Middleforth Church of England Primary School

Friday 16th October Newsletter

Dear Parents/ Carers,

It has been another wonderfully busy week at Middleforth, with lots of exciting learning taking place across school. It is always a joy to walk through our classrooms and see the enthusiasm, curiosity and pride our children bring to their learning each day.

🌾 Year 3 led our Harvest Service on Tuesday and what an incredible job they did! We were so proud of the confidence and enthusiasm they showed in leading our school in this special celebration. A huge thank you also to all our families for the very generous Harvest donations. These were taken to the local foodbank today by our Head Boy, Head Girl and some Year 3 children, helping us to put our Christian values into action by supporting others within our community. The children even stayed at the foodbank for a short period of time to help sort all the food items and learn how the food bank works from one our our Governors Mrs Southwell who helps to run the foodbank.

🗳️ Our pupil leadership opportunities have continued this week, with some of our incredibly brave children putting themselves forward in their classes to become members of our School Parliament. We are so proud of everyone who has had the courage to stand for election and share why they would be a great representative for their class. Our School Parliament plays an important part in helping us drive Middleforth forward, ensuring that children's voices, ideas and opinions remain at the heart of our school. Well done to everyone who has put themselves forward! 🌟

📚 This week we also welcomed the Lancashire School Libraries Book Bus! The children loved exploring the fantastic selection of books and choosing some wonderful new titles for school. We hope these new additions will help children discover new favourites, develop an even greater love of reading and, most importantly, experience the magic of getting completely lost in a good book. Happy reading, Middleforth! 📖✨

⚽ A huge well done to our fantastic girls' football team, who put in another sterling performance this week. Once again, they demonstrated great character, determination, teamwork and skill, and we are incredibly proud of them all. Next week will be their final fixture, so good luck girls, we will all be cheering you on! 🌟

💻 Please also take some time to read the Online Safety Newsletter included within this week's school newsletter. With the online world changing and developing so quickly, it is really important that we all stay as informed as possible so that we can make safe and appropriate choices to protect ourselves and our families. If you have any concerns or would like further information, please take a look at the online safety resources on our school website or get in touch with school. We are always here to help and support.

🪩 Finally, don't forget that our school disco is on Monday. If you haven't already booked your child's place, please do so via SCOPAY: Infants 3.20–4.20pm | Juniors 4.30–5.30pm. We hope the children have a fantastic time!

Thank you, as always, for your continued support. Have a lovely weekend with your families, and we look forward to welcoming everyone back on Monday for another week of learning, laughter and letting our light shine. 💛🌟

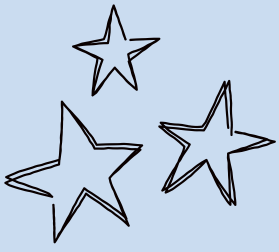
Mrs Pilkington

Stars of the Week

Nursery - Freddie
Rec - Esme & Rosie
Y1 - Archie & Jason
Y2 - Isla-Rose & Niamh
Y3 - Amara & Georgia
Y5 - Ivan & Roman
Y6 - Marty & Samanta







Target 96%

Reception	97.0%
Year 1	96.5%
Year 2	91.7%
Year 3	98.0%
Year 4	98.0%
Year 5	94.3%
Year 6	91.9%
Total	95.3%

LET YOUR LIGHT SHINE - MATTHEW 5:16

TAKEHOME

12th - 18th October

Do we need AI wherever we go?



In the news this week

Meta has created the Muse Charm, a small device that can fit in a pocket or hang from a keyring. The Charm uses Muse, Meta's artificial intelligence (AI), so people can talk to it, ask it questions, and show it what is happening around them. It is designed for adults over the age of 18, and Meta aims to have the new device ready to buy by December.

Things to talk about at home ...

- Do you use any AI at home or school at the moment?
- When do you think technology can be helpful in our everyday lives?
- What rules might help people use an AI companion safely?
- Talk to someone older at home about what it was like to find information out before the internet, AI and other similar technologies.

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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Curriculum Focus -Science

It's been an exciting week for Science across the school! Year 3 have been investigating how water is transported through plants using food dye and white roses, watching science in action as the petals change colour. Year 6 have continued their learning about electricity by building circuits and experimenting with switches and buzzers. Meanwhile, our Nursery children have been exploring the fascinating world of nocturnal animals and have created their very own adorable owlets. It's wonderful to see children across the school developing their curiosity, asking questions and learning through hands-on scientific experiences!

