



St. Anthony's Catholic Primary School and Nursery

Saint Anthony's Catholic Primary School and Nursery.

Diocese of Northampton

St. Thomas Catholic

Academies Trust

Date

Issue 56

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Gospel Reflection



Last Sunday was the fifth Sunday of Lent. We were reminded in the reading from Jeremiah of the covenant which says, "I will put my law in their minds and write it on their hearts." We have been reminding the children this week of the importance of this message of LOVE, that we have it inside each of us and should share it with everyone we meet.

In the Gospel reading from John we are told that, in order for a grain of wheat to grow into a harvest, the grain first must die. This message is something that the children can relate to, as we have been focusing on spring and growth in all of our classes since our return, and many classes are in the process of growing a variety of plants: runner beans, mustard cress and sunflowers, to name a few! In art this week I have seen some wonderful examples of children drawing seeded fruits and vegetables. In our worship and reflection time, we have been reflecting on how this message relates to Lent and our Easter message; how the seed is like Jesus, who must die in order that His message of love and faith can multiply and be shared by all, just like the harvest that is produced from sacrificing one grain of wheat.

Our children are so excited to be going over to the church in groups next week, so that they can think and reflect on the true Easter message.

God bless and enjoy the rest of your week,

Mrs Oppé

Word of the Week



Word of the week:

"This is the covenant I will make with the people of Israel after that time," declares the LORD. "I will put my law in their minds and write it on their hearts.

Jeremiah 31:33

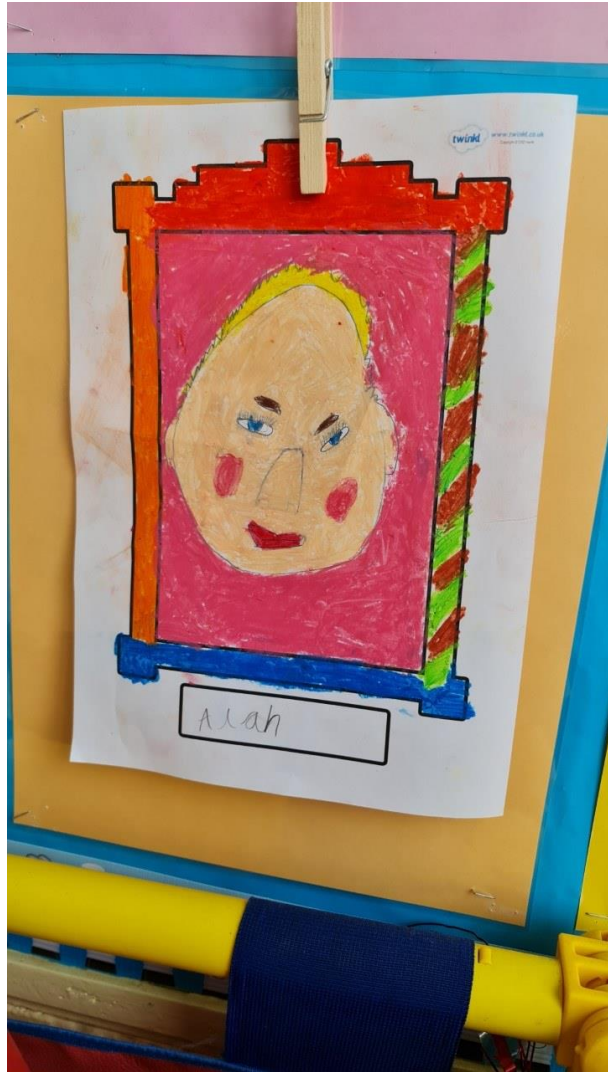
This week at St. Anthony's



Year 1 have been doing self portraits using oil pastels and learning about how we are all unique and different.







Nursery



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.

Songwriting Competition



For 20 years now St Anthony's has been wowing the world with our amazing **Yr 5 Operas!** (well, our teachers and parents anyway!)

Here's a chance to showcase the wonderful songwriting talents of our pupils so all you budding composers have a go!

Song Academy The Young Songwriters Competition 2021 Age 8 – 12 yrs



Open for entries until **31st March 2021**

For inspiration, tips on songwriting and how to enter check out this website:

songacademy.co.uk/SAYS21

Lunchboxes

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** (starchy carbohydrates).
Wholegrain is best.

Choose **BREAD, ROLLS, PITTAS**.
MAKE A **SANDWICH** or **PASTA, POTATO, COUSCOUS, LENTILS, CHICKPEAS, RICE**.
MAKE A **SALAD**.

TODAY'S SANDWICH FILLINGS

- tuna & sweetcorn
- banana & peanut butter
- cottage cheese & pepper
- cottage cheese & pineapple
- hummus & onion
- sausage & tomato
- cheese & pickle
- ham & rocket
- chicken & salad
- mackerel & cucumber
- sprouting & salad
- cold meat & salad
- egg & tomato

OR wholemeal, seeded, rye, whole bread - sliced, rolls, buns, chapattis, muffins.

DIPS: low-fat mayonnaise, low-fat spread, lemon juice, salad

SALAD SUGGESTION
CHOOSE a **fill-you-up BASE**

- rice • lentils • pasta • couscous
- pulses • potato

ADD SALAD VEG

- mushrooms • celery • carrots
- cauliflower • cabbage • peppers
- tomatoes • cucumber • dates
- sweetcorn • beansprouts

MIX together

- reduced fat mayonnaise
- salad cream • yoghurt

LOVELY!

2. Help-you-grow foods

Have a **SMALL PORTION** of **MEAT, FISH or VEGETARIAN ALTERNATIVES** (protein).

grated beef
grated chicken
grated turkey
grated egg
grated cheese
grated meat
grated fish
grated veg
grated fruit
grated nuts

grated butter
grated paneer
grated hummus
grated cheese
grated meat
grated fish
grated veg
grated fruit
grated nuts

... plus a **SMALL PORTION** of **DAIRY** foods (for calcium).

3. Fruit & veg

Pack **TWO PORTIONS** in a **SALAD** or **SANDWICH**, or just to eat **ON THEIR OWN**.

• a tomato or fresh vegetable sticks

• a handful of small fruit

• a whole piece of fruit

• dried fruit and nuts

Take a drink

Use a carton or fresh-grad plastic bottle...

- water
- milk
- smoothies
- real fruit juices

From time to time

- a slice of fruit or carrot cake
- cereal bar
- fruit loaf
- scones
- fruit loaf
- flapjack

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

Dear Lord,

Fill us with your love and mercy and show us how to make a difference to the lives of our brothers and sisters around the world.

As you wrote your message of love on our hearts, help us to grow in our faith and love for all.

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.

#feedbackFriday

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

Parent's Evening

Booking for Parent's evening is now live and will take place the week of 22nd March 2021. There will be two slots per year group on different days and these meetings will be held virtually again, as before. Nursery Parent's Consultation sessions are being held via Zoom on 23rd and 24th March. Please make sure you book your appointment.

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.

End of term finishing times

On Thursday 1st April we will be finishing at the usual staggered end times of the day, rather than finishing early. We felt that keeping times the same would make things easier for families.

After School Clubs

Next week we will be publishing our list of after school clubs that we will be running from after Easter. Please sign up to these as soon as they are live on Parent Pay, so that we can plan most effectively.

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 carpark. 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.

Vacancies

Please keep viewing the website for any current vacancies at our school.

Lenten Appeal

Our lovely staff are joining CAFOD Walk for water for our Lenten appeal. If you would like to sponsor them please do using the following link: <https://walk.cafod.org.uk/fundraising/st-anthonys-walk-for-water>

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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