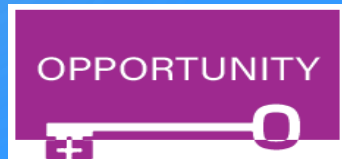




Welcome to our **Feelgood Friday** assembly.

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

Please mute your microphone while you wait.





**Feel Good  
Friday  
Newsletter**

21st  
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,

Happy New Year to you all, we hope you had an enjoyable festive period, with hopefully some rest and recuperation as well, even if your original plans changed during the holiday period. It has been lovely seeing children back in school

As you will be aware there have already been changes to Covid guidance twice since our return. It has been a challenging couple of weeks, but we have managed to keep cases low and not had to close any classes. We have worked hard to ensure we are mitigating against any risks of spreading Covid by using a fogging machine across the school, use of CO2 monitors, lots of ventilation and staff diligence and proactivity to keep children in school. We have unfortunately already been impacted by staff absence this term and I would like to take this opportunity to thank the whole school staff, who have rallied to support minimal disruption of our provision, many giving of their own time to do so.

Attendance of children remains a priority. We continue to offer opportunities to engage in new experiences, we had the fabulous yellow and black Chevy in school on Thursday 20 January for one of our Middleton Magic days.

[Parenting tips - When you aren't feeling physically or mentally well. Registration, Wed 2Feb2022at 18:00 | Eventbrite](#)

Please encourage your child or any adult to enter the Platinum Pudding competition (click on link below) with Mary Berry as one of the judges. Entries are for 8 – 17 or 18+.

[The Platinum Pudding Competition | A Recipe Fit for The Queen - Fortnum&Mason\(fortnumandmason.com\)](#)

Have a wonderful weekend.

Best wishes, Mrs McGonigle and Mr Fry



# Mental health and well being



**Find out more about mental health, stigma and discrimination, and how you can start your conversation.**

[Time-to-change.org.uk/parents](https://Time-to-change.org.uk/parents)

**Mental health problems affect people of any age, race, religion or income. The most commonly diagnosed mental health problems are anxiety, bipolar disorder, depression, eating disorders, schizophrenia, OCD, personality disorders and phobias. 9 in 10 people who have a mental health problem say they have experienced stigma and discrimination as a result. Similar to other types of discrimination, people who experience mental health stigma describe feeling isolated, ashamed, misunderstood and demeaned. Talking about mental health can be really helpful. You don't need to be an expert. The more we talk about mental health, the more we can break down the taboos surrounding it – enabling young people to look after their own health, reducing the stigma around asking for help, and allowing them to support peers.**

it's time to talk. it's  
**time to change**  
let's end mental health discrimination



[Dad and son on how to be in your child's corner - YouTube](#) - 2 minutes



## We all have mental health

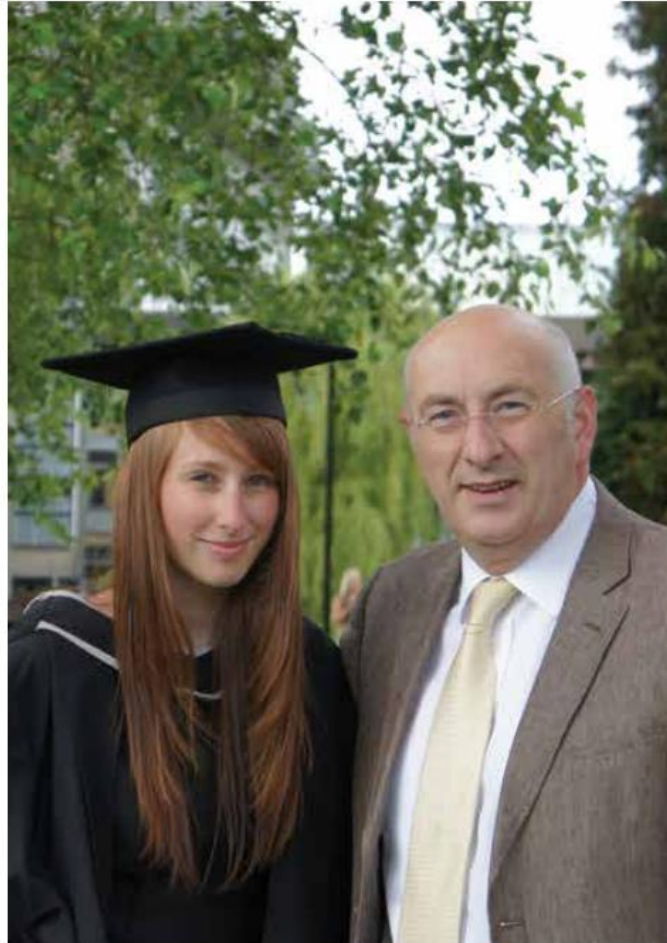
We all have mental health, like we all have physical health. It's important we take care of both as they are part of our overall wellbeing.

