



Welcome to our **Feelgood Friday** assembly.

Enjoy the music while we wait for the classes to join.

Please mute your microphone while you wait.





**Feel Good
Friday
Newsletter**

28th
January
2022

UNLOCKING  POTENTIAL

LEARNING

OPPORTUNITY

COMMUNITY

PERSONAL
BEST

LEADERSHIP



From the Headteacher's Office...



Message from Mrs McGonigle and Mr Fry

Dear Parents and Carers,

I would like to thank parents for their cooperation and understanding with the changes to government guidance relating to Covid-19. Some schools have had to send children home and close whole Year groups and move to remote learning from home – that is something that we are trying very hard to avoid. We want to keep our children in school as long as they are well. I cannot stress enough how important it is for children to be in school, to socialise, to learn new skills, be curious and inquisitive about the many opportunities that are presented to them. School is a place of routine, structure, balance, encouragement and kindness. Happy pupils succeed.

We know that when you are bombarded with communications and updates, fatigue can set in but please do try to keep pace with changes and, in particular, if asked to carry out daily lateral flow tests on your children, please do so.

Did you know that there is help available to you and your family if you are going through challenging times? Every family will struggle at times and often a listening ear and a few actions from a supportive professional can make a real difference and avoid crisis. You can self refer to Early Help and can get support by contacting Middleton Welfare Officer or SENDCO.

Have a wonderful weekend and whatever you do, be kind.

Best wishes, Mrs McGonigle and Mr Fry

Poems of the week to celebrate Martin Luther King day and our values of Courage

Dr. King's Dream

Martin Luther King.
Had a dream.
For ALL people.
To be treated equally.
So when you see.
Something wrong.
Be strong!
Stand up.
And say-
That's not OK!

By: Johanna Tackitt



Love Each Other

By Nikki Aksamit

Born in 1929,

He worked hard to erase the line
Between the races – black and white.
He used his own words to win the fight.

Everyone on one big team,
"Equal rights for all" was his dream.
Martin Luther King Jr. spoke of peace,
Hoping that hatred would someday cease.

By loving each other,
each woman and man,
We can complete his Noble plan.

DO THE RIGHT THING

SAY YES TO THE VACCINE AND GET A TEST
IF YOU HAVE SYMPTOMS OF COVID-19

With Covid still in our communities, we all need to do the right thing to keep rates as low as possible.



❗ **Say yes to the vaccine.**
That's both doses.

Everyone over the age of 18 can now get the jab.

Book online at www.nhs.uk/conditions/coronavirus-covid-19 or by phoning 119. For walk-in centres and pop up clinics visit www.thevaccinators.co.uk

Remember there must be an eight week gap between your first and second jab.

❗ **Get a test if you have symptoms.**

If you have symptoms of Covid-19 – a high temperature, a new or persistent cough or a loss in sense of taste or smell – book a test at www.gov.uk/get-coronavirus-test and self-isolate.

❗ **Self-isolate if you are asked to by NHS Test and Trace.**

Lots of support is available for people who need to self-isolate including payments of £500 and help with accessing food and medicine.

For information visit www.peterborough.gov.uk/selfisolationsupport

REMEMBER

- ✓ MEET PEOPLE OUTDOORS OR IN WELL-VENTILATED PLACES IF YOU CAN
- ✓ KEEP A POLITE DISTANCE FROM OTHERS
- ✓ WEAR A MASK IN CROWDED PLACES – OR WHERE YOU CAN'T KEEP A DISTANCE
- ✓ WASH YOUR HANDS WELL AND OFTEN



i For further updates and information check our website which will be regularly updated www.peterborough.gov.uk/coronavirus

IMPORTANT INFORMATION

Covid has not gone away. If your child has any of these symptoms please do not send them to school and book a PCR test:

A high temperature

A persistent cough

A loss of taste or smell.

PCR Tests can be booked at www.gov.uk/get-coronavirus-test or by calling 119.

Please visit a testing centre if you can, rather than getting a postal test, as these can take 2 weeks to return the result.

