



St. Anthony's Catholic Primary School and Nursery

Saint Anthony's Catholic Primary School and Nursery.

Diocese of Northampton

St. Thomas Catholic

Academies Trust

5th May 2021

Issue 60

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Gospel Reflection



On Sunday we heard the Gospel of John on the Fifth Sunday of Easter. In this Gospel we were reminded of the love that God has for us and that He cultivates love through His message. Through doing good things we grow and He wants us to follow His example, supporting and helping each other. Jesus called us His branches and He is the tree, just like a tree trunk supports the branches of a tree. The children have been talking about the conditions that are best of us to grow, with love, support and nurturing. Through working together and helping each other, the children have reflected on how they can be the best that they can be. We have linked this to looking after our planet and how we can affect climate change through positive actions.

Word of the Week



“I am the vine, and you are the branches. Those who remain in me, and I in them, will bear much fruit; for you can do nothing without me. John 15:1-8.

This week at St. Anthony's



Well done to classes 1 Joshua, 1 Mark and 3 Daniel who all had 100% attendance last week. As a prize, you can wear your own clothes this Friday.



Star of the week for week ending 30th April



CLASS	Name
Nursery	Bryan
Reception Noah	Ruby
Reception Abraham	Eric
1 Mark	Lena
1 Ruth	Ella
1 Moses	Natasha
1 Joshua	Olivier
2 Gideon	Nathan
2 David	Aleksander
3 Daniel	Oisin
3 Jonah	Ines
3 Esther	Lucy
Eden	Daniel
4 Magdalene	Alex C
4 Elizabeth	Julia W
4 Baptist	Thanushan
5 Luke	Takudzwa
5 Peter	Joshdeep
5 Matthew	Sonaksha
6 Catherine	Vanessa
6 Paul	Avneet G
6 John	Aryan

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.

Parent workshops



Maths - 10th May 2021 4:00pm Join through your child's Teams account

Please note that these sessions will be recorded for parents/carers to view later. If you do not wish to be videoed, please switch your camera to off. There is the 'chat' option available and you can watch the video recorded at a later time, if you would prefer.

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 Raspberries halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwi/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 Pasta potato 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 leek 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 deli 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 <ul style="list-style-type: none"> Vegetable sticks Savory chicken dumplings Savory muffins or scones (e.g. lean ham, cheese and thistle) Homemade pizza with lean roast or deli 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 savory 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 FOOD** (choose only one item)

- Wholegrain bread
- CRISPER BREAD
- BELLE, PITRAS
- WING & BARRINGTON
- or MARGIE POTATO
- ORANGE, LENTIL, CHICKPEA, RICE
- or SALAD

2. Help-you-grow foods

Have a **CONSCIOUS** amount of **HEALTHY FAT** or **HEALTHY OIL** (choose only one item)

- Avocado
- Walnut
- Almond
- Coconut
- Flaxseed
- Linseed
- Walnut
- Almond
- Coconut
- Flaxseed
- Linseed

3. Fruit & veg

Have **HEALTHY PORTIONS** of **FRUIT & VEGETABLES** (choose only one item)

- Apple
- Banana
- Orange
- Watermelon
- Honeydew
- Rockmelon
- Pineapple
- Grapes
- Plums
- Nectarines
- Peaches
- Apricots
- Strawberries
- Cherries
- Kiwi
- Pears
- Carrots
- Cucumbers
- Capsicums
- Green beans
- Celery
- Snow peas
- Tomatoes
- Mushrooms

4. Take a drink

Have a **DRINK** of **WATER** (choose only one item)

- Water
- Unsweetened fruit juice
- Unsweetened vegetable juice
- Unsweetened soy milk
- Unsweetened almond milk
- Unsweetened oat milk
- Unsweetened rice milk
- Unsweetened coconut milk
- Unsweetened hemp milk
- Unsweetened flaxseed milk
- Unsweetened linseed milk
- Unsweetened walnut milk
- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened hemp milk
- Unsweetened flaxseed milk
- Unsweetened linseed milk
- Unsweetened walnut milk

From time to time

- Unsweetened fruit juice
- Unsweetened vegetable juice
- Unsweetened soy milk
- Unsweetened almond milk
- Unsweetened oat milk
- Unsweetened rice milk
- Unsweetened coconut milk
- Unsweetened hemp milk
- Unsweetened flaxseed milk
- Unsweetened linseed milk
- Unsweetened walnut milk

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

Prayer: Generous God, support us in all we do as a vine supports its branches, and help us to support and share with others around the world, especially those who are affected by the changing climate. 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.

Breakfast Club

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

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. Although the office is currently closed, we will still answer emails and phone calls.

Saint Anthony's Catholic Primary School and Nursery

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