When someone experiences a mental health problem, it can affect their thinking, their mood, and their ability to relate to others as they usually would.

Actually, you might be surprised how common mental health problems are. 1 in 4 of us are affected in any year. (It's 1 in 10 young people, or 3 people in the average classroom). So, even if your family isn't affected directly, you or your children will know someone who's going through the experience right now.

Considering all this, you'd think we'd speak about mental health more, wouldn't you? But it's still often a topic we avoid.

If discussing mental health isn't everyday and ordinary in your house, you're not alone. It's really important though, and just being open to speaking and listening as a parent can make a real difference.



**Elizabeth experienced symptoms of depression a few years before her diagnosis, aged 19, but she didn't want to worry her parents. For a long time she didn't speak with anyone about how she was feeling.**

### Elizabeth:

"As a teenager, you think it's something that happens to adults, not young people. When my parents tried to talk to me, I denied there was anything wrong – I didn't want to talk about my feelings. So, when the GP diagnosed me with depression I think it was a bit of shock to all of us."

### David:

"We didn't really know much about mental health and, to be honest, weren't aware how many young people experience mental health problems. Still, my wife and I noticed a change in Elizabeth's overall demeanour and that prompted us to ask whether everything was OK."

I really think talking to children more about mental health would remove the stigma. And from a parent's perspective, we would understand what to look for."

## Ten tips for talking

1. Mental health isn't just about illness. It is also about wellbeing.
2. Showing you're happy to talk and listen will mean a lot.
3. You don't need to set aside hours. Just opening up the conversation helps.
4. You could chat while doing something else, like driving or preparing dinner.
5. Explain that every one of us has mental health.
6. You don't have to be an expert, or have the answers.
7. Hypothetical situations might be easier to talk about than personal experiences.
8. Familiar ideas might include feeling stressed, depressed, low or anxious
9. You could suggest learning together.
10. There a lots of good information resources on the internet.

# 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](https://www.nhs.uk/conditions/coronavirus-covid-19) or by phoning 119. For walk-in centres and pop up clinics visit [www.thevaccinators.co.uk](https://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](https://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](https://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](https://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](https://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](mailto: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](mailto:katy.wild@barnardos.org.uk)



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](mailto:office@mps.pkat.co.uk)

