## Issue 72 - Dec 2024

# Message from the Senior Leadership Team

#### Dear Parents & Carers,

There are only two weeks left until the end of term, how time flies! It has been a busy term and it continues to be jam-packed until the last day! Look out for messages on Class Dojo so you don't miss your children's performances and Willow and Marish Winter Fete. We are looking forward to



hosting these and seeing you all with your families. Thank you for your donations.

Please sign up to Class Dojo if you have not already done so or ask your class teacher for support if you are having problems. We have found this is the most effective way to communicate with parents.

Please remind your children to read every night for at least 20 minutes. Research shows that the more that children read has a positive impact on their mental health, their literacy skills and their future. The winter nights are long; so it is a wonderful opportunity to curl up with a good book, a warm drink and transport yourself to a different world!

We look forward to seeing you at the events over the next two weeks and thank you for your support

#### **Mrs Quadir**

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## **SEN Unit**







This week, we are learning about Eid. The children have created mosques using paper cups and egg box tops in expressive arts, while others made moon and star mobiles. Our story of the week is P. Bear's New Year's Eve Party. SU6 is focusing on learning about time, counting backwards from 10, and celebrating the New Year. The children are also actively engaging and working hard at the work station.



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## **Gymnastics Champion Visit**



We welcomed gymnastics legend, World Champion and Olympic medallist Beth Tweddle to Marish and Willow! She inspired our students with talks on gymnastics, the benefits of sport and her remarkable Olympic journey.

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## History Museum Trip









Year 6 visited the Natural History Museum and learned about evolution. They thoroughly enjoyed the interactive workshops.







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## Science Museum Trip



Year 5 had an amazing day at the Science Museum, where they thoroughly enjoyed participating in a rocket workshop and exploring the Wonderlab.

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### **Christmas Unwrapped**







Year 6 had a fantastic time at the Christmas Unwrapped workshops! Marish children visited Langley Free Church, while Willow children attended St. Paul's Church in Slough. It was an enjoyable experience for all.









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## **Astronomy Club**



The Astronomy Club had a fantastic time planning and building Moon Buggies! They tested them by having Mr. Nicholls drop them off the roof, and all the 'egg' astronauts survived! :)

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#### Art



Meet our winners of the Art Competition from the last half term, along with all the entries we received for the competition, now displayed. The theme was inspired by the work of Lucien Rudaux.

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## **Art Competition**

# **ARTIST OF THE TERM**

# Frida Kahlo



Frida Kahlo was a Mexican artist who created famous, colourful selfportraits with beautiful flowers and animals.

Due to Polio and a traffic accident, Frida suffered with disabilities for her whole life. However, she was a strong and resilient woman.









International day of Disabilities is a special day across the world on December 3<sup>rd</sup>. It is a celebration of diversity and equality.



This is your chance to create your own portrait inspired by the work of Frida! You may decide to make a portrait of yourself, yourself and someone else or a different person. Remember to bring it in to your class teacher by Monday 6<sup>th</sup> January. The artwork will be judged and there will be prizes for each year group.

The Art Competition is a new half-termly initiative, offering optional homework to help children enhance their skills. The current competition is inspired by **Frida Kahlo and Disabilities Week**.

### Issue 72 - Dec 2024

## MFL





Facts about Germany:

Its capital is Berlin.

the euro.

Germany's official name is the

Federal Republic of Germany.

Germany has a population of

is German and the currency is

82,422,299. Its official language

International Language of the Month - German

Germany shares borders with nine countries – France, Luxembourg, Denmark, Belgium, Switzerland, Austria, Czech Republic, the Netherlands and Poland.





#### Facts about German:

German is spoken in Germany, Austria, Switzerland, Liechtenstein and Luxembourg.

It is spoken natively by around 100 million people, making it the most widely spoken mother tongue in the European Union. Germany's largest wooded area, and its most famous, is in the southwest near the Swiss border. This is the Black Forest, a mountainous region full of pine trees and fir trees. This forest contains the source of the Danube, one of Europe's longest rivers.

