



St. Anthony's Catholic Primary School and Nursery

Saint Anthony's Catholic Primary School and Nursery.

Diocese of Northampton

St. Thomas Catholic

Academies Trust

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Issue 68

In This Issue



- Word of the week
- This week at St. Anthony's
- Nursery & Reception
- Lunchboxes
- Virtual prayer group and prayer of the week
- End of Term finish terms
- St. Anthony's Fun day
- Messages & reminders
- Contact us

Word of the Week



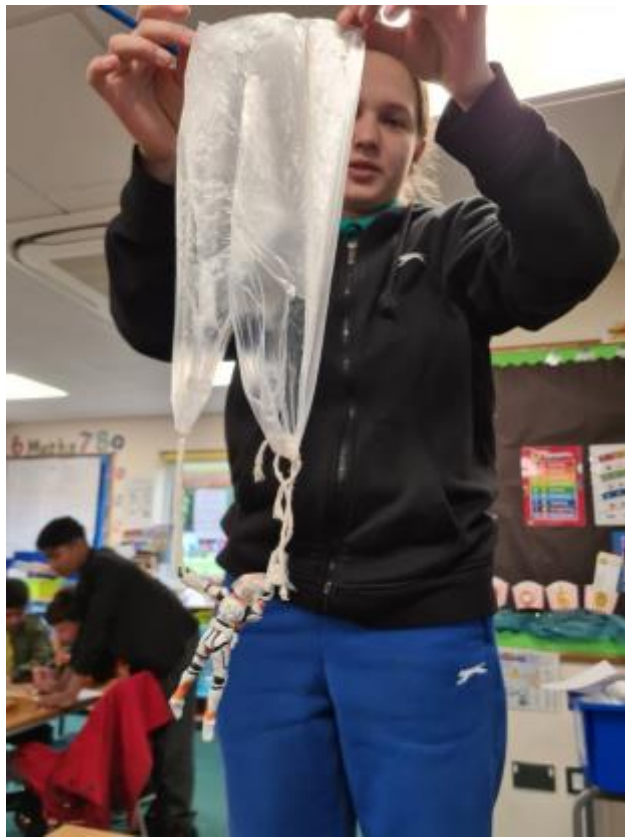
Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.

This week at St. Anthony's



6 John have been very busy again in science: creating parachutes out of household items and experimenting with fulcrums to create the most effective lever. This has been an very exciting topic for them this term and they have enjoyed it immensely.







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 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 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 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 Cheddar 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) Tofu cubes Roasted beans (canned) Soft 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 Rice salad <ul style="list-style-type: none"> Vegetable sticks Sauces: 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>MATS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccia, fruit bread and English muffins.</p> <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 full 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 lunchboxes <p>Sweet and savory 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 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
- ORANGE, POTATO
- OR WHOLE POTATO
- CRISPER, LEVELS
- CHICKEN, RICE
- OR SALAD

2. Help-you-grow foods

Have a **CONSCIOUS** amount of **LEAN MEAT OR MEAT ALTERNATIVE** AND **VEGETABLES** (choose only one item)

- Lean meat
- Lean poultry
- Lean fish
- Lean beef
- Lean pork
- Lean lamb
- Lean turkey
- Lean chicken
- Lean tuna
- Lean salmon
- Lean trout
- Lean cod
- Lean haddock
- Lean sole
- Lean plaice
- Lean whiting
- Lean mackerel
- Lean sardines
- Lean anchovies
- Lean pilchard
- Lean sprat
- Lean trout
- Lean salmon
- Lean trout
- Lean cod
- Lean haddock
- Lean sole
- Lean plaice
- Lean whiting
- Lean mackerel
- Lean sardines
- Lean anchovies
- Lean pilchard
- Lean sprat

3. Fruit & veg

Have **FRUIT** (choose only one item)

- Fruit salad
- Fruit kebabs
- Fruit smoothie
- Fruit compote
- Fruit crisps
- Fruit chutney
- Fruit jam
- Fruit preserves
- Fruit syrups
- Fruit sauces
- Fruit dips
- Fruit salsas
- Fruit chutneys
- Fruit jams
- Fruit preserves
- Fruit syrups
- Fruit sauces
- Fruit dips
- Fruit salsas

4. Take a drink

Have **ONE** (choose only one item)

- Water
- Unflavored milk
- Unflavored soy milk
- Unflavored almond milk
- Unflavored rice milk
- Unflavored oat milk
- Unflavored pea milk
- Unflavored hemp milk
- Unflavored flax milk
- Unflavored sunflower milk
- Unflavored coconut milk
- Unflavored cashew milk
- Unflavored hazelnut milk
- Unflavored walnut milk
- Unflavored pistachio milk
- Unflavored almond butter
- Unflavored peanut butter
- Unflavored tahini
- Unflavored hummus
- Unflavored yogurt
- Unflavored kefir
- Unflavored sour cream
- Unflavored ricotta
- Unflavored cottage cheese
- Unflavored feta
- Unflavored parmesan
- Unflavored cheddar
- Unflavored mozzarella
- Unflavored gouda
- Unflavored brie
- Unflavored camembert
- Unflavored blue cheese
- Unflavored goat cheese
- Unflavored ricotta salata
- Unflavored mascarpone
- Unflavored cream cheese
- Unflavored mascarpone
- Unflavored cream cheese
- Unflavored mascarpone
- Unflavored cream cheese

BALD SUGGESTION

1. **FRUIT** (choose only one item)

- 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

2. **VEGETABLES** (choose only one item)

- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

3. **MILK, YOGHURT AND CHEESE** (choose only one item)

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

4. **MEAT OR MEAT ALTERNATIVE** (choose only one item)

- 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)
- Tofu cubes
- Roasted beans (canned)
- Soft cubes
- Hummus dip
- Lean meat or chicken kebabs sticks
- Peanut butter*

5. **GRAIN AND CEREAL FOOD** (choose only one item)

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

6. **WATER** (choose only one item)

- Take a water bottle (or refill throughout the day)

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



Mother Teresa's *Anyway* Poem

People are often unreasonable, illogical and self centered;

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;

Be kind anyway.

If you are successful, you will win some false friends and some true enemies;

Succeed anyway.

If you are honest and frank, people may cheat you;

Be honest and frank anyway.

What you spend years building, someone could destroy overnight;

Build anyway.

If you find serenity and happiness, they may be jealous;

Be happy anyway.

The good you do today, people will often forget tomorrow;

Do good anyway.

Give the world the best you have, and it may never be enough;

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and your God;

It was never between you and them anyway.

End of Term finish times



Please be reminded that school closes at 1.30 pm on Wednesday 21st July for Reception - Year 6 .

Nursery will finish on Tuesday 20th July at the usual time.

St. Anthony's Fun Day



Don't forget, we have our fun day tomorrow!

As part of this day, children will also have a non-uniform day to raise money to support the Meningitis Research Foundation. We will have buckets outside of the gates at the beginning and end of the day to collect any donations. We will also set up a way to donate via Parent Pay, if you would prefer. We thank you for your support of this worth-while charitable organisation.

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.

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.

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.

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.

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