Class Champions from last week and  
this week  
EYFS and Lower School

Learning with our head, heart and hands

Aliyah  
and  
Jaymie  
3ET

Sungtaa  
and  
Smilte 2KB

Thomas  
and  
Kamil 3  
ET

Theo &  
Maya  
Ladybirds

Rosa  
and  
Alfie  
2RT/PO

Mikey  
Owls

Miracl  
e  
Butterflies

Renee  
Robins

Nicolas  
& Lidija  
3OW

Dominic  
and  
Joanna  
2KB

Skyla &  
Khia  
3OW

Isla &  
Joel  
Ladybirds

Ezmae  
Butterflies

Nathan  
and  
Charlie  
2RT/PO

PERSONAL  
BEST



# Class Champions Upper School

Learning with our head, heart and hands

Ethan  
4RT/PO

Romeo-Lee  
5AM

Natalia  
4NB

Loki  
Y6

Krystian  
4NB

Mateo  
Y6

Botaa  
Y6

Victor  
Y6

Arijus  
4RT/PO

Sophie  
5AM

Deon  
5AA

Eva  
5AA

PERSONAL  
BEST





Olivia  
Ladybirds



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

Olivia had a  
ballet exam and  
achieved a  
distinction

Football

Swimming

Brownies

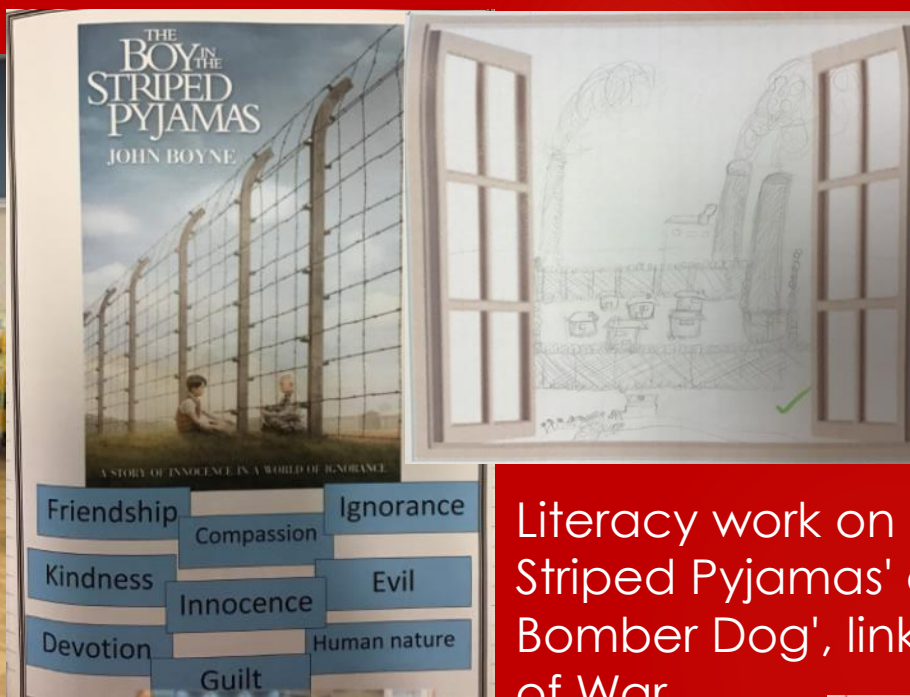
Martial Art

Gym

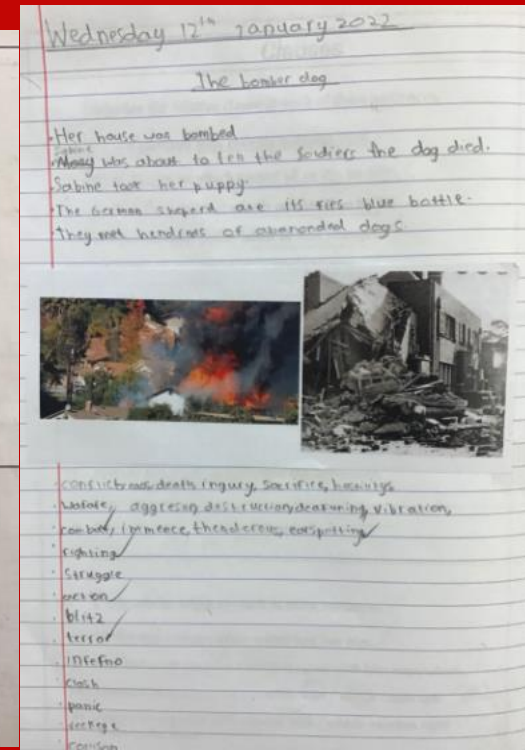
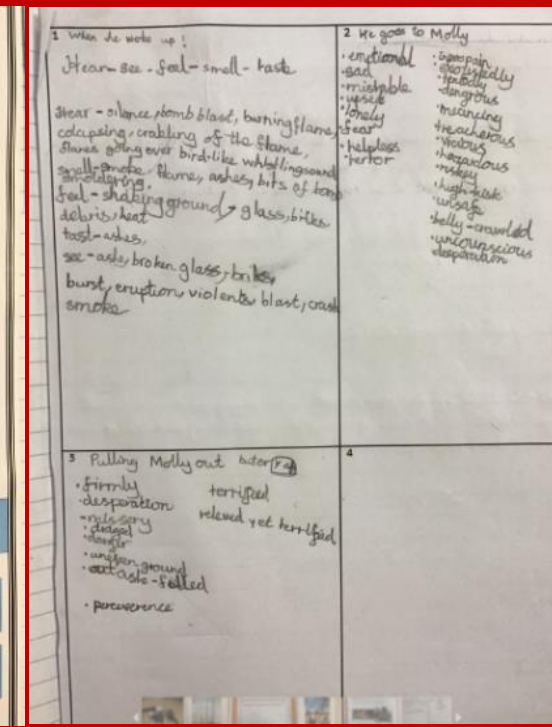
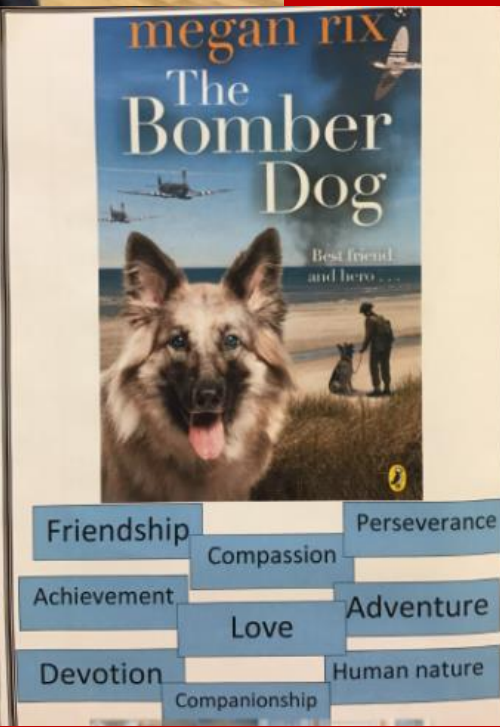
Art Work

