



# Middleforth Church of England Primary School

## Friday 24th April Newsletter

Dear Parents/ Carers,

This week has been yet another busy and rewarding week at Middleforth. Reception and Year 3 enjoyed exciting sessions with South Ribble, with Reception taking part in Tots on Tyres and Year 3 completing Scootsafe. These fantastic sessions help to build children's confidence while also ensuring they have the skills and knowledge to keep themselves safe. Year 1 have been learning all about keeping their bodies healthy in PSHE, focusing on Being Our Best. They tasted a range of different fruits, created pictograms to show their favourites, and are setting themselves the challenge of eating at least five fruits and vegetables each day.

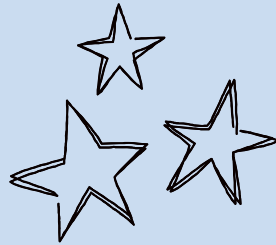
Year 2 and Reception have also enjoyed their second week of Forest School, exploring the area and developing key skills through hands-on learning. We are incredibly fortunate to have such a wonderful outdoor space for our children to enjoy. This week we also hosted our SEND and Family Support coffee morning, where Sharon Bierne, our Primary Mental Health Worker, joined us to speak with parents individually, offering support, signposting and sharing ideas for future sessions. With the sun shining all week, our children truly shone too. I have had a reflective week, taking time to notice the many moments where our school shines brightly, and I couldn't be more proud or grateful to be the Headteacher of Middleforth. Have a lovely weekend everyone.

Mrs Pilkington

**Stars of the Week**

Nursery - Willow  
 Rec - Eleanor & Ruby  
 Y1 - Niamh & Oliver  
 Y2 - Aurora & Matilda H  
 Y3 - Alana & Freddie  
 Y4 - Ashton & Ivan  
 Y5 - Hattie & Lois  
 Y6 - Daisy-Mae & Ethan C

**WELL DONE**



**Target 96%**

Reception	96.8%
Year 1	91.0%
Year 2	98.6%
Year 3	100%
Year 4	99.7%
Year 5	94.3%
Year 6	99.7%
<b>Total</b>	<b>97.2%</b>



### Values Awards



**Reception** - Cassie, for always being a member of the class that I can trust and rely on.

**Year 1** - Peyton, for showing perseverance in all of her learning throughout the week.

**Year 2** - Molly, for showing respect to everyone.

**Year 3** - Ilinca, for always showing kindness and setting a wonderful example to others.

**Year 4** - Harry, for demonstrating honesty in a maths lesson.

**Year 5** - Daisy-Mae, for always showing respect to everyone and for our school.

**Year 6** - Midas, for trusting in others and accepting help.



LET YOUR LIGHT SHINE - MATTHEW 5:16

# TAKEHOME



Is it ever too late to try something new?

## In the news this week

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.

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

- Have you ever tried something new that felt difficult at first? What helped you keep going?
- Do you believe age should matter when trying something new? Why or why not?
- Is there someone you know who has tried something new later in life? What have they done?
- Why do you think people take part in challenges like the London Marathon?

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)



© Picture News 2026

### Key Assessment Dates



**W/C 11.05.2026** - Year 6 SATS

**W/C 08.06.2026** - Year 1 Phonics Screener and Year 2 catch up Phonics Screener

**05.06.2026** - Year 4 Multiplication Check

**W/C 22.06.2026** - Year 2 SATS

It is really important as it is everyday that children are in school on these dates and arrive to school on time. Throughout Year 6 SATS the children are welcomed into school earlier for breakfast with the friends. Miss Howarth will send out more details regarding this.

### Out of School Club



Last term, children at Breakfast and After School Club learned about how much paper a tree produces and decided to explore how much paper we use. They are now recycling all paper and making their own recycled paper, including seed paper to plant, which we will continue this term. The children are also collecting bottles, lids and egg boxes for recycling projects. Activities have included rock painting, with plans this week for Earth Day biscuits, a papier-mâché Earth and eco-themed leaflets.

We would appreciate any donations of clean plastic bottles, lids and egg boxes for the clubs.

### Mrs Knight - Family Support Worker



For those that don't know me and a reminder for those who do, I am Mrs Knight, the Family Support Worker at school. I offer confidential support to children and families and use my experience to provide a listening ear, practical help, and guidance during challenging times. Working closely with pupils, parents, school staff, and external agencies, I aim to remove barriers to learning and wellbeing. My role includes supporting with issues such as behaviour, friendships, family change, illness, housing, finances, and emotional wellbeing, as well as signposting to services, attending meetings, and delivering one-to-one child interventions such as Drawing and Talking and Lego Therapy. You can contact me by email at [sknight@middleforth.lancs.sch.uk](mailto:sknight@middleforth.lancs.sch.uk), by phone on 01772 746024, or via Class Dojo. My working hours are 8:30am – 4pm Mon to Fri.



