



# St. Anthony's Catholic Primary School and Nursery

**Saint Anthony's Catholic Primary School and Nursery.**

**Diocese of Northampton**

**St. Thomas Catholic**

**Academies Trust**

**24th May 2021**

**Issue 63**

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## Gospel Reflection



Yesterday at Church we celebrated the Feast Day of Pentecost. Pentecost is the time when we celebrate the coming of the Holy Spirit,. The Disciples were alone and afraid, unsure as to what they should do next without Jesus beside them. In our Worship time today, we reflected on how the Disciples must have felt without their friend. We talked about the Holy Spirit and how this gave the Disciples courage and the ability to speak in tongues, to share the message of God to people from all different nations. The children reflected on how they can share this message too and be filled with the Holy Spirit, to be a witness to God's love.

It was wonderful to celebrate our Worship today with Year five altogether in the hall and all other children in their classrooms sharing and joining in via Zoom. We are alternating all year groups celebrating either Worship or Rewards assemblies in the hall, so that we can share beautiful work and the inspirational thinking from our young minds. I hope they share some of their ideas with you at home too.

I hope you have a great week!

God bless

Mrs Oppe

## Word of the Week



John 20:21-22

Jesus said to them again, "Peace be with you. As the Father sent me, so I send you." Then he breathed on them and said, "Receive the Holy Spirit."

### This week at St. Anthony's



Well done to 3 Jonah who had 100% attendance last week. As a prize, you can wear you own clothes this Friday.



Star of the week for week ending 21st May



<b>CLASS</b>	<b>Name</b>
Nursery	Gurveer
Reception Noah	Lena K
Reception Abraham	Julia Z
1 Mark	Orla
1 Ruth	Aiden
1 Moses	Michelle
1 Joshua	Damian
2 Gideon	Parneet
2 David	Natalia
3 Daniel	Sena
3 Jonah	Natalia
3 Esther	Delroy
Eden	Armaghan
4 Magdalene	Alexander C
4 Elizabeth	Marcel K
4 Baptist	Aleks P
5 Luke	Jan
5 Peter	Daniel K
5 Matthew	Serewyn
6 Catherine	Zofia
6 Paul	Daragh
6 John	Abby



## Nursery & Reception





Now is the time to apply for Nursery spaces. Our Nursery is thriving and we have an excellent team of dedicated staff. We have spaces for 30 hours and are exploring our options for two year-old spaces. Please contact the school office for more information, or to express your interest for two-year old spaces.

We also still have some spaces left for Reception commencing September 2021. If you are interested or know somebody who is, please contact the school office as soon as possible.



