



# St. Anthony's Catholic Primary School and Nursery

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

**Diocese of Northampton**

**St. Thomas Catholic**

**Academies Trust**

**6th October 2021**

**Issue 73**

## In This Issue



- Reflection
- Star of the week
- We need you!
- Fundraising
- Nursery & Reception
- Lunchboxes
- Virtual prayer group and prayer of the week
- Messages & reminders
- Contact us

## Reflection



This week we have been thinking about how special it is to be at a Catholic School, as it is Catholic School's Week. We talked about how all Catholic Schools are part of one family and work together. Our Worship focused on St. Joseph, as it is a Year dedicated to him. We are also talking about how important children are to God, as they are our future and, with their fresh and new ideas, they can do anything that they put their mind to.

We were very proud to wave off our Year 6 children on Monday morning, as they went to Dunfield House for their exciting residential trip. They are having a wonderful time, enjoying their activities and their bonding time together.

We pray that they have an enjoyable, faithful and prayerful time whilst on their adventure!

Star of the week



<b>CLASS</b>	<b>Name</b>
Nursery	Alyssa
Reception Noah	Connor
Reception Abraham	Francine
Reception Joseph	Anthony
1 Ruth	Ajeesh
1 Moses	Izzie
2 Sarah	Damian
2 Gideon	Vanessa
2 David	Samaya
3 Jonah	Oliwia
3 Esther	Elsida
Eden	Dominik Bula
4 Magdalene	Isabella Dingwall
4 Elizabeth	Harold Bodeyo
4 Baptist	Paige Thomas
5 Luke	Alex C
5 Peter	Marcus – Simon
5 Matthew	Probjot
6 Catherine	Kevin
6 Paul	Julian
6 John	Takudzwa

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!

## 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

Over the past couple of weeks, the children at St Anthony's have been getting in the Christmas Spirit a little early.

They created some amazing pieces of art which are now available for you to buy in a variety of forms, including Christmas cards, keyrings, magnets, place mats, bags, cups and many more.

Go to the website <https://mychildsart.co.uk/order> and use the login details below. Search for your child's name and then confirm your child. You will then see their work and be able to order it.

Until the 15th October 2021 you can get an addition 10% off your order using the discount code below.



The Friends of St Anthony's Catholic Primary and Nursery School will receive 20% commission from all orders made and this money will then be used in a variety of ways to support the school and improve the school using suggestions from the School council.

Working with  
**mychildsart** St Anthony's Catholic Primary School And Nursery

Your child has uploaded a Christmas drawing to our website!

**VIEW NOW**

by logging into the

Parent Order Portal >

at [www.mychildsart.co.uk/order](http://www.mychildsart.co.uk/order) using the unique codes below.



Username

Password

NB: Username and password are case and space sensitive, so please be careful when entering the details into the portal.

**VIEW NOW** - This drawing will expire in December

**mychildsart** Exclusive discount for  
St Anthony's Catholic Primary School And Nursery

**10% OFF**  
ALL PRODUCTS\* FOR 2 WEEKS ONLY!

Use Code: **StAnthonys** During checkout

This discount is only available for two weeks from the date the parent order portal opens so don't delay! \*Excluding VAT and P&P



## 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 available in Reception. 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
<b>FRESH FRUIT</b> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange quarters</li> <li>Pomegranate seeds (with pips)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Plums</li> <li>Nectarines, peaches</li> <li>Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Kiwifruit halves (with pips)</li> <li>Pears</li> </ul> <b>MIXED FRUIT</b> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Fruit kebabs</li> </ul> <b>DRIED FRUIT</b> <ul style="list-style-type: none"> <li>Dried fruit, nut, popcorn mix*</li> </ul> <b>TANNED FRUIT/SNACK PACKS/CUPS</b> <ul style="list-style-type: none"> <li>In natural juice (not syrup)</li> </ul>	<b>FRESH CRUNCHY VEGIES</b> <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> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Hummus</li> <li>Tomato salsa</li> <li>Tzatziki</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <b>SALADS</b> <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>Pasta/pasta salad*</li> </ul> <b>BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Celery or roasted vegetables</li> <li>Wholemeal vegetable muffins or scones</li> <li>Vegetable slices (with grated zucchini and carrot)</li> <li>Popcorn</li> </ul> <b>SOUP</b> (In small thermos) <ul style="list-style-type: none"> <li>Pumpkin soup</li> <li>Potato and leek soup</li> <li>Chicken and corn soup</li> </ul>	<b>Milk:</b> <ul style="list-style-type: none"> <li>Calcium-enriched soy and other plant-based milks</li> <li>Yoghurt (soaked overnight)</li> <li>Custard</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze the night before to keep cool during the day</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Cheese cubes, sticks or slices</li> <li>Cottage or ricotta cheese</li> <li>Cream cheese</li> <li>Tzatziki dip</li> </ul> <b>Can serve with either:</b> <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>	<b>Tinned tuna or salmon in springwater</b> <ul style="list-style-type: none"> <li>Lean roast or grilled meats</li> <li>Legume balls</li> <li>Lean meat or chicken patties</li> <li>Tinned tuna or salmon patties</li> <li>Lean patties</li> <li>Lean chili meats (e.g. ham, skewers, chicken)</li> <li>Boiled eggs</li> <li>Hard-boiled eggs</li> <li>Ham and cheese (cooked)</li> <li>Tofu cubes</li> <li>Hummus dip</li> <li>Lean meat or chicken kebabs/sticks</li> <li>Peanut butter*</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Wholegrain sandwich roll, pita or wrap bread with salad</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <b>Vegetable fritata</b> <ul style="list-style-type: none"> <li>Savory chicken dumplings</li> <li>Savory muffins or scones (e.g. lean ham, cheese and cheddar)</li> <li>Homemade pizza with lean roast or chili meats and vegetables</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Side salad</li> <li>Steamed or roasted vegetables</li> </ul>	<b>MAINS</b> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Toasted sandwiches</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, hots, naan, bagels, focaccia, flat bread and English muffins.</li> </ul> <b>Pasta dishes</b> <ul style="list-style-type: none"> <li>Rice quinoa couscous dishes</li> <li>Noodle dishes</li> <li>Sushi</li> </ul> <b>SAVORY BAKED ITEMS</b> <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> <b>SWEET BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <b>SNACKS</b> <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>Pisshets</li> <li>Crumplets</li> <li>Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>Take a water bottle (or refill) throughout the day!</li> </ul> <b>Tip:</b> <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 bars, biscuits, crisps, cakes, muffins, scones) 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 Healthy Eating Advisory Service: <http://neas.health.wic.gov.au/>

