



St. Anthony's Catholic Primary School and Nursery

Saint Anthony's Catholic Primary School and Nursery.

Diocese of Northampton

St. Thomas Catholic

Academies Trust

11th May 2021

Issue 61

In This Issue



- Gospel Reflection
- Word of the week
- This week at St. Anthony's
- Star of the week
- Nursery & Reception
- Lunchboxes
- Virtual prayer group and prayer of the week
- Messages & reminders
- Contact us

Gospel Reflection



This week in our worship time we have been thinking about our friends: what we do for them and what they do for us,

We reflected on how important our friends are to us and how Jesus is our friend. In our Gospel on Sunday, the Sixth Sunday of Easter, we heard in the Gospel of John that God's commandment is to 'Love one another.' He reminds us that we have been chosen to be friends of Jesus, if we follow the right path and follow His example. As part of their worship yesterday, the children filled out a heart template to put on their prayer tables, to share all of the wonderful things that they love about their friends.

We are called to share our kindness, love and support with all of our Christian family, all around the world.

I have left our children with a challenge - how will you share your love this week with our friends at school, our families at home and our Christian family around the world?

Have a blessed week!

Word of the Week



John 15:12-13

My commandment is this: love one another, just as I love you. The greatest love you can have for your friends is to give your life for them.

This week at St. Anthony's



Year 3 have been learning about Magnets in Science this week.

Well done to class 6 John who had 100% attendance last week. As a prize, you can wear your own clothes this Friday.



Star of the week for week ending 7th May



CLASS	Name
Nursery	Andrew
Reception Noah	Isabel
Reception Abraham	Isabelle
1 Mark	Madina
1 Ruth	David
1 Moses	Kacper
1 Joshua	Alex
2 Gideon	Nathan
2 David	Joshua & Mary
3 Daniel	Hayden
3 Jonah	Liyan
3 Esther	Amelia
Eden	Igor
4 Magdalene	Pola
4 Elizabeth	Kacper
4 Baptist	Ezra
5 Luke	Wiktor
5 Peter	Weronika
5 Matthew	Khushan
6 Catherine	Wiktorja B
6 Paul	Tyrese
6 John	Oliwia

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!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Pasteurised halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Soft fruit halves (with spoon) Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGES</p> <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> Hummus Tomato salsa Tatale Beetroot dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn <p>SOUP (in small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Rotato and leak soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard <p>Tip:</p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <ul style="list-style-type: none"> Cheese cubes, sticks or slices Collage or ricotta cheese Cream cheese Tatale dip <p>Can serve with either:</p> <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lentil patties Lean diet meats (e.g. ham, silveride, chicken) Boiled eggs Boiled beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebabs sticks Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread withouted Rice and corn cakes Wholegrain wheat crackers Side salad Vegetable sticks Sauces, chutneys, dips, salsas Savoury muffins or scones (e.g. lean ham, cheese and thistle) Homemade pizza with lean roast or diet meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p>Tip:</p> <ul style="list-style-type: none"> 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. <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffin) Vegetable based muffins Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffin <p>SHAKES</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pleakets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (or refill throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchbox <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake 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 FOODS** (choose only one item)
 - Wholegrain bread
 - CRISPER BREAD
 - BELLE, PITTA
 - WING & SERRANO
 - or MEXICAN PASTA
 - ORZOTTO
 - LENTIL
 - CHICKPEA RICE
 - or SALAD
- 2. Help-you-grow foods**
 - Have a **CONSCIOUS** amount of **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)
 - ALLERGEN-FREE (optional)
 - Avocado
 - Walnut
 - Almond
 - Coconut
 - Flaxseed
 - Linseed
 - Sesame
 - Mustard
 - Mayonnaise
 - Yoghurt
 - Butter
 - Oil
 - Salad dressing
 - Mustard
 - Mayonnaise
 - Yoghurt
 - Butter
 - Oil
 - Salad dressing
- 3. Fruit & veg**
 - Have **HEALTHY ENERGY** (choose only one item)
 - or **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)
 - or **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)
 - or **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)
- 4. Take a drink**
 - From time to time
 - or **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)
 - or **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)

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

Loving God,

We give thanks for our friends and the joy they bring us.

Help us to be generous,

loving and kind to all people around the world,

so that they may know that we are their friends.

Amen.

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.

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 this week where parents have sent their children through the gate alone, after their start time and with no staff member present which is a safe guarding issue. Thank you for your support on this.

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 also.

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.

#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 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.

After School Clubs

These are now live on ParentPay. Spaces are limited and strictly first come first serve.

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 schooling the morning, where cars are pulling 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.

Vacancies

We currently have a temporary vacancy for a cleaner, every day 3.45-5.45. If you are interested please contact the office.

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

Visit us on the web at: www.stanthonys.slough.sch.uk

Follow us on Twitter at: [@stanthonyslough](https://twitter.com/stanthonyslough)