# 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  
 20<sup>th</sup> - 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  
 13<sup>th</sup> - Parents Exhibition Afternoon 2pm  
 14th - International Book Giving Day  
 Swimming Pool Arrives  
 25<sup>th</sup> - 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, 29<sup>th</sup> - 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

## JULY

7th - Year 6 Performance 10th - Reports Home  
 15th - 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



# Active April 2026

MONDAY



TUESDAY



WEDNESDAY

1 Commit to being more active this month, starting today

THURSDAY

2 Spend as much time as possible outdoors today

FRIDAY

3 Listen to your body and be grateful for what it can do

SATURDAY

4 Eat healthy and natural food today and drink lots of water

SUNDAY

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes



27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



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



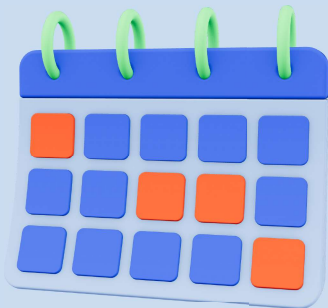
As a caring, Christian community, we aspire to 'let our light shine'. We will open up the world to celebrate God's wonderful creation and foster a sense of awe and wonder. We will nurture our God given talents to ensure that everyone reaches their full potential academically, socially and spiritually.

'LET YOUR LIGHT SHINE'  
MATTHEW 5.16

LET YOUR LIGHT SHINE - MATTHEW 5:16

# Term Dates 2025 - 2027

<b>SPRING TERM 2026</b>	
School closes on	Friday 27th March 2026 at 2pm
<b>SUMMER TERM 2026</b>	
Re-open on	Monday 13th April 2026
May Day	Monday 4th May 2026
School closes on	Friday 22nd May 2026
Mid-term closure	Monday 25th May – Monday 1st June 2026
School re-opens on	Tuesday 2nd June 2026
School closes on	Friday 17th July 2026 at 2pm
<b>AUTUMN TERM 2026</b>	
Re-open on	Wednesday 2nd September 2026
School closes on	Friday 23rd October 2026
Mid-term closure	Monday 26th October – Monday 2nd November 2026
School re-opens on	Tuesday 3rd November 2026
School closes on	Friday 18th December 2026 at 2pm



<b>SPRING TERM 2027</b>	
Re-open on	Tuesday 5th January 2027
School closes on	Friday 12th February 2027
Mid-term closure	Monday 15th February – Friday 19th February
School re-opens on	Monday 22nd February 2027
School closes on	Thursday 25th March 2027 at 2pm
<b>SUMMER TERM 2027</b>	
Re-open on	Monday 12th April 2027
May Day	Monday 3rd May 2027
School closes on	Thursday 27th May 2027
Mid-term closure	Friday 28th May – Monday 7th June 2027
School re-opens on	Tuesday 8th June 2027
School closes on	Wednesday 21st July 2027 at 2pm

# COMMUNITY *events*

Friday 24 April  
7pm at the  
Sir Tom Finney  
Pub PR1 0NL



## Launch Event

Join us as we kick off a blooming brilliant year!

The evening promises

A Biodiversity Talk with Annie (Let's Grow Preston)

Gardener's Question Time with Annie and Michael (Newgate Nurseries)

Plant Sale from Newgate Nurseries

Raffle and Quiz

Get inspired, ask the experts, and pick up something new for your garden.

**Everyone is welcome!**

If you have a question you would like to put to our experts in advance  
please send to [Penworthaminbloomsecretary@gmail.com](mailto:Penworthaminbloomsecretary@gmail.com)



**St Catherine's**  
Hospice

# £1.00

# SALE

Penwortham Community Centre  
Kingsfold Drive  
PR1 9EQ

Saturday 16<sup>th</sup> May 2026

11am-3pm

*All clothing £1.00 only*

LET YOUR LIGHT SHINE - MATTHEW 5:16

## BBC iPlayer for Kids

Children under the age of 13 can have their own iPlayer profile, which includes content from CBBC, CBeebies and other suitable BBC programmes.

You can download the iPlayer app and then find out how to create a profile here:

<https://www.bbc.co.uk/iplayer/help/questions/about-the-childrens-experience/iplayer-child-experience>

Going on a long journey? The BBC have also compiled a list of shows and films as well as games and quizzes to make the journey go quicker:

<https://www.bbc.co.uk/cbbc/watch/best-films-games-and-quizzes-to-keep-kids-entertained-on-long-journeys>



**Would you like to read this newsletter in a different language?** You can use the translate tool on our web version:

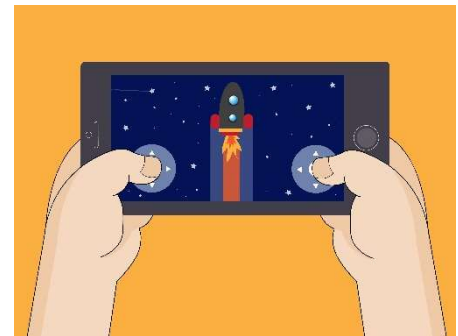
<https://www.knowsleycitycs.org.uk/april-2026-primary/>

## Age ratings in games

**Age ratings exist to help protect your child as they show whether content is suitable for your child's age.** Make sure you check the age rating of any game your child is playing.