# Year 6

The first of the Small Nose workshops. The children learnt about resilience and explored the idea of separation through drama with Jason.



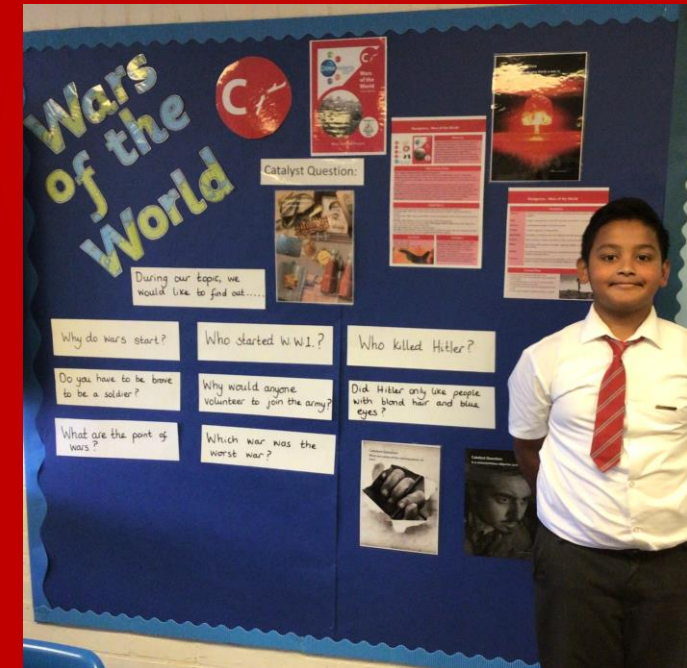
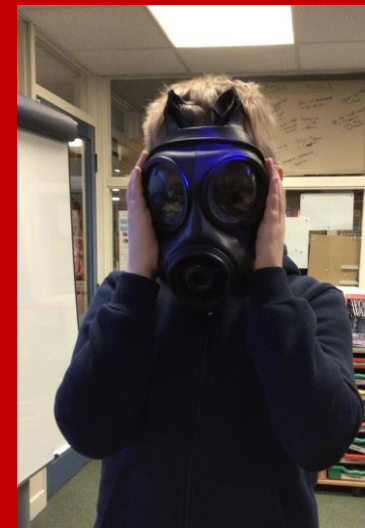
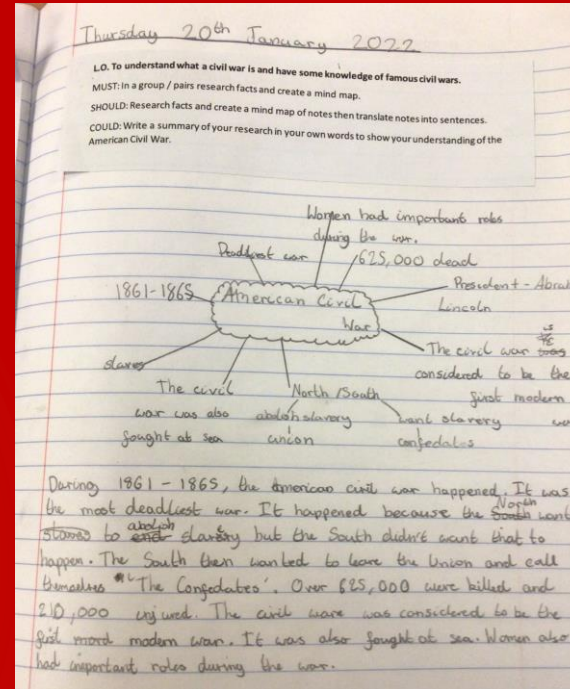
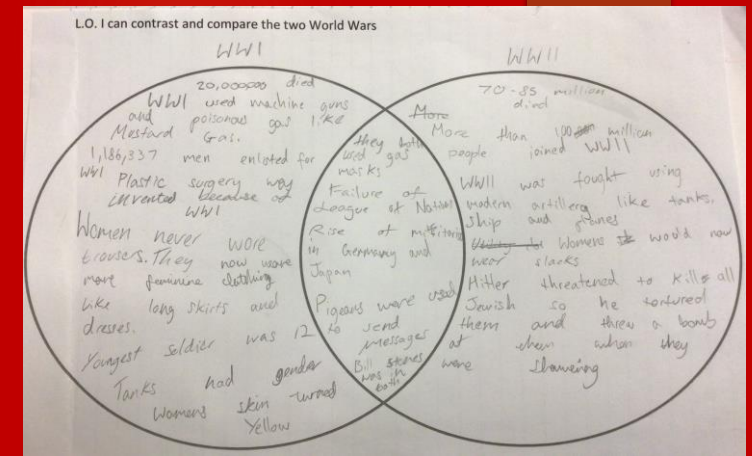
Literacy work on 'The Boy in the Striped Pyjamas' and 'The Bomber Dog', linking to our topic of War.



