuring the length and height of different objects using both centimetres and metres. Meanwhile, Year 4 and Year 1 came together for a lovely shared activity, making bookmarks and celebrating their shared love of reading. Year 5 girls also had a special opportunity on Wednesday when they spent the day at Penwortham Girls' School, which was a real treat and a wonderful experience for them all.

Thursday was World Book Day, a brilliant celebration of everything we love about reading. We began the day with a huge thank you to Miss Stritch, who led a whole-school Drawing Club session that the children thoroughly enjoyed. It was fantastic to see so many creative reading activities happening across school throughout the day, and the effort that everyone put into celebrating books and stories was wonderful to see.

As we look ahead to next week, and the weather is starting to show signs of spring, please can I ask that all wellies and waterproofs are in school everyday so we can access all areas of our OPAL at break and lunch times.

Have a lovely weekend everyone and see you all next week.

Mrs Pilkington

Target 96%

Reception	96.3%
Year 1	91.7%
Year 2	99.7%
Year 3	98.7%
Year 4	98.0%
Year 5	96.7%
Year 6	95.7%
Total	96.7%

Stars of the Week

- Nursery - Kamden
- Rec - Darcie & Eleanor
- Y1 - Flora & Toby
- Y2 - Amara & Kairo
- Y3 - Finley & Harley
- Y4 - Harry & Oliver
- Y5 - Daisy-Mae & Sophia
- Y6 - Whole Class

WELL DONE



thankful

Values Awards

TRUST

Reception - Freddie, Trust - for trusting Miss Stritch and being so brave when he hurt his finger.

Year 1 - Maisie, for always being so kind to her friends.

Year 2 - Molly, Service - for showing the golden rules all the time and always letting her light shine.

Year 3 - Lyla, Patience - for always being there for her friends and helping them when they find things hard.

Year 4 - Poppy, for being so kind and caring to everyone around her.

Year 5 - Isaac, for showing enthusiasm and especially perseverance on World Book Day - our origami!

Year 6 - Whole Class.



LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME



Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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In the news this week

Brynteg School in Wales has said that from September, skirts will no longer be part of the school uniform. Instead, all children will wear trousers or shorts. The school says this will make the uniform more practical and fairer for everyone, but some parents and pupils have different opinions about the change. This announcement has added to discussions about school rules, fairness, and whether uniforms should be the same for all children.

Things to talk about at home ...

- > Talk to someone older at home about your and their experiences of school uniform. Have they changed over time?
- > Share your thoughts on the changes Brynteg School is making. Do you feel they are positive changes?
- > If you could create your own uniform, what would it look like?

Please note any interesting thoughts or comments



Robinwood

What a fantastic few days at Robinwood with gorgeous weather too! Year 6 have blown me away with their confidence, resilience and kindness to one another this week. The children completed climbing, problem-solving and water based challenges just to name a few activities. All the staff commented on the children's manners, behaviour and their incredible personalities. It really was an unforgettable few days and memories to cherish.

Pupil Voice.

This week we have asked children to tell us their favourite thing about the week.

Here's what they had to say:-

- Reception - painting Spring flowers and spotting signs of Spring.
- Y1 - Science. We are learning about plants.
- Y2 - World Book Day, OPAL and History because we are learning about two brothers who invented an aeroplane.
- Y3 - Learning about the Romans.
- Y4 - Getting Star of the Week, World Book day and OPAL.
- Y5 - Swimming, completing the monkey bars for the first time and World Book Day.
- Y6 - ROBINWOOD!

Foodbank and other services of support

Local Food bank:

Friday 9.30-12.00

Penwortham
Community Centre
Kingsfold Drive
PR1 9EQ
Email: penworthamfoodbank@gmail.com



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.





