



FRIDAY FLYER



Happy Friday Everyone!

As you know today has been a non-uniform day in aid of Tommy's Heli Hike in support of the Kent, Sussex and Surrey Air Ambulance and I am drawn to consider that amazing examples of kindness shown by all of our children, not just Tommy's Heli Hike or Nathan's RNLi walk of last year but also the small daily act of kindness shown by all of our children on a daily basis.

I am always very proud of the acts of kindness shown in school, so much so that kindness is one of core school values and our focus for this half of term.

Did you know that there are scientific benefits

of being kind? It's true. There are reams of research that proves that kindness matters. Kindness increases energy, happiness, lifespan, pleasure and serotonin. And, Kindness decreases pain, stress, anxiety, depression and blood pressure. The great thing to know is that kindness is also teachable. "it's kind of like weight training, we found that people can actually build compassion 'muscle' and respond to other's suffering with care and a desire to help" Dr Ritchie Davidson.

Kindness is also contagious. The positive effects of kindness are experienced in the brain of everyone who witnesses the act, improving their mood and making them significantly more likely to "pay it forward" This means one good deed in a crowded area can create a domino effect and improve the day of many people! Why wouldn't you want to do this? The ripple effect can create waves. I love nothing better than complimenting a stranger. If you think something kind about someone, anyone- tell them. Pass on the car parking ticket, even if there's no one around, put it on the machine for someone to 'discover'

Knowing that kindness impacts us emotionally and physically, how can we add more kindness to our everyday lives? Often, we are quick to complain, to see the negatives or forget to appreciate how green our own grass is. We don't know what struggles each of us are going through and so remembering to act in kindness, is really important. We are all human. Our feelings can be hurt and when people are unkind it really does rock our foundations. We teach our children to be kind, we also as adults need to heed to own advice.

So, let's try this month to consider our actions. - Think before we act. Be careful how we speak about others and remember that each of us are just putting one step in front of the other.

This week I have had to consider, once again, social media and, as I have said to the children, - if you wouldn't say it to someone's face, let's not post on Facebook or be unkind in a WhatsApp group.

If you act in kindness, you'll always come from a place of kindness.

Let's be kind

With every best wish

Mark

HARVEST SERVICE IN SCHOOL

We are holding our Harvest service in school on the 1st October and ask if possible that children bring in a small donation for our Harvest collection which will be given to the Foodbank. Non-perishable food items are welcomed. Thank you.

PUPIL DATA FORMS

Reminder – please return contact and acceptable use forms ASAP.

FOREST SCHOOL FOR OAK CLASS

Oak class had a busy session at Forest Schools this week, they made (and ate) delicious donuts, made a traceless fire and toasted marshmallows over it, created nature inspired models from clay and made friendship bracelets.



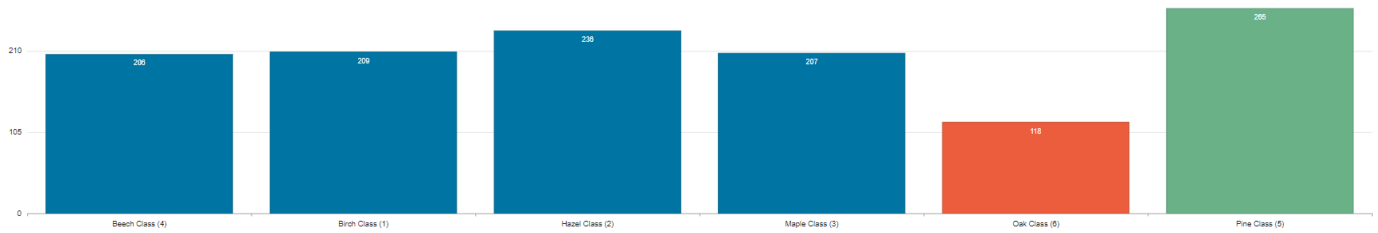
HAZEL CLASS SCIENTISTS

In science this week Hazel class have carried out 3 experiments to test the absorbency of different materials.



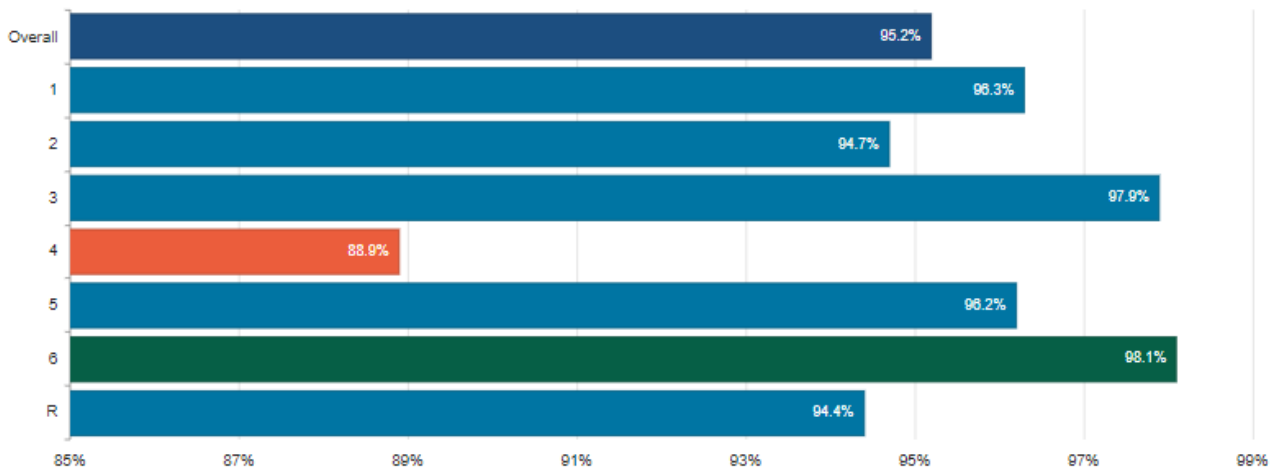
BEHAVIOUR POINTS

Congratulations to Pine Class for gaining the most Reward Points this week with 265 points. Well done Pine Class!