Lateral Flow Tests, the type you can collect from chemists.



IMPORTANT INFORMATION

PUPIL DETAILS

It is essential that we have up to date records for every child in school, particularly home address, email and mobile phone numbers. If you have moved or changed phone numbers, please call 01733 262696 or email office@mps.pkat.co.uk

COMMUNITY

Medication

If your child requires prescribed medication during the school day, you must complete a Medication form.

Head Injuries

We have introduced a new system for minor head bumps/injuries. Instead of calling parents, we are contacting parents/ carers via email when a child has a minor bump to the head. This system occurs successfully in other schools and does not expect parents to 'drop everything' to come into school if our qualified First Aiders have assessed them.

FREE SCHOOL MEALS

Applying for free school meals is quick and simple to do using the online application form at

[Click Here](#)

Injuries

(outside of school)

If your child has an injury, such as a broken bone, please do let us know as soon as possible. We will need to put a care plan in place before they return to school.

Illness/Other Absences

If your child is ill, please **email** or **call** the school office on **01733 262696** and select option 1 to leave a message. The absence line is available 24/7.


Don't Forget!



Healthy snacks & water bottles

Children can bring in a healthy snack to have at break time. This **MUST NOT** be chocolate or nuts – we are a nut free school.

Children **must** bring in a named water bottle.



► Please see message from Katy who works for Barnardo's as a Community Engagement Officer. She is currently working on a project funded by local government to engage with local communities around the impact of Covid-19:

► As a Community Engagement Officer, she can offer support and guidance around issues arising from Covid-19 and ensure that individuals understand the guidance around ensuring their safety and dispel the myths there are surrounding some aspects.

► So that Katy can better understand the real impact of Covid-19 on local communities she has shared a survey for completion, please click the link below:

►

► <https://forms.office.com/Pages/ResponsePage.aspx?id=GR8bF2d1PE27mnSK0D8wGhtxOn4B2ZpLt9usU6H6LmdUN0Y0V0s1UldDT1Y1VVdXMUdVT1k5WldGNS4u>

►

► If you have any questions or require further support, please contact her:

► Katy Wild, Community Engagement Officer, Barnardo's Child & Family Centres, Peterborough and Cambridgeshire

► katy.wild@barnardos.org.uk

Free half term crafts activities



South Bretton Family & Community Centre

Join us for **FREE** half term family craft making sessions, all based around the Chinese New Year!



Tuesday 15 February

Bookings will be taken for 45 minute slots.

Numbers are limited and places must be booked.

Please call 01733 396404 to book your slot or just scan the QR code and fill in the enquiry form on our website.



Free NHS Health Checks



Health MOTs check your blood pressure and weight, and you can ask any questions and receive advice about healthy eating, exercise, stopping smoking and reducing alcohol intake. We can also refer you to our free services for support with lifestyle changes.



Plus, if you are aged 40-74 you can have a full health check, designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

Wednesday 26 January	1pm - 5pm
Wednesday 16 February	1pm - 5pm
Wednesday 23 March	9am - 2.30pm
Wednesday 27 April	9am - 2.30pm
Wednesday 25 May	9am - 2.30pm
Wednesday 29 June	9am - 2.30pm



All sessions will be held at our South Bretton Family and Community Centre.

To register your place call 01733 396404 email community@crosskeyshomes.co.uk, or scan the QR code and complete the enquiry form on our website



Are you a new mum or a mum to be?



We've teamed up with Healthy You to offer you **FREE** nutritional, exercise and weight advice and support if you are hoping to get pregnant, are pregnant or have just had a baby.



You must:

- be over 16 years of age
- have a BMI of 25 or over

We'll support you with a weekly nutrition and exercise workshop for three months.

The programme starts on 11 January and will run every Tuesday between 9.30 and 11.30am at our South Bretton Family and Community Centre. Support is also available online if you are unable to make it in person.

You are welcome to bring along babies between 0 and 12 months.



To find out more and sign up call us on **01733 396404** or email community@crosskeyshomes.co.uk or just scan the QR code and fill in the form on our website and we'll be in touch.