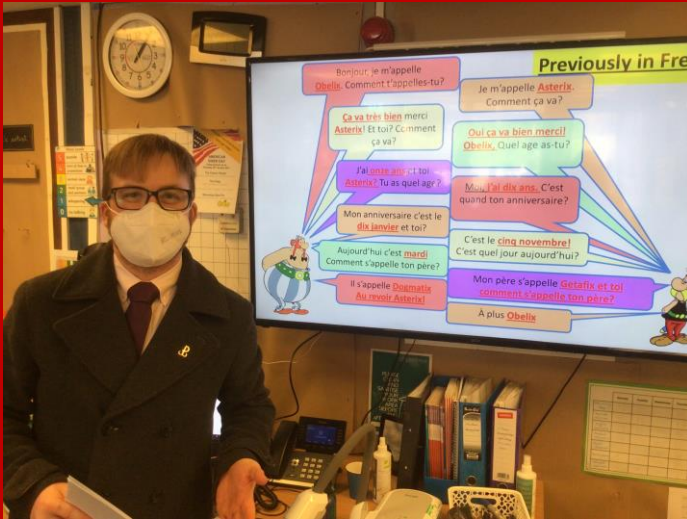


# Year 6

Our Dimensions topic is Wars of the World. We have looked at current conflicts around the world, historic civil wars and the 2 World Wars.



Monsieur Marks is coming into school every week to teach us French. We are compiling a family booklet, taking pictures on our I pads and using the french to label them.





# Rewards for our hard work.

- During golden time we have started a Cross Stitch Club.



Yesterday was American Diner day, in school. We enjoyed a special American themed lunch, a chance to sit in an authentic vintage Chevy car, followed by popcorn in the afternoon!



In 6CP/AM the reward for the most active participants on MYON / Doodle Maths & Bedrock are able to enjoy 'Bean Bag corner' during morning & afternoon registration times.

# Sports this week



What a beautiful day it was for cross country with Mr McCauley from Jack Hunt

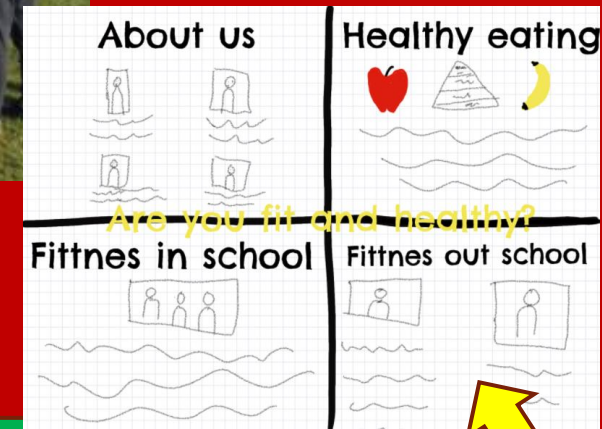


Year 5/6 girls won all of their games at the Jack Hunt tournament before Christmas so were put into the County Cup Finals in St Ives tomorrow!

They will also go to Milton Keynes for the Premier League Primary Star tournament on March 1st.

**Results to follow soon!**

**Well done girls!**



Brilliant fitness from Miss Brenchley and the year 2s

The Young Ambassadors had their second training session and will be producing a notice board to promote healthy lifestyles across the 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!**