#### Now let's learn a few phrases...

- Guten Morgen = Good morning.
- Guten Abend = Good evening.
- Guten Tag = Hello/ Good day.
  - Bitte = Please.
- Danke = Thank you.
- Auf Wiedersehen = Goodbye.

- 1 = eins
- 2 = zwei
- 3 = drei
- 4 = vier
- 5 = fünf
  - 6 = sechs

## Issue 72 - Dec 2024

## Maths



This term, Year 1 have been busy building confidence with 2D shapes! From shape hunts to problemsolving, they're growing. Ask your child to share what they've learned!

## Achievement

Sanvitha was honoured with a recognition and appreciation certificate for her classical dance performance, presented by the Mayor of Slough. So proud of you, Sanvitha—congratulations on this wonderful achievement!



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## **PE Update**



On 20<sup>th</sup> November, Marish & Willow competed in the Cross Country event at Upton Court Park and achieved fantastic results! Special shoutout to Hassan and Beso for finishing in the top 10 (Years 5-6) and to Alexander for securing 3rd place (Years 3-4). Well done to all our athletes for giving their best and representing our schools with pride!

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## **Poppy Collection Recognition**



# Certificate of support

## Willow Primary

Thank you for supporting the Cippenham Royal British Legion Branch

Poppy Appeal 2024 You helped to raise:

£410.06

#### with sincere gratitude

Aisling Reilly, Cippenham Royal British Legion Branch Secretary

Lorna Hensley Cippenham Royal British Legion Branch Chair Thank you very much to the School Council for your support in motivating their peers and collecting funds.

Royal British legion | rbl.org.uk Registered address: Royal British Legion, Haig House, 199 Borough High Street, London SE1 1AA Register Charity number: 210279

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## **Healthy Lifestyle**

# Activities to keep fit at home

Exercise: Mater's Tow Truck Trail Players: 1 or more Where to play? Indoors or outdoors How to play



1. Use toys to mark out a start and finish line.

start ..... finish

- 2. Get on to your hands and knees and place a ball or soft toy on your lower back.
- 3. You have to get to the finish line without dropping the ball, but take it slowly if it falls, you need to start again! **go back to start!**
- Time yourself see if you can beat your own time, or race against friends.
   Can you



5. Next time, make it harder by adding another object to your load or moving the finish line further away.



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## **Healthy Lifestyle**

#### **MACHER JHOL RECIPE**

Preparation time - 20 mins Cooking time - 20 mins Makes - 4 Servings

#### Ingredients

- 4 fish steaks (unsalted)
- 0.5 teaspoon turmeric powder
- 0.5 teaspoon salt (optional)
- 4 medium tomatoes, finely chopped
- 3 garlic cloves, finely chopped
- 4 green chillies, finely chopped
- 1 tablespoon powdered mustard seeds
- 1 teaspoon onion seeds (kalonji)
- 470ml water
- 4 tablespoons mustard oil

#### Method:

- 1. Put the fish steaks in a bowl with the turmeric powder and a pinch of salt. Mix well and set aside for later.
- 2. In a blender or mixing bowl, blend the tomatoes, garlic, 3 green chilies, powdered mustard, pinch of salt and 120ml water to a smooth paste. Keep aside.
- 3. Heat 2 tablespoons mustard oil in a pan. Add the kalonji seeds and let sizzle for about 10 seconds, then add the blended tomato mixture. Turn the heat down to low, and stir for 8 minutes or so.
- 4. Once the mixture has got a deeper, darker colour, add 350ml of water, stir well and bring to a boil. Once it's boiling, turn the heat back down to simmer on low for another 10 minutes.
- 5. Heat 2 tablespoons of mustard oil in a pan, and then fry the marinated fish steaks until golden brown on both sides. Add the fish to the tomato mixture and leave to simmer for 2 or 3 minutes.
- 6. Top with chopped coriander leaves and serve hot.