EYFS Open Days

Wednesday 14th October - 9:30, 10:45 and 1:15

Thursday 12th November - 9:30, 10:45, 1:15 and 3:30

Wednesday 13th January - 9:30, 10:45 and 1:15

Please ring the office to book your spot.



Support for Children and Families

Please find below a range of services and courses available to support your child's wellbeing and your family. If you would like further information about any of the support listed, please contact school. We will be happy to help.

Key Peer Support – support for parents and carers of children with additional needs, including children who are awaiting assessment. https://www.keycharity.org.uk/

ADHD North West – online support and courses for parents and carers: https://www.adhdnorthwest.org.uk/our-services

Barnardo's My Time to Thrive – support for children's emotional wellbeing, including low-level anxiety and bereavement. Referrals can be completed online by parents/carers or professionals: https://www.barnardos.org.uk/get-support/services/lancashire-and-south-cumbria-thrive-service

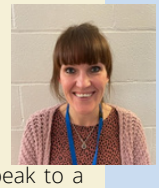
Food Bank – available every Friday from 9.30am to 12.00pm at Kingsfold Community Centre.

Children and Family Wellbeing Service – a range of programmes and support are available, including Riding the Rapids – autism support, Nurturing Programme, Connection Programme and The Solihull Approach https://www6.apps.lancashire.gov.uk/w/webpage/all-events?service=ALL

Oliver House Autism Courses – free sessions held at Valley Church.

One Stop Shop – providing access to a range of services and support in one place.

School Nurse Support – support and advice for children, young people and families are also available through the school nursing service. https://lancschildandfamily.co.uk/services/school-nursing/



We are here to help

Please remember that you are not alone. If you are unsure which service may be most appropriate for your child or family, please speak to a member of the school team. We will be happy to talk through the support available and help you find the most appropriate service for your family.

School Uniform

We expect all children to wear the correct school uniform each day. A smart appearance helps children feel confident and ready to learn, and it reflects our high standards across school life.

Where to Buy

Our uniform can be purchased from:

- Justs Clothing (Penwortham): www.justsclothing.co.uk
- Sew Stunning Designs (SSD): www.ssduniformshop.co.uk

Plain royal blue items without the logo are also permitted.



School Uniform

- Grey trousers, skirt or pinafore dress
- White shirt or polo shirt
- Royal blue jumper or cardigan with school logo
- Grey or white socks or tights
- Sensible black flat shoes (no trainers)



Summer options

- Pale blue gingham dress
- Grey tailored shorts

PE Kit (worn on PE days)

- White T-shirt (with logo or plain)
- Royal blue shorts
- Royal blue PE hoodie
- Black pumps or trainers
- Plain black jogging bottoms or leggings for outdoor PE

Bags

In Reception, Year 1 and Year 2, children should bring a school book bag (available from uniform stockists). In Year 3-6 please avoid large rucksacks or bulky bags, as our lockers are compact (40cm deep x 26cm wide) and need to fit both coats and bags

Jewellery, Earrings and Watches

- For safety reasons, we would prefer no jewellery or earrings to be worn in school. If earings are worn, please can these be a small stud and removed before school on PE days.
- KS2 children may wear a simple watch (no smart watches)
- Watches must be removed for PE and swimming
- The school cannot be responsible for loss or damage of any personal items

Hair and Accessories

- Long hair must be tied back at all times
- Haircuts should be neat with no extreme styles or colours
- Hair accessories should be simple, in school colours, and not over-sized



Optimistic October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list
5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward
12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead
19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?
26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month	





ACTION FOR HAPPINESS **Happier · Kinder · Together**

Autumn Term 2026

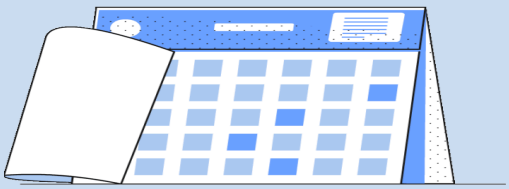
Re-open on:	Wednesday 2nd September 2026
School closes on:	Friday 23rd October 2026
Mid-term closure:	Monday 26th October – Monday 2nd November 2026
School re-opens on:	Tuesday 3rd November 2026
School closes on:	Friday 18th December 2026 at 2pm