**Pack a healthy lunchbox**

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

**1. Fill-up your foods**

GROUP 1: FILL-UP FOODS

- Wholemeal bread
- Wholemeal pasta
- Wholemeal rice
- Wholemeal flour
- Wholemeal cereal
- Wholemeal crackers
- Wholemeal scones
- Wholemeal muffins
- Wholemeal pizza
- Wholemeal wraps
- Wholemeal tortillas
- Wholemeal naan
- Wholemeal flatbread
- Wholemeal chapatti
- Wholemeal roti
- Wholemeal dosa
- Wholemeal idli
- Wholemeal dosa
- Wholemeal dosa

GROUP 2: HELP-YOU-GROW FOODS

- Vegetables
- Fruit
- Legumes
- Wholemeal grains
- Low-fat dairy
- Lean meats
- Eggs
- Nuts and seeds
- Plant-based oils
- Herbs and spices
- Low-sodium soy sauce
- Low-fat mayonnaise
- Low-fat dressing
- Low-fat hummus
- Low-fat pesto
- Low-fat salsa
- Low-fat marinade
- Low-fat barbecue sauce
- Low-fat hot sauce
- Low-fat ketchup
- Low-fat mustard
- Low-fat mayonnaise
- Low-fat dressing
- Low-fat hummus
- Low-fat pesto
- Low-fat salsa
- Low-fat marinade
- Low-fat barbecue sauce
- Low-fat hot sauce
- Low-fat ketchup
- Low-fat mustard

GROUP 3: FRUIT & VEG

- Fruit
- Vegetables
- Legumes
- Wholemeal grains
- Low-fat dairy
- Lean meats
- Eggs
- Nuts and seeds
- Plant-based oils
- Herbs and spices
- Low-sodium soy sauce
- Low-fat mayonnaise
- Low-fat dressing
- Low-fat hummus
- Low-fat pesto
- Low-fat salsa
- Low-fat marinade
- Low-fat barbecue sauce
- Low-fat hot sauce
- Low-fat ketchup
- Low-fat mustard

**Take a drink** From time to time

- Water
- Unsweetened tea
- Unsweetened coffee
- Low-fat milk
- Low-fat soy milk
- Low-fat almond milk
- Low-fat coconut milk
- Low-fat oat milk
- Low-fat rice milk
- Low-fat cashew milk
- Low-fat hemp milk
- Low-fat flaxseed milk
- Low-fat sunflower seed milk
- Low-fat pea protein milk
- Low-fat lupin protein milk
- Low-fat chickpea protein milk
- Low-fat lentil protein milk
- Low-fat mung bean protein milk
- Low-fat soy protein milk
- Low-fat pea protein milk
- Low-fat lupin protein milk
- Low-fat chickpea protein milk
- Low-fat lentil protein milk
- Low-fat mung bean protein milk
- Low-fat soy protein milk

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 below:

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

As we are approaching the colder weather, we will allow the children to bring in cooked rice and pasta for lunch, however we will not be monitoring the temperature of these. No flasks of soup or hot drinks are permitted.

**PLEASE NOTE: We do have some children within our school who have nut allergies and therefore we are a nut free school, this includes nutella.**

## **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)

**Dear Lord,**

**Grant us the wisdom to care for the Earth.**

**Help us to act now for the good of future generations**

**And for all of your creatures.**

**Help us to become instruments of a new creation,**

**Founded on the covenant of your love.**

**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.

### **Wasp nest**

Please be aware that there is a wasp nest located on the alley way that runs next to the school car park. Slough Borough Council are trying to get authorisation to close the footpath to treat the nest properly but until then, please take care when walking along there, or if possible, use another route.

### **Collecting for Harvest**

We are collecting dried foods and tins for harvest. If you would like to contribute, please give food items to your child's class teacher.

### **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.

### **After school clubs for next half term**

These will go live on ParentPay in the next week and correspondence will be sent to parents when they open for bookings.

### **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**

The bridging club option for next term is now open on ParentPay for you to book your child's place if needed. This will close on **Tuesday 2nd November**.

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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