https://www.nhs.uk/healthier-families/recipes/macher-jhol-bengali-fish-curry/



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#### Attendance

#### Marish

#### Dec 2024

Reception: 92.16%

Year 1: 91.13%

Year 2: 92.23%

Year 3: 95.10%

Year 4: 95.09%

Year 5: 92.51%

Year 6: 95.27%

Target: 96%

## Willow

Dec 2024

Reception: 80.70%

Year 1: 92.62%

Year 2: 95.40%

Year 3: 94.98%

Year 4: 92.55%

Year 5: 95.69%

Year 6: 94.34%

**Target: 96%** 



Last month's 100% attendance reward was a pack of a popcorn!



Below 90% Serious Concern Drastic effect on academic success

> **95-90% Cause for Concern** Negatively affecting academic success

> > 100%- 96% WELL DONE Achieving full potential

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## **Parent Notices**

#### **Timings of the School Day from December**

#### Soft start is from 8:15am to 8:30am for all year groups except Nursery.

SEN Unit:	Doors open 8:15am to 8:45am and then at 3:00pm	
Nursery:	8:00 – 11:00am and 12:00pm – 3:00pm	
Nursery full time (Marish)	8:00am – 3:00pm	
Reception:	8:30am – 3:15pm	
Year 1 and Year 2:	8:30am – 3:15pm	
Year 3 and Year 4:	8:30am – 3:25pm	
Year 5 and Year 6:	8:30am – 3:25pm	

Ensure that you drop your child off at the designated entrance. Do not leave them unsupervised on the school grounds.

#### Fees for Breakfast club and Meerkats

Meerkats	Before 4pm	After 4pm
	£2	£5
Breakfast Club	£1 per day	-
Late collection	£5 per 15 minutes	-

Full time only sessions, £2, parents still need to order and pay for school dinner in addition to this.

If you would like your child to attend Breakfast club or Meerkats you will need to apply for a space. For more information or an application form, enquire at the school office.

Please note, there is a different payment schedule for Pupil Premium/ Free School Meal pupils. Please contact the office before applying.

All pupils must be booked in advance otherwise they will not be allowed to attend. If your child attends Meerkats without a booking you will be charged the late fee. Children must not attend Breakfast Club without a booking as numbers are limited. Please book a week in advance.

You are required to sign your child in to Breakfast Club and out of Meerkats each day.

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## **Parent Notices**

#### **School Uniform**

Our Trust school uniform consists of:

- Red/Green sweatshirt or cardigan (Red for Marish and Green for Willow)
- Navy blue trousers, shorts or skirt
- White shirt or polo shirt
- Black smart shoes (no boots, high heels or platforms)
- Nursery the above with grey or black jogging bottoms
- PE Kit red plain round neck T-shirt, black shorts or jogging bottoms
- A plain black tracksuit to wear over the PE kit for outdoor lessons in cold weather.
   Trainers/plimsolls will work for outside lessons
- Swimming is a part of the Year 4 curriculum and pupils are expected to have appropriate swim wear with a swimming hat



All items of clothing must be clearly labelled with the child's name. The only jewellery allowed is one small stud in each ear, a watch and that which is a specific religious requirement. These must all be removed for PE. The child must take full responsibility for looking after these items. the school will accept no responsibility for their loss or damage.

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# **E-Safety**



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## **E-Safety**

ned and age-appropriate

# What Parents & Educators Need to Know about

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's bee viewed; however, users are known to take screenshots or use another device to obtain photo of their screen. In 2023, Snapchat added a chatbot function called 'My Al'.