# Lunchboxes

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

<h3>FRUIT 1</h3> <p><b>FRESH FRUIT</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Mandarin</li> <li>• Orange quarters</li> <li>• Patekfruit halves (with spoon)</li> <li>• Watermelon, honeydew, rockmelon chunks</li> <li>• Pineapple chunks</li> <li>• Grape</li> <li>• Plum</li> <li>• Nectarines, peaches, Apricots</li> <li>• Strawberries</li> <li>• Cherries</li> <li>• Kiwifruit halves (with spoon)</li> <li>• Pear</li> </ul> <p><b>MIXED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Fruit kebabs</li> </ul> <p><b>DRIED FRUIT</b></p> <ul style="list-style-type: none"> <li>• Dried fruit, nut, popcorn mixes*</li> </ul> <p><b>TINNED FRUIT/SNACK PACKS/CUPS</b></p> <ul style="list-style-type: none"> <li>• In natural juice (not syrup)</li> </ul> 	<h3>VEGETABLES 2</h3> <p><b>FRESH CRUNCHY VEGES</b></p> <ul style="list-style-type: none"> <li>• Corn cobs</li> <li>• Carrot sticks</li> <li>• Capsicum sticks</li> <li>• Green beans</li> <li>• Cucumber sticks</li> <li>• Celery sticks</li> <li>• Snow peas</li> <li>• Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>• Mushroom pieces</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Tomato salsa</li> <li>• Tofu</li> <li>• Beetroot dip</li> <li>• Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>• Colelaw and potato salad (reduced fat dressing)</li> <li>• Mexican bean, tomato, lettuce and cheese salad</li> <li>• Potato pasta salad*</li> </ul> <p><b>BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Grilled or roasted vegetables</li> <li>• Wholemeal vegetable muffins or scones</li> <li>• Vegetable slice (with grated zucchini and carrot)</li> <li>• Popcorn</li> </ul> <p><b>SOUP</b> (in small thermos)</p> <ul style="list-style-type: none"> <li>• Pumpkin soup</li> <li>• Potato and leek soup</li> <li>• Chicken and corn soup</li> </ul>	<h3>MILK, YOGHURT AND CHEESE 3</h3> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Calcium-enriched soy and other plant-based milks</li> <li>• Yoghurt (frozen overnight)</li> <li>• Custard</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>• Freeze the night before to keep cool during the day</li> </ul> <ul style="list-style-type: none"> <li>• Cheese cubes, sticks or slices</li> <li>• Cottage or ricotta cheese</li> <li>• Cream cheese</li> <li>• Tofu dip</li> </ul> <p><b>Can serve with either:</b></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Wholegrain cereal, low in sugar</li> <li>• Vegetable sticks</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> </ul>	<h3>MEAT OR MEAT ALTERNATIVE 4</h3> <ul style="list-style-type: none"> <li>• Tinned tuna or salmon in springwater</li> <li>• Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>• Falafel balls</li> <li>• Lean meat or chicken patties</li> <li>• Tinned tuna or salmon patties</li> <li>• Lentil patties</li> <li>• Lean deli meats (e.g. ham, silveride, chicken)</li> <li>• Tofu cubes</li> <li>• Baked beans (canned)</li> <li>• Tofu cubes</li> <li>• Hummus dip</li> <li>• Lean meat or chicken kebabs sticks</li> <li>• Peanut butter*</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>• Wholegrain sandwich, roll, pita or wrap bread (wholegrain)</li> <li>• Rice and corn cakes</li> <li>• Wholegrain wheat crackers</li> <li>• Rice salad</li> </ul> <ul style="list-style-type: none"> <li>• Vegetable sticks</li> <li>• Sautéed chicken drumsticks</li> <li>• Savoury muffins or scones (e.g. lean ham, cheese and thistle)</li> <li>• Homemade pizza with lean roast or deli meats and vegetables</li> </ul> <p><b>Can serve with:</b></p> <ul style="list-style-type: none"> <li>• Side salad</li> <li>• Steamed or roasted vegetables</li> </ul>	<h3>GRAIN AND CEREAL FOOD 5</h3> <p><b>MAINS</b></p> <ul style="list-style-type: none"> <li>• Wraps</li> <li>• Sandwiches</li> <li>• Rolls</li> <li>• Toasted sandwiches</li> </ul> <p><b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, hest, naan, bagels, focaccia, fruit bread and English muffins.</p> <ul style="list-style-type: none"> <li>• Pasta dishes</li> <li>• Rice quinoa or couscous dishes</li> <li>• Noodle dishes</li> <li>• Sushi</li> </ul> <p><b>SAVORY BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>- Homemade pizzas</li> <li>- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffin)</li> <li>- Vegetable based muffins</li> <li>- Pasta or noodle bake</li> </ul> <p><b>SWEET BAKED ITEMS</b></p> <ul style="list-style-type: none"> <li>• Fruit loaf</li> <li>• Wholemeal fruit based muffin</li> </ul> <p><b>SNACKS</b></p> <ul style="list-style-type: none"> <li>• High fibre, low sugar cereal (e.g. muesli)</li> <li>• English muffins</li> <li>• Crackers</li> <li>• Cripbread</li> <li>• Rice cakes</li> <li>• Corn thins</li> <li>• Wholemeal scones</li> <li>• Pketoats</li> <li>• Crumpets</li> <li>• Hot cross buns (no lolly)</li> </ul>	<h3>WATER 6</h3> <ul style="list-style-type: none"> <li>• Take a water bottle (or refilling throughout the day)</li> </ul> <p><b>Tip:</b></p> <ul style="list-style-type: none"> <li>• Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be <b>limited</b> in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionary should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>  <p><b>*Check your school's policy regarding the use of nuts and products containing nuts.</b></p>
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For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://haas.health.vic.gov.au/>



**Pack a healthy lunchbox**

For a HEALTHY BALANCED packed lunch, choose something from EACH GROUP 1, 2 & 3 ...

**1. Fill-you-up foods**

Fill a BIG PORTION of SLOW RELEASE ENERGY FOOD (Choose only one of these)

- CHEESE BREAD
- BELLE, PITRA
- SANDWICH
- MEXICAN TORTILLA
- ENGLISH MUFFIN
- LEVEL
- WHOLEMEAL RICE
- SALAD

**2. Help-you-grow foods**

Fill a MEDIUM PORTION of HELP-TO-GROW FOOD (Choose only one of these)