### Why should I check?

Not all games will be appropriate for your child. Some may appear child friendly due to fun or cartoon style graphics but still include unsuitable content. Age ratings consider factors such as violence, frightening content, bad language and/or in app purchases.



### How can I check?

Most games are rated by PEGI (Pan European Game Information), who not only state the age you should be to play the game but also provide further content descriptors to give you an indication of the type of content that your child might encounter. Apps are rated by the App store/Google Play.

### How can I stop my child from accessing a game they are not old enough to play?

You can set up **parental controls** to restrict access to games or apps that your child is not old enough to play and set restrictions so any downloads/purchases must be approved by you. For example:

- Nintendo – restrict software by age so if you restrict to 10+, games with that rating or above cannot be played by your child.
- Xbox / PlayStation – set an age limit so anything that exceeds that age rating must be approved.
- Apple / Google (Family Link) – restrict your child from installing apps, allowing you to review before approving all purchases.

### What else do I need to do?

- Review any additional content descriptors, read reviews and check if the game includes any form of communication or in app purchases. This will help inform your decision as to whether the game is suitable for your child.
- For any game your child plays, set up appropriate parental controls.
- If you decide a game is not appropriate, explain to your child why.

We know your child might feel peer pressure to play certain games, but explaining your reasoning will help them understand your decision.

### Further information

- <https://www.ceopeducation.co.uk/parents/articles/gaming/>

# Fake or Real? Know the Deal

Essex Police have launched a groundbreaking AI Safety Campaign in partnership with BT and EE to tackle the growing risks posed by artificial intelligence (AI) misuse and deepfake technology. This is the first time a UK police force is working directly with a global technology firm to provide practical advice to parents, guardians and young people.

AI technology offers incredible opportunities, but it also introduces serious risks when misused. Deepfake content – highly convincing, fabricated images or videos – can be used to exploit young people, sometimes without their knowledge. Artificially generated Child Sexual Abuse Material (CSAM) is one of the fastest-emerging crimes Essex Police is actively investigating.

The campaign is designed to help you understand:

- What deepfakes are and why they matter
- How to protect children from online harm
- What to do if an image is misused

## Further information

Find out more here, including advice on how to protect your child:  
<https://eephonesmart.co.uk/fake-or-real>

# What is the Manosp here?

Have you seen the new Netflix documentary 'Louis Theroux: Inside the Manosphere' in which Louis Theroux interviews several 'influencers' that promote extreme / disturbing ideologies online. It is a shocking watch but prompts the importance of ensuring our children are protected from this content. In essence, the manosphere is against the empowerment of women and certain people promote these views and other harmful misinformation online via social media etc.

## What should I do?

We need to develop critical thinking in our children and have age-appropriate conversations with them as explained in these two articles:

- <https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/talk-to-your-child-gender-equality/>
- <https://www.brook.org.uk/blog/4-ways-to-tackle-misogyny-among-young-people/>

## Further information

- <https://www.unwomen.org/en/articles/explainer/what-is-the-manosphere-and-why-should-we-care>

*Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.04.26. The inclusion of any links does not imply any affiliation with or*

# How to set up parental controls on ChatGPT

Internet Matters have published an article detailing how you can link your own account to your child's account (they must be logged in) to set parental controls on ChatGPT.

You can read the article here:

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/chatgpt-parental-controls/>

# WhatsApp update: Parent-Managed Accounts

WhatsApp have announced that they are rolling out the option of Parent-Managed accounts for those under the age of 13. The settings will include allowing you to choose who can contact your child and ensuring only you can add them to groups. Find out more here:  
<https://faq.whatsapp.com/894871699629864>

**Whilst, these features could be useful, it is important to emphasise that just because the option now exists, WhatsApp may still not be an appropriate platform for your child to be on.** We often receive reports of issues, particularly with group chats on WhatsApp. Wayne Denner (online safety trainer) explains more here:  
<https://www.waynedenner.com/whatsapp-parent-managed-accounts-what-parents-need-to-know/>

# AI and homework

AI can be a useful tool for helping children with homework both in understanding a topic and for research. However, please remember that it should not be used to complete tasks as this would constitute plagiarism.