Free Online Safety Guide

What parents and carers need to know about YouTube

The first YouTube video (of co-founder Jawed Karim at San Diego Zoo, trivia fans) was uploaded in April 2005. Since then, YouTube has grown into an absolute colossus of the online world: 2.3 billion users, watching an average of almost five billion videos between them every day – with 300 hours of footage being uploaded to the platform every minute. Truly astounding figures.

Anywhere that such a mountain of users encounters an ocean of content, however, are the crashing waves of risk. Youngsters discovering the diverse delights of YouTube can be jeopardised by other people's toxicity, unsuitable 'recommended' content and dangerous online challenges. Our #WakeUpWednesday guide has everything you need to know about YouTube.

[Click here](#)





Rutland
Outdoor
Education
Centre

Holiday half-term family groups!

Are you looking for something to do with your family & friends during February half-term....?

Why not visit us for one of our family sessions... **no age limits** - everyone welcome; parents, children, grandparents...!

During your session you will visit our forest & farm school, trying your hand at the following activities:

- Exploring our woodland and Den making
- Outdoor Cooking on an open campfire
- Getting messy and creative in the 'mud kitchens'
- Climbing trees
- Exploring water through pond-dipping
- Learning about insects, animals, plants and trees through investigation
- Meet some of our farm animals, getting up close and being able to feed them
- Groom the ponies



Contact us now to make your booking
(limited places)

www.roec.co.uk/contact-us

Group Information:

Wednesday 16th February

10:00-12:00

or

12:30-2:30

Thursday 17th February

10:00-12:00

or

12:30-2:30

@ £10 per person - per session



Feb 2022



There is a vacancy on our Local Governing Body for a Parent Governor. Would you like to volunteer your time and energy to make a positive difference for all children at Middleton?



Why should I become a Parent Governor?

Governors have an important part to play in helping schools to run effectively. They work as part of a team with the Headteacher and school staff to help provide a happy, safe and thriving learning environment and an excellent education for all children. As a Parent Governor, you will be well placed to understand parents' views and have first-hand knowledge of how the school is run. You will have the opportunity to work toward improving the school experience for all children at Middleton.

What does a Parent Governor do?

You will join a team of Governors and school leaders at Governor meetings (currently on Microsoft Teams – no more than 5 meetings per year) and you will be invited to visit school to talk to staff and children about school priorities. As a Governor, you can also bring your own skills to the team and support with finance, HR, premises and community work. If you become a Governor, there is induction training with more training available throughout the year.

For more information/
to express your interest,
please email
office@mps.pkat.co.uk

Class Champions EYFS and Lower School

Learning with our head, heart and hands

Amiyah
3ET

Ruby
2KB

Ruby
3ET

Rhesa
Lady
birds

Aaron
2RT/PO

Daniel
Owls

Myah
Butter
flies

Isabella
Robins

Theo
3OW

Noah H
2KB

Chris
3OW

Olivia
Ladybirds

Emilis
Butter
flies

Paige
2RT/PO

PERSONAL
BEST



Class Champions Upper School

Learning with our head, heart and hands

Mia
Y6

Ethan
4CP

Jadan-Lee
5AH/MS

Natalia
4NB

Ethan
4CP

Krystian
4NB

Drake
Y6

Lana
Y6

Sara
4CP

Arijus
4CP

Daniel
5AH/MS

Filip
5AA

Ana
5AA

Maciej
Y6

PERSONAL
BEST



Football

Brownies

PERSONAL
BEST



Achievements and success
inside AND outside of school.



Art Work



Dance

Lego

If your child achieves a 'Personal Best' out of school, please email a photo to office@mps.pkat.co.uk so we can share their wonderful achievements on this page every week.

Gym

Roman (5AA)
made a lego car
without
help...Lego Star



Arjannya (6ED) has
done some more
beautiful artwork

Martial Art

Swimming

Music





Year 5

► Our topic this term is Global Warning!

Year 5 have been learning about pollution, waste and recycling.