Middlefirth 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
 25th - OPAL Stay and Play

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 21st - Class Photographs 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



Mindful March 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



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



Online Safety Newsletter

March 2026

YouTube Safety Update: New Parental Controls

YouTube have published their latest update on how parents can support their child on YouTube. YouTube will now allow parents to set the amount of time viewing Shorts – this can even be set to zero. YouTube Shorts are short videos, usually less than 60 seconds long, which when continuously watched, can lead to excessive screentime. Furthermore, parents will also be able to set bedtime and ‘take a break’ reminders. You can find out more here:

<https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/>

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available:

https://support.google.com/youtube/answer/10315420?hl=en-GB&ref_topic=15279060&sjid=15225282118002181205-EU

Would you like to read this newsletter in a different language? You

can use the translate tool on our web version:

<https://www.knowsleycitylearningcentres.org.uk/march-2026/>

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

What effects do mobile phones have on children’s mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE Online Safety Hub

EE has published age guidance for smartphone usage to improve children’s digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://ee.co.uk/internet-online-safety>

Could you delay when your child is given a smartphone with

Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://www.smartphonefreechildhood.org/>

What device?

When you think it is the right time for your child to have a phone, then ‘Which?’ provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

Virtual Private Networks

A Virtual Private Network (VPN) helps make your connection between a device and the internet more secure and can help protect personal information and add privacy. However, whilst a VPN has benefits, it is important that you are aware that if your child is using a VPN, they may be able to get round Wi-Fi restrictions, access blocked or restricted websites and bypass parental controls. It may also mean that their browsing history is hidden.

The NSPCC provides a helpful overview of VPNs, plus top tips and conversation starters here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/vpns-and-online-safety/>

Social Media Algorithms

What is an Algorithm?

Algorithms influence what we see on social media platforms and predict what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you. It will then show you this content more, for example, in the explore tab on Instagram.

What do I need to know?



Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us, unfortunately there are negatives as well. They can lead to increased screen time as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can for example, exacerbate negative body image or heighten access to misogynist content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

Further information

- <https://cybersmarties.com/behind-the-screen-how-algorithms-shape-what-kids-see-online/>
- The BBC discuss algorithms in this article about doomscrolling: <https://www.bbc.co.uk/bitesize/articles/zwnk3qt>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.03.26. The inclusion of any links does not imply any affiliation with or

Five Nights at Freddy's

Five Nights at Freddy's is a horror game designed to frighten players with jump scares or creepy characters. It can be accessed from several places, for example on an Xbox (PEGI rating of 12) and on the App store (age rating of 13+). There is merchandise available, which may suggest that it is child friendly. We would recommend that you preview the game first to ascertain its suitability for your child. You can view Bark's review here:

<https://www.bark.us/content-review/five-nights-at-freddys-review/>

Screen time and online harms

The Royal College of Paediatrics and Child Health have created a page that brings together key resources on screen time. Find out more here:

<https://www.rcpch.ac.uk/resources/screen-time-online-harms-resources-members>

New government campaign: Is your child influenced by toxic content?

The Government have launched a new campaign providing guidance to parents on safety settings, conversation prompts and advice for tackling misinformation and harmful content. It also includes a quiz to help you and your child spot misleading or unreliable information online. You can find out more here:

<https://www.gov.uk/government/news/is-your-child-influenced-by-toxic-content-new-government-campaign-supports-parents-to-talk-about-harmful-online-content>

This Saturday — 7th March, from 10am to 12 noon,
we would love to welcome you, and your family, to

ST LEONARD'S

MESSY CHURCH

This Saturday, come and join us at St Leonard's for a fun,
hands-on session, especially for families with young
children, where we will be making, playing and listening
to stories — based on Lent, Easter and Mothering Sunday.

With Free admission and refreshments



PENWORTHAM
ST. LEONARD'S
FAMILYCHURCH



For more
details contact
Rev Simon King
01772 956698
revsimonking@gmail.com

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 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](https://www.lancashire.gov.uk/SENDIAS)

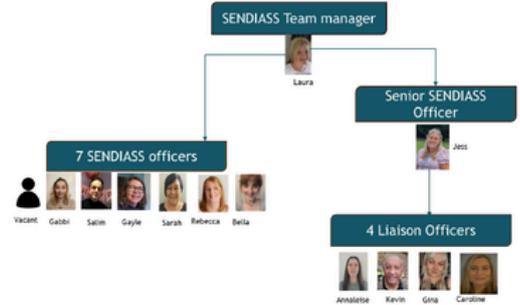


Lancashire SEND IAS

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