- FRESH VEGETABLES
- CARROT
- CELERY
- CUCUMBER
- TOMATO
- ZUCCHINI
- PEAS
- SPINACH
- BROCCOLI
- MUSHROOMS
- GARLIC
- ONION
- PARSNIP
- POTATO
- SWEET POTATO
- CORN
- OKRA
- CABBAGE
- BUTTER BEANS
- PEA
- LENTIL
- BEAN
- CHICKEN
- TURKEY
- BEEF
- PORK
- LAMB
- TUNA
- SALMON
- TROUT
- MACKEREL
- ANCHovy
- TILAPIA
- COD
- HERRING
- MULLET
- SEA BASS
- WHOLEMEAL BREAD
- WHOLEMEAL RICE
- WHOLEMEAL PASTA
- WHOLEMEAL MUFFINS
- WHOLEMEAL SCONES
- WHOLEMEAL CRACKERS
- WHOLEMEAL BISCUITS
- WHOLEMEAL COOKIES
- WHOLEMEAL CAKES
- WHOLEMEAL BREAD AND BUTTER SANDWICH
- WHOLEMEAL PASTA AND SAUCE
- WHOLEMEAL RICE AND STEAMED VEGETABLES
- WHOLEMEAL TORTILLA AND SANDWICH
- WHOLEMEAL ENGLISH MUFFIN AND SANDWICH
- WHOLEMEAL MUFFIN AND SANDWICH
- WHOLEMEAL SCONES AND SANDWICH
- WHOLEMEAL CRACKER AND SANDWICH
- WHOLEMEAL BISCUIT AND SANDWICH
- WHOLEMEAL COOKIE AND SANDWICH
- WHOLEMEAL CAKE AND SANDWICH

**3. Fruit & veg**

Fill a MEDIUM PORTION of FRESH FRUIT AND VEGETABLES (Choose only one of these)

- APPLE
- BANANA
- MANDARIN
- ORANGE QUARTERS
- PATEKFRUIT HALVES (WITH SPOON)
- WATERMELON, HONEYDEW, ROCKMELON CHUNKS
- PINEAPPLE CHUNKS
- GRAPE
- PLUM
- NETTARINES, PEACHES, APRICOTS
- STRAWBERRIES
- CHERRIES
- KIWIFRUIT HALVES (WITH SPOON)
- PEAR

**Take a drink**

Fill a MEDIUM PORTION of DRINK (Choose only one of these)

- MILK
- YOGHURT
- WATER
- TEA
- COFFEE
- JUICE
- SOFT DRINK

**From time to time**

Fill a SMALL PORTION of SNACK (Choose only one of these)

- BISCUITS
- CAKES
- CRACKERS
- COOKIES
- CONFECTIONERY
- SANDWICHES
- ROLLS
- TOASTED SANDWICHES

1 - We promote a healthy living and eating life style for all our children. The children learn all about what foods to eat in order to get the best out of our bodies and brains and become the best learners we can be. We would really appreciate the support from home in also promoting this message. Please do not put chocolate and high sugar/salt products in your children's lunch boxes. For some ideas and guidance please see the website and posters below:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

## Virtual prayer group & Prayer of the week



At St Thomas Academy Trust, we are running a virtual prayer group, anonymously praying for our children, families and staff in the community. All staff, governors, parents/carers and parishioners are invited to be involved. If we have enough volunteers, it is hoped that each person would be asked to join the group twice a year. The group will meet at 7pm (lasting appx. 20 minutes) on the first Monday of each month. If you would like to be part of this prayer group, please email Nikki Tew at [ntew@stanthonys.slough.sch.uk](mailto:ntew@stanthonys.slough.sch.uk)

All loving God,

Your Spirit is dwelling deep in the hearts of each of us,

Urging us to work for peace, justice, reconciliation and respect for the wonderful world you have given us.

We ask that you give us the courage we need to see your Holy Spirit at work within us and among us,

And lead us into more joyful and courageous ways of working together for the coming of your Kingdom.

Amen

## Messages and Reminders



### **Uniform**

To support families over the past few months, we made the decision to relax the uniform expectations during lockdown, as many clothing stores were closed. However, as stores have now reopened, we would like all children going forward, on the days they have PE, to wear either royal blue or black jogging bottoms and jumpers with their logo PE top and black trainers. The royal blue tracksuit can be ordered online through [www.st-anthonys.re-schooluniform.co.uk](http://www.st-anthonys.re-schooluniform.co.uk) and delivered for free to the school on a Wednesday.

Please note, no **leggings or alternative coloured jogging bottoms and no branded sportswear will be permitted.**

We would also like to remind you that the children should be wearing black shoes to school, on non -PE days and **not trainers.**

### **Government Guidance**

We are continuing to monitor the Government recommendations in relation to social distancing, mask wearing and bubbles. We will re-evaluate our risk assessment over the coming weeks and will communicate with you about the coming half term. For now, we will continue with our current systems. Please ensure that your child is arriving on time for their learning; if children are late for school, they miss vital early morning learning in their core subjects. Thank you for your continued support to ensure that your child arrives for school on time.

### **Birthday cakes/treats**

Due to the pandemic we were unable to allow sweets or cakes to be handed out for birthdays. It has been decided that this will continue for the time being and be reviewed after half term.