Global Warning

Can you see the air
Sense it everywhere
Blowing us a global warning,
Global warning
"Pollution's so unfair."

Can you touch the sky,
Feel it way up high?
Sending us a global warning,
Global warning
"The ozone's passing by".

Can you hold the sea
Powerful as can be,
Washing up a global warning
Global warning
"Show respect for me".

Can you hear the earth,
Pleading for re-birth
Giving us a global warning
Global warning
"Remember what I'm worth!"

Year 5

We sent 'S.O.S. Messages' to help the world and placed them in bottles.

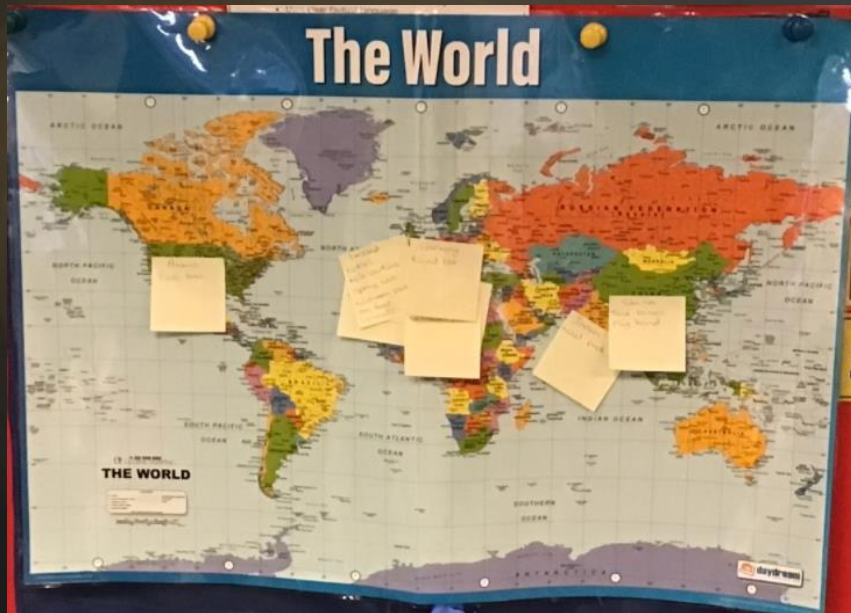


This is the song we learnt in music.



Year 5

We have been looking at how far our packaging has travelled.



Year 5 have been taking part in the Daily Mile.



Sports this week

Girls football

The girls had a fantastic day in St Ives last Friday and played so well! They came 2nd in their group, just missing out on the next stage of the competition. Well done to the girls and Mr Nicholls for coaching.



The playground leaders have continued to a fantastic job at lunchtimes, organising games and competitions for the year groups.



Year 6 had their cross country session with Mr Mcauley from Jack Hunt School

Marvin and Mini need a new home

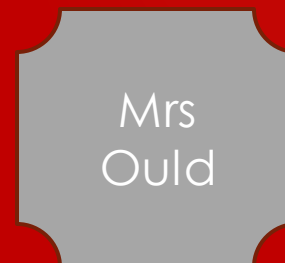
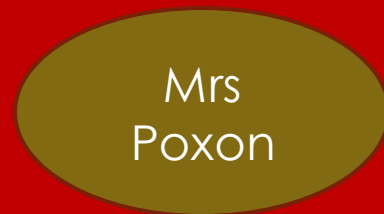
Competition time!



Marvin and Mini arrived at our school in an old suitcase. We have tried to make it comfortable for them, but I think they need a change. For this week's midpoint competition, I would like you to design a new home for them. It could be a warm cosy basket with blankets, a little hutch with straw, a wooden house with little beds. Do they need any toys? Could you design a backdrop that will remind them of home? You may need to do some research.

The winner will earn 25 mid points and have their design created in real life. There will be 10 runners up who will earn 20 points each. Good Luck!

Birthdays this week



Happy Birthday from everyone at Middleton!

Everyone
around the
world,
come on!



Celebrate
everything
you have
achieved this
week.

You are all
AMAZING!