Spring Term 2027

Re-open on:	Tuesday 5th January 2027
School closes on:	Friday 12th February 2027
Mid-term closure:	Monday 15th February - Friday 19th February 2027
School re-opens on:	Monday 22nd February 2027
School closes on:	Thursday 25th March 2027 at 2pm

Summer Term 2027

Starts:	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 at 2pm





LET YOUR LIGHT SHINE - MATTHEW 5:16

Middleforth Church of England Primary School 2026/2027 Yearly Planner

SEPTEMBER

9th - Meet the teacher
14th - National Coding Week
14th - 16th - Year 6 Robinwood Residential
21st - Fairtrade Fortnight & Recycle Week
21st - KS1 Phonics and Reading Workshop
22nd - EYFS Phonics and Reading Workshop
25th - Year 6 Careers Fair

OCTOBER

1st - Black History Month begins
1st - National Poetry Day
9th - Hello Yellow for World Mental Health Day
10th - World Mental Health Day
13th - Whole School Harvest in school Y3 leading
21st - Individual Photographs
23rd - Parents Exhibition Afternoon 2pm

NOVEMBER

Non-Fiction November
4th - Book Fair Arrives
10th & 11th - Parents Evening
11th - Remembrance Day - Y6 leading
13th - Children in Need
16th - Enterprise Week
23rd - Parliament Week

DECEMBER

10th - EYFS/KS1 Christmas Performance
11th - Christmas Jumper Day
15th - KS2 Christmas Performance in Church
16th - Christmas Parties and Christmas Lunch
17th - Whole School Church

JANUARY

16th - Energy Saving week
18th - 3.30pm Year 6 SATs meeting
25th - Young Voices Concert (Co-Op Live Arena)

FEBRUARY

1st - National Story Telling Week
1st - Children's Mental Health Week
3rd - Book Fair Arrives
3rd - Y4 Leading Worship
9th - Safer Internet Day
9th & 10th - Parents Evening
24th - Reception Tots on Tyres Swimming Pool Arrives - date TBC

MARCH

3rd - Y4 Trip - Eco Town
3rd - Reception Tots on Tyres (AM) & Y3 Scoot Safe (PM)
4th - World Book Day
8th - Science Week
10th - Reception Tots on Tyres & Whole School Bike Fix
15th - Sign Language Week
16th - Neurodiversity Celebration Week
17th & 24th - Y5 Bikeability
24th - EYFS to lead worship
25th - Whole School Church
19th - Red Nose Day

APRIL

15th - World Art Day
22nd - Earth Day
30th - Spring Celebration

MAY

10th - Key Stage 2 SATs week
10th - Mental Health Awareness Week
14th - Pentecost Party
17th - Walk to School Week
19th - Y1 & Y2 leading worship
20th - Outdoor Classroom Day
27th - Parents Exhibition afternoon 2pm

JUNE

5th - World Environment Day
7th - Multiplication Check Week
14th - Phonics Screening Week
15th - National School Sports Week
23rd - Book Fair (1 week)
23rd - Sports Day
25th - National Writing Day
24th - Sustainability Conference
28th - KS1 SATs week
30th - Y5 Leading Worship

JULY

5th - Year 6 Performance
8th - Reports Home
14th - Reports drop in for parents 3.30pm - 4.30pm
19th - Year 6 Leavers PM
19th - Year 6 Prom 5.30pm
20th - AM Whole School Church

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

LANCASHIRE FAMILY HUBS NETWORK

Lancashire County Council

Babbling Babies

A friendly, relaxed group for you and your little one

Play ♥ Chat ♥ Learn ♥ Grow

A gentle, supportive group based on the PEEP approach, with time for parent discussion while your little one plays.