### **After school clubs**

There will be new after school clubs commencing after half term and these will go live on ParentPay tomorrow. Please note, spaces are limited and strictly first come first serve.

### **Online courses**

Thank you to all those parents who attended the online parent workshops this term. Staff successfully delivered workshops in reading, phonics, writing and maths, so that families can support their child's learning at home. We would like to remind you that these workshops were recorded by the staff

delivering them and you can access these recordings by logging in to your child's Team's account. If you have any trouble accessing these, please do contact the office. We would like you to encourage you to watch these recordings and welcome your feedback.

### **Dunfield House meeting for parents**

There will be a zoom meeting for parents of those in year 6 who are attending the Dunfield House residential trip on Monday 24th May at 5pm. The details have been emailed out to parents.

### **Lateness**

If you are late dropping your child to school **please ensure you bring them to the office so that they can be signed in** and taken to their classroom. We have had a few incidents where parents have sent their children through the gate alone, after their start time and with no staff member present which is a safeguarding issue. Thank you for your support on this.

### **Illness**

If your child is unwell and will not be attending school, please call this office after 8.30 am, select option 1 as specified, and leave a message stating the child's name, class and reason for absence, for example temperature, sickness, sore throat. Any child with vomiting or diarrhea will need to be 48 hours clear of the last episode before they return to school.

### **Breakfast Club**

Breakfast club entry is at the Stafford gate at **8:15 prompt**.

### **Reception Reading books**

Reception children will be bringing their reading books home every day going forward and these will need to come back in to school with them each day.

### **PTA & Events**

We always welcome any help and support from our parents and with the restrictions slowly lifting we are hoping to arrange some events over the next term. If you are interested in getting involved, please contact the school office or talk to a member of staff.

### **RAPID COVID-19 TESTS NOW AVAILABLE FOR HOUSEHOLDS WITH CHILDREN OF SCHOOL AGE**

Whole families and households with primary school, secondary school and college age children, including childcare and support bubbles, are now able to test themselves twice every week from home.

Rapid testing detects cases quickly – in under 30 minutes – meaning positive cases can isolate immediately. This can be the difference between children being able to stay in school, or a class being sent home due to an outbreak. It could also be the difference between a workplace having to close for a period, or being able to stay open and running.

How do I get home testing kits?

There are 3 different options on how you and your household can get tested: 1. Order kits to test your household by visiting <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> 2. Find a local site

to get tested at by visiting <https://maps.test-and-trace.nhs.uk/find-covid-19-rapid-test-sites> and entering your postcode to find your nearest testing site 3. Find a local site where you can collect tests by visiting <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/> and entering your postcode to find your nearest collection site.

Please do not contact the school for home testing kits as they are only available by these 3 options. We do not hold any testing kits on school premises for our families.

### **#feedbackFriday**

We would love to hear your feedback! It is so nice to talk to you on the gate and hear positive feedback.

Please email: [catchup@stanthonys.slough.sch.uk](mailto:catchup@stanthonys.slough.sch.uk) with feedback and messages for our school, children, learning and community and it will be shared via Twitter on feedback Friday!

### **Its good to talk!**

Times are hard for lots of us at the moment and there is no harm in admitting that and asking for help. Talking Therapies is a free NHS service here to support the residents of Berkshire aged 17+ who may be struggling with difficulties including: low mood, anxiety and stress at this unprecedented time.

If you are in need of support you can call the Talking Therapies admin team on 0300 365 2000, alternatively you can [Sign Up](#) via their website referral form.

### **Respecting staff members**

Please remember how hard our staff members work for your children. There have been a few incidences recently where, unfortunately, our staff have been left feeling upset and embarrassed by unkind and unpleasant language and behaviour towards them at the gate. If you have any concerns, please do share them in a respectful manner with the office or SLT. Many thanks.

### **Safety at the gate in the morning**

There is increasing concern being raised about the safety of children coming into school in the morning, where cars are pulling in to the school car park. Please wait on the grass or pavement either side of the gate and leave the gate clear for passing traffic. We want to make sure that children and adults are safe at all times, please support us with this.

### **Helmets**

If your child is cycling to and from school it is imperative that they wear a helmet. We have had a lot of children not doing so over recent weeks and we cannot stress the importance of this enough.

## Contact us



We always welcome your feedback and hope we can answer any questions you may have.

**Saint Anthony's Catholic Primary School and Nursery**

Farnham Road, Slough SL2 3AA

**Telephone:** 01753 645828

**Email:** [post@stanthonys.slough.sch.uk](mailto:post@stanthonys.slough.sch.uk)

Visit us on the web at: [www.stanthonys.slough.sch.uk](http://www.stanthonys.slough.sch.uk)

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