



Welcome to our Feelgood Friday assembly. Please enjoy the music whilst we wait for the classes to join.

Please mute your microphone whilst you wait.







Message from Mrs McGonigle and Mr Fry

Dear Parents and Carers,

Autumn appears to have arrived, which has taken many of us inside, but I am hoping we can make the most of being outdoors for as long as we can. The children love being outdoors during all seasons. Please ensure they have a warm coat and shoes that can withstand any heavy rain and wear and tear. We hope you have a lovely weekend in whatever you may be doing.

Sunday 10th October is **World Mental Health Day** and 'Head to Toe', the official charity for Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), who deliver child and adolescent mental health services (CAMHS) in Cambridge and Peterborough are doing lots of activities to promote this. Mental health is so important and we know how stretched these services are. Mental health and well-being are important throughout the year too.

The National Literacy Trust are promoting the **Take 10** challenge and asking for us all to stop what we are doing at 10am and take 10 minutes to read for ourselves. Reading helps us relax, learn and feel good – something for ourselves. Throughout the day children will be involved in activities that promote their mental well-being, such as quiet reading, yoga, mindfulness activities and several children and staff wore yellow to raise awareness.

At the start of the new term there is always so much information to absorb but even more so due to the present circumstances. We will continue to update you as regularly and as timely as we can but if you do have any queries please email the office and we will respond as quickly as we can. Thank you for your support with our measures.

Have a wonderful weekend.

Best wishes, Mrs McGonigle and Mr Fry





IMPORTANT INFORMATION



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The start of a new school year is a great time to remind everyone about the importance of good attendance at school, especially after all the Covid disruption over the last 18 months. We aim for 100% attendance every day. It is said that good attendance = best achievement: it's not just about learning in lessons, but all the interaction with other children and teachers which can give confidence and self-understanding as they grow. We are sure we can count on the support of all our parents and carers to ensure children are in school, on time, every day. Please see the letter about attendance for more information and please contact the school office if you have any questions.

0 days off school in a year 0 lessons missed	100%	Perfect attendance
2 days off school in a year 10 lessons missed	99%	Excellent attendance
5 days off school in a year 25 lessons missed	97%	Good attendance
10 days off school in a year 50 lessons missed	95%	Slightly below average attendance
14 days off school in a year 70 lessons missed	93%	Poor attendance
20 days off school in a year 100 lessons missed	90%	Very poor attendance

<u>Healthy snacks & water</u> <u>bottles</u>

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.