WEEKLY ATTENDANCE

This week's overall attendance is 95.2%, only 0.2% above our target of 95%.



THIS WEEK'S ATTENDANCE CHAMPION

Congratulations to Oak Class, this week's attendance champions with 98.1%

Food Super Heroes

Chartwells Catering have vacancies
Are you interested in school catering that fits around your family life?
If so, why not join our friendly, professional team!

Plaistow Primary school RH14 0PX - Catering assistant 10hrs per week
Compton and Upmarden primary school PO18 9EZ - Catering assistant 15hrs per week
Loxwood primary school RH14 0SR - Catering assistant 15hrs per week
Area support 16.25hrs per week
Term time only.

DBS checks will be carried out on successful applicants.
For more information, please contact
sharon.aldred@compass-group.co.uk 07867 202887

EAT LEARN LIVE

DIARY DATES

Date	Event/Activity	Details
Monday 23 rd September	Hazel & Beech - PE today Littlewoods for Birch class Dance club	Please come in PE kit Group 1 3.30-4.30pm
Tuesday 24 th September	Birch, Hazel & Maple - PE today Aspire Football club	Please come in PE kit 3.30-4.30pm
Wednesday 25 th September	Beech, Pine & Oak - PE today Dance club	Please come in PE kit 3.30-4.30pm
Thursday 26 th September	Birch & Oak - PE today Forest schools	Please come in PE kit Year 6 group 1 (please bring kit)
Friday 27 th September	Maple & Pine PE today Forest schools Cross country club	Please come in PE kit Year 6 group 2 (please bring kit) 3.30-4.15pm
Monday 30 th September	Hazel & Beech - PE today Littlewoods for Birch class Dance club	Please come in PE kit Group 1 3.30-4.30pm
Tuesday 1 st October	Birch, Hazel & Maple - PE today Harvest Assembly in school Aspire Football club	Please come in PE kit Please send in a food donation for the food bank 3.30-4.30pm
Wednesday 2 nd October	Beech, Pine & Oak - PE today Dance club	Please come in PE kit 3.30-4.30pm
Thursday 3 rd October	Census day Birch & Oak - PE today Forest schools	All Reception and KS1 pupils to have a hot school lunch Please come in PE kit Year 6 group 1 (please bring kit)
Friday 4 th October	Maple & Pine PE today Forest schools	Please come in PE kit Year 6 group 2 (please bring kit)



Midhurst Rother College

The best in everyone™

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Open Evening

Wednesday 25 September 2024

6.00 - 8.00pm

Drop-In Mornings

Tuesday 8 October & Thursday 16 October 2024

9.30 - 11.30am



Please come and hear about:

- Grammar Stream for the most able
- Music and Drama performances
- Residential visits to places in Europe and further afield
- Extensive clubs and enrichment offers

t: 01730 812451

e: sarah.banbury@mrc-academy.org

w: www.mrc-academy.org

An outstanding 11-18 school in the heart of rural West Sussex



Figure.23 Dance

Midhurst primary School Dance Clubs



Day	Mondays	Day	Wednesdays
Class	Street Dance	Class	Dance with voice
Times	3:30-4:30	Times	3:30-4:30
Years	All	Years	All
Start Date	9 th Sep	Start Date	11 th Sep
Finish Date	21 st Oct	Finish Date	23 rd Oct
Price per child	£8.25	Price per child	£8.25
Price for this term (7 weeks)	£57.75	Price for this term (7 weeks)	£57.75
Maximum of Participants	20	Maximum of Participants	20
15% off 2 class deal!! (Mon & Wed) (Applies to siblings)	£98.18	15% off 2 class deal!! (Mon & Wed) (Applies to siblings)	£98.18

- No child can participate without pre booking and paying for a slot.
- All children should wear appropriate gym clothing, (not their uniform) with trainers or bare feet.
- Classes will be held on school premises where children will need to be collected.
- We advise children to bring water to have during the class.
- We must be made aware of any health conditions or injuries of any children who take part in our classes. (Via Email - Figure23dance@gmail.com)
- F.23 coaches are enhanced DBS checked, first aid trained and carry liability insurance .

Booking and payment

Enter the Link into your user browser for the online booking system, where you will find the name of your required class and payment details.

https://www.calengoo.com/booking/figure_23_dance/
Class required

You will need to click on the 9th or 11th Sep fill in the details and click book, you will only need to do this for the first date of this term.

Please use the payment details to make the bank transfer of the full payment amount in order to secure your place.

If you have any problems with the booking link please email- Figure23dance@gmail.com

No refunds are given unless class has to be cancelled by F.23 Dance

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Heli Hike in Sussex



Tommy Glue

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by scanning this QR code**



Drama, Dance and Singing Workshop

Calling all 4-8 year olds!



Chichester Library
Tuesday 29 October
10.00–10.30am or 10.45–11.15am

Each 25 minute workshop is led by an experienced, DBS actor/drama teacher appearing in the role as the Little Green Alien. Using drama, dance and singing, they'll take the children on a fascinating, improvisational exploration through outer space.

Booking essential – please speak with staff to reserve a place

Parents and carers must remain with their child during this activity



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