- ♥ Build confidence
- ♥ Support your baby's development
- ♥ Meet other local families



When?
Every Tuesday
starting 3rd November
for 8 weeks
9.30 – 11.00am

Where?
Kingsfold Community Centre

Ages?
0 – mobile

No need to book

All families welcome ♥

LANCASHIRE FAMILY HUBS NETWORK

Online Safety Newsletter October 2026

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

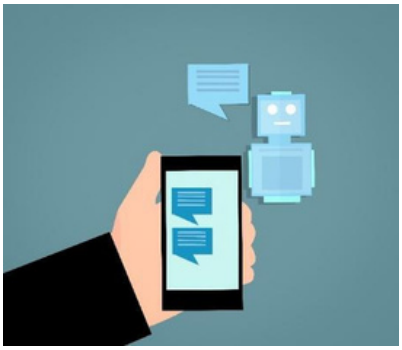
What can I do on CapCut?
CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?
- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information
Wayne Denner provides further information about the social side of CapCut including a comments section: https://www.waynedenner.com/capcut-parents-guide/

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/october-2026/

AI companions



What are AI companions?

AIcompanions are artificialintelligence services designed to interact with users to simulate friendship or romantic relationships. There are many different AI companions available, accessible via apps or websites. **Many of these apps are intended for adults and have an age rating of 18+.**

Why are children using AI companions?

Thereare manyreasons a childmight wantto use an AI companion, including:

- To ask advice and questions that they may be embarrassed to ask another person. It may be easier to talk to an AI companion, so it is imperative children understand the difference between AI and real people.
- They feel lonely and are looking for friendship.
- Children may just be curious and want to try new technology.

What should I be aware of?

- **Age restrictions:**it is important to check the age rating to see if it is appropriate for your child.
- **Inappropriate content:** there is often a lack of moderation so users could be exposed to content/language that is not suitable for their age.
- **Emotional dependence:** AI companions are designed to act as a friend, encouraging an emotional dependence. This may lead to your child becoming over reliant on the service. A chatbot should never replace a parent, a medical professional or other trusted adult.
- **Relationships:** repeated use of AI may influence a child's understanding of relationships and consent in real life.
- **Privacy and personal information:** children should not share personal or confidential information with AI companions.

What can I do?

- Check the age rating and any privacy settings.
- Set up appropriate parental controls on their devices/ broadband.
- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online. Ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

https://www.internetmatters.org/resources/ai-chatbots-and-virtual-friends-how-parents-can-keep-children-safe/

Discord



Discord is a social networking app originally designed for gamers, but is now used by lots of different people to **chat to each other online**. The minimum age to access Discord is 13. **The App store rates it as 17+.**

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and it can be set as either public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (**rather than using the game's own chat facility**). In-app purchases are available through Discord's subscription service called Nitro.

Howcan I makeitsafer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:
https://discord.com/safety-family-center

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. **Discord is used by an array of users and therefore adult content can be found on Discord, as well as inappropriate language.** Discord have produced this article, which answers frequent questions: https://discord.com/safety-library

5 fun online activit ies



Whilst we must be aware of the negative aspects of the internet, it's also important to remember that it can also be a great place to have fun or learn something new as a family. Why not try the following?

1. Play a game together.
2. Take a family quiz – it could be around the topic of online safety (e.g. from Childnet) or you could use Kahoot to create your own.
3. Learn something new – explore BBC Bitesize, National Geographic Kids or Khan Academy.
4. Create something – make a digital drawing or video.
5. Read an Audio book.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.26. The inclusion of any links does not imply any affiliation with or

Doki Doki Literature Club

Doki Doki Literature Club is a game that, due to its cartoon anime appearance, may appear to be a game suitable for all. However, as the game progresses, it contains much darker and potentially distressing themes. The game includes references to suicide, self-harm and death.

The App store rates it as 18+ as it has cartoon or fantasy violence and horror/fear themes as well as infrequent profanity and crude humour. The game is described as psychological horror. You should also be aware that the app also includes in app purchases.

The game's own website also states that it "is not suitable for children or those who are easily disturbed."

Please ensure you have set up appropriate parental controls on any devices and platforms that your child uses to ensure they can't access games that are not suitable for their age.

Happy Tree Friends

Happy Tree Friends is anotheranimated series that might look harmlessbecause of its cartoon graphics, but the programme contains violence,death and blood. Clips of Happy TreeFriends are also circulating on social media platforms.

As above, we would recommend that you have set up appropriate parental controls to limit exposure to content like this. Also, chat to your child about what they are watching online and ensure they know that if they do see something online that upsets them, then they should talk to you or another trusted adult.

Further information:
https://www.commonsensemedia.org/website-reviews/happy-tree-friends