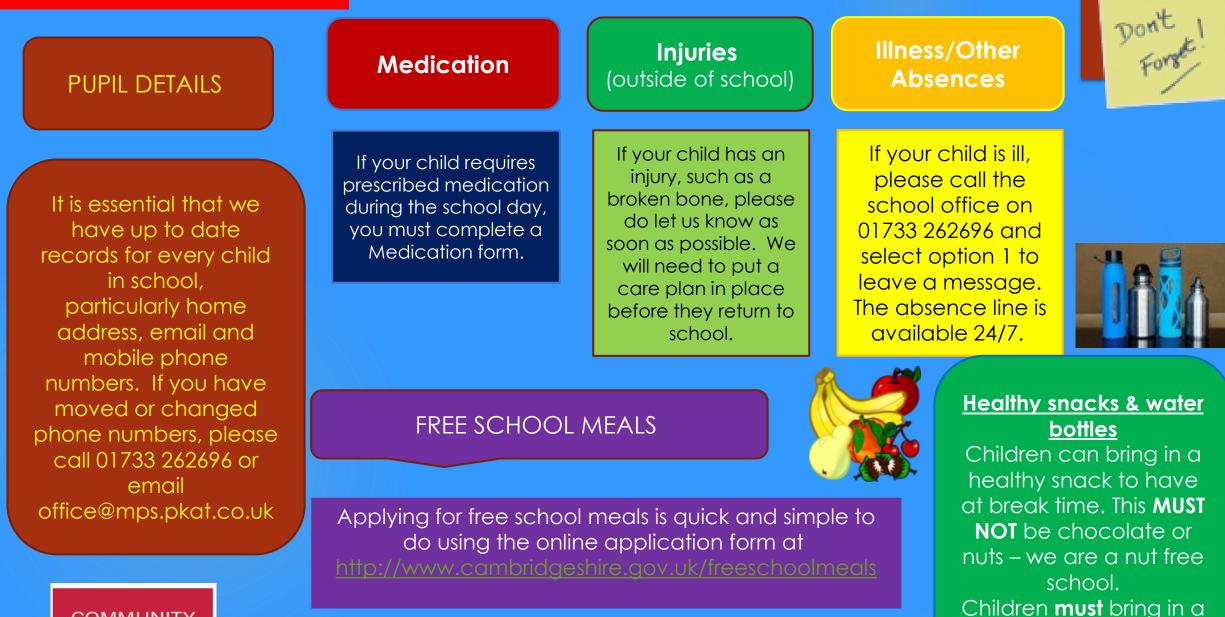




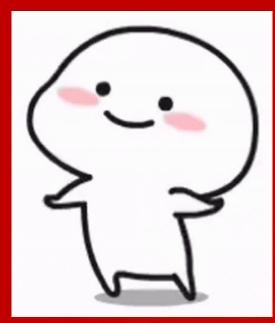
COMMUNITY

IMPORTANT INFORMATION

COMMUNITY



named water bottle.



Wednesday Wiggle

Need a mid-week boost?

Try Wednesday Wiggle! A lunchtime disco alternating between key stages.

Ask your teacher to email Mrs Barnes with your favourite song.

Everyone welcome – there are no bad dancers (except for Mr Burrows).





The Year 6 Smarty Prize

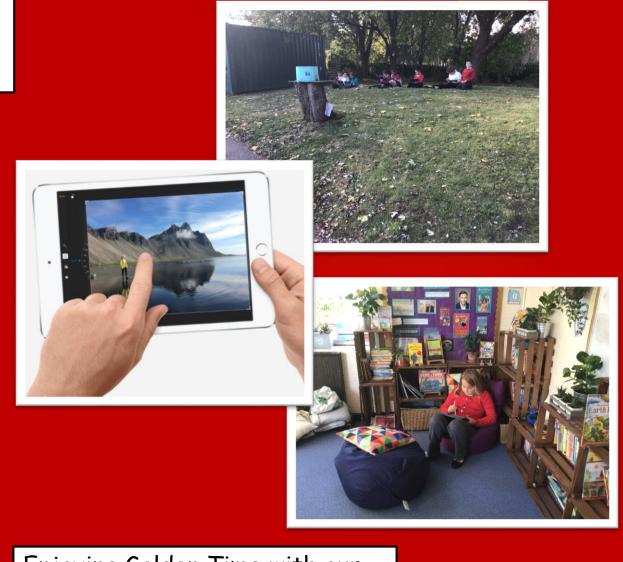
We are so proud of our Year 6 pupils and their smart new uniform.

Each week, the 4 smartest pupils in Year 6 will receive a tube of <u>Smarties</u> to recognise the high standards they are setting for the rest of the school to follow.

Year 6 Uniform

Grey or black trousers of skirt White shirt School tie Grey V heck jumper or Cardigah Black shoes or smart black traihers **PE Kit** White /red t- shirt Black shorts/leggings and joggers Learning to dribble and pass in PE. Trying to avoid double dribbling!



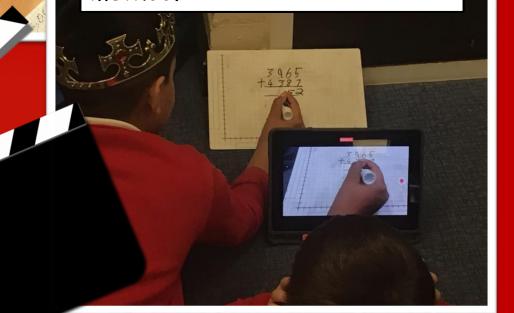


Enjoying Golden Time with our iPads – time to create music and art!





Recording videos to teach children how to use the column method.



