



# St. Anthony's Catholic Primary School and Nursery 17.9.21

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

**Diocese of Northampton**

**St. Thomas Catholic**

**Academies Trust**

**17th September 2021**

**Issue 71**

## In This Issue



- This week at St. Anthony's
- We need you!
- After school clubs
- Nursery & Reception
- Lunchboxes
- Virtual prayer group and prayer of the week
- Messages & reminders
- Contact us

## This week at St. Anthony's



This week we have been thinking about the Gospel from Sunday, Mark 8: 27-35, when Jesus asked, "Who do people say that I am?" When Peter was invited to answer, he said, "You are the Messiah."

On Friday the children were asked to vote for their new school council representatives, and we asked the children to think about what they wanted from their candidates. The children reflected on the question that Jesus asked and our children were invited to ask the same question. We asked them to think about how they would want to be known, by what title or for what talent, quality or gift they might possess. We encourage the children to be strong and courageous, but also humble and faithful; we reflected on whether this is what others would say if we asked, "Who do people say I am."

The children were fantastic when presenting their speeches and we will be voting for our councillors on Monday. We look forward to sharing the outcomes with you in next week's newsletter.

Friends of St. Anthony's



Now that we are able to hold events again, we would love some parents, carers and family members to join our Friend's group, to help set up events and fundraise for our school. We have lots of great ideas and would like some helping hands to get some of these ideas and projects going. Please let the office know by emailing or phoning, if you would like to give some of your time. Thank you!

### After School Clubs

These are now live on ParentPay, however spaces are limited and strictly first come first serve.

We have also emailed out flyers for Little Tanks drama club, Magical Maths and Slough Football coaching course which are all run by independent companies. If there is a club that your child would like to see running at our school, please let us know!

We are also looking at holiday club provision for the future. If you are interested in this, please do express an interest in the office.

## Fundraising Scheme



Welcome to our brand new fundraising scheme!

Easy2name's very successful fundraising scheme is a great way to raise money for nurseries, schools, and organisations.

With our new website now live, raising funds for your group has never been quicker and easier!

Please find your unique code below which will give parents FREE SHIPPING and all fundraising groups a very generous 20% COMMISSION.

To use the code simply enter it into the fundraising/discount code box when ordering online. DISCOUNT CODE: FR-STANTHONYSSCHOOL-58 This is your organisations unique code. Please share this code with all relevant group members. Please note due to the launch of our new website you cannot currently login to view your latest commission and group details, so for any information please email

FUNDRAISING@EASY2NAME.COM

In September you will receive login details for our new site, simply login via this link. You will be requested to change your password as well as enter your organisations bank details.

The first payment will be made automatically in September 2021.

## Nursery & Reception



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!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<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>Pasteurised halve (with spoon)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Plums</li> <li>Nectarines, peaches, Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Softfruit 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>	<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>Tatale</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>Coleslaw and potato salad (reduced fat dressing)</li> <li>Mexican bean, tomato, lettuce and cheese salad</li> <li>Pesto 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>Rotato and leek soup</li> <li>Chicken and corn soup</li> </ul>	<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>Collage or ricotta cheese</li> <li>Cream cheese</li> <li>Tatale 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>	<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>Boiled eggs</li> <li>Boiled 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 withouted</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <ul style="list-style-type: none"> <li>Vegetable sticks</li> <li>Sauces: chicken dumplings</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>	<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, heta, 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 full based muffin</li> </ul> <p><b>SHACKS</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>Crispbreads</li> <li>Rice cakes</li> <li>Corn thins</li> <li>Wholemeal scones</li> <li>Pleakets</li> <li>Crumpets</li> <li>Hot cross buns (no icing)</li> </ul>	<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 lunchbox</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 <b>excess energy intake</b> if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to <b>excess energy intake</b> and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://haas.health.vic.gov.au/>



\*Check your school's policy regarding the use of nuts and products containing nuts.

**Pack a healthy lunchbox**

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

- 1. Fill-you-up foods**

Have a **BIG PORTION** of **SLOW RELEASE ENERGY FOOD** (choose wholegrain)

  - CHICKEN BREAST, BELL PEPPER, POTATO
  - MINI + SANDWICH
  - OR MEAT, POTATO, ONION, LETTUCE, CHEESE, RICE
  - OR SALAD
- 2. Help-you-grow foods**

Have a **CONSIDERABLE** amount of **LEAN MEAT OR FISH** (choose lean)

  - MINI + SANDWICH
  - OR MEAT, POTATO, ONION, LETTUCE, CHEESE, RICE
  - OR SALAD
- 3. Fruit & veg**

Have **FOUR SERVINGS** of **FRUIT & VEGETABLES** (choose fresh)

  - MINI + SANDWICH
  - OR MEAT, POTATO, ONION, LETTUCE, CHEESE, RICE
  - OR SALAD
- 4. Take a drink**

Have **ONE SERVING** of **DRINK** (choose water)

  - MINI + SANDWICH
  - OR MEAT, POTATO, ONION, LETTUCE, CHEESE, RICE
  - OR SALAD

**From time to time**

- MINI + SANDWICH
- OR MEAT, POTATO, ONION, LETTUCE, CHEESE, RICE
- OR SALAD

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. 20minutes) on the first Monday of each month. If you would like be part of this prayer group, please email Nikki Tew at [ntew@stanthonys.slough.sch.uk](mailto:ntew@stanthonys.slough.sch.uk)

## Messages and Reminders



**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.

### **Arriving on time in the morning**

Please ensure that your child arrives to school on time, as it is vital that they do not miss early morning work. School gates open at 8:00am for Breakfast Club and 8:15am - 8:30am for registration. Please use all three gates, to ease congestion.

### **Breakfast Club**

If you have signed your child up to breakfast club please ensure you arrive promptly at the Stafford Gate for 8:00am. The gate will close at 8:05am and re-open at 8:15am for the staggered start.

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!

### **Bridging Club**

When collecting on a Friday, please be reminded to either collect at 1:30 or at 3:30 if you have registered; please do not try to collect in between times, as it is very difficult for staff to plan activities. PLEASE MAKE SURE THAT YOU BOOK YOUR CHILD INTO THE GROUP, so that we can ensure that our staff are correctly deployed.

### **Meet the Teacher**

If you missed Meet the Teacher and have any questions, please get in touch.

## Contact us



We always welcome your feedback and hope we can answer any questions you may have. Although the office is currently closed, we will still answer emails and phone calls.

### **St. Anthony's Catholic Primary School and Nursery**

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