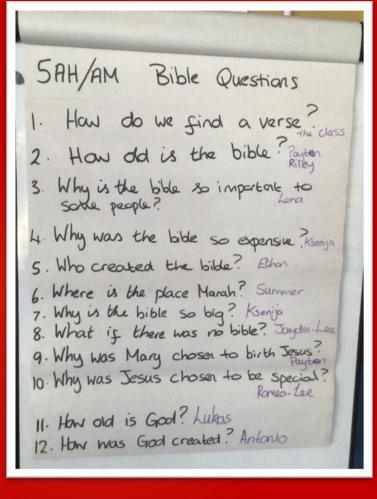


What activities or events can affect our mental health?

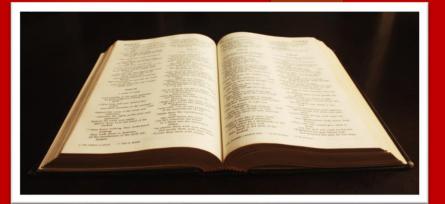




RE with SJ from Bretton Baptist Church L.O. Is the Bible a handbook?













Achievement in swimming Meisons Tirpaks (4NB) He achieved Stage 4 (Swim Academy)



Dance

Gymnastics





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.

Well done – we are very proud of you!



Art Work

Ruan Alappat Yr1 achieved his white and red belt in Martial Arts with A Grade

Lego master

Swimming

Coding

Playing a musical instrument

Cricket

Football

Sports this week!

Year 6 have continued to swim each Wednesday at Jack Hunt swimming pool.

Even Marvin Meerkat has come along with his swimming shorts!

Thank you to Mrs Boon's mummy for my PE kit and uniform We were lucky enough to have a tennis coach come in to teach year 3 some tennis last Friday! The children had a fantastic time and learned some great tennis skills. Year 4 are having their session right now and Year 5 will have their sessions Friday.



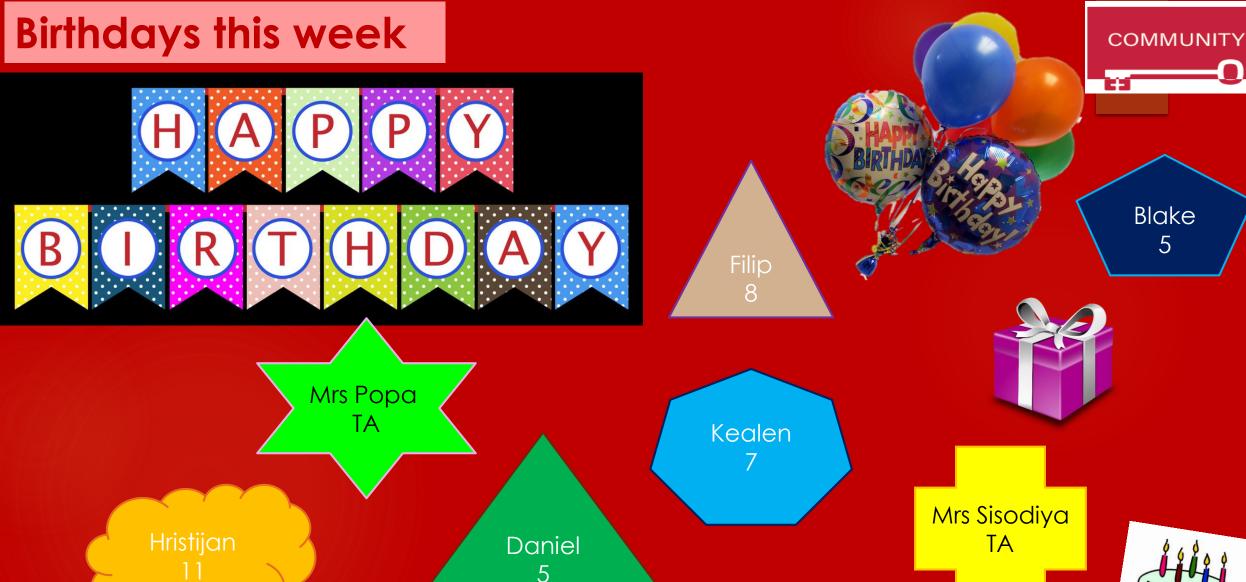
"A great afternoon. The year 3 class were a credit to the school." ~Mrs Chandler year 3







The year 3 children went to Jack Hunt for a Kingball festival and had a fantastic time!



Happy Birthday from everyone at Middleton!

Blake

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