#### ARTIFICIAL INTELLIGENCE

At The Nati

**SNAP STREAK** 

DAYS

WHAT ARE THE RISKS?

d

My Al is Snapchat's new chatbot, which replies to My A is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biasde, incorrect or misleading responses. There have already been numerous reports of young users turning to A ifor medical help and diagnoses, which could be inaccurate and therefore tially dana 0

#### PREDATORS AND SCAMS ...

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65%, of teenagers had experienced this – on this topp or others. This likely isn't helped by 'Snapkaps' – a feature which highlights your exact position the the the they are an and to help triends keep track of readon other. easons.

#### **MY EYES ONLY**

Snapchat has a hidden photo vouit called My Eyes Only: Teens can conceal sensitive photos and videos from porents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the loan which loads like two playing cards. This takes you to the 'kkemorias' folder which stores photos, stories and the My Eyes Only folder.

#### SCREEN TIME ADDICTION ....

RESTRICTION

**.**...

13

99

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The opp also has sections called "Discover" and "spatight, which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly, Furthermore, constant notifications can lure people into using the app.

#### INAPPROPRIATE CONTENT TC

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's "disoppeoring messages" feature elso makes it easy for young people to share explicit images on impuise – so senting continues to be a risk associated with Snapchat.

#### **ONLINE PRESSURES**

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**ENCOURAGE OPEN DISCUSSIONS** 

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FAMILIARISE YOURSELF

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even If a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

#### **Advice for Parents & Educators**

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#### UTILISE PARENTAL CONTROLS

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#### BLOCK AND REPORT

#### Meet Our Expert

Dr Claire Sutherland is an onlir researcher who has developed ng p

@wake\_up\_weds

f /wuw.thenationalcollege Users of this quide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.11.2024

(O) @wake.up.wednesday

@wake.up.weds

The

National College

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## Some Useful Information



# Winter 2024/2025 Newsletter

FREE until JAN 25



Understanding the Teenage Brain Watch this recorded session in your own time, to learn why our teens think, feel and behave very differently from adults and how we can support them.

Thursday 5th Dec 19:00 - 21:00 £24

Tuesday

17th Dec

19:00 - 21:00

£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

#### Facing Defiance

Effective interventions for handling defiant behaviour. ADHD, ODD and PDA relevant as well as regular challenging behaviour. Introduction to the FACE programme -Facing Defiance - 6 week course

**Anxiety-Based School Avoidance** 

Understanding and supporting children who are anxious about school.

Steps you can take to help them back

into the classroom.

Tuesday 7th Jan 19:00 - 21:00 £24



Thursday 9 Jan 19:00 - 21:00 £24



facefamilyadvice.co.uk.

#### AUTISM: Improving Communication

Looking at how small changes in how we communicate with children on the spectrum can lead to big improvements.

info@facefamilyadvice.co.uk

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## **Some Useful Information**



# WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm£24 eachIf you can't make the date ask for the link to the<br/>recording, available for 48 hours afterwardsBook online at facefamilyadvice.co.uk<br/>go to the PARENT page

FREE - Decreasing Depression FREE - Anxiety Explained	25 NOV 20 JAN	
What is ACT?	26 NOV, 21 JAN	
Understanding Addictive Behaviour	28 NOV	
Supporting a Child with ADHD	5 DEC, 2 JAN	
Understanding Anger	16 DEC, 13 JAN	
Facing Defiance	17 DEC, 14 JAN	
Supporting Healthy Screen Use	19 DEC, 16 JAN	
Anxiety-Based School Avoidance	7 JAN	
AUTISM: Improving Communication	9 JAN	
Raising Self-Esteem	27 JAN	
Supporting Healthy Sleep	28 JAN	
Improving Family Communication	4 FEB	
Introduction to OCD	18 FEB	
acefamilyadvice.co.uk. info@facefamilyadvice.co.u		

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## **Some Useful Information**



invite you to the



#### Family Christmas Fair

SATURDAY 7TH DECEMBER FROM 10AM-1PM

@Foxborough Primary School Common Road, Langley, SL3 8TX

This Christmas, we aim to spread joy by ensuring no one goes without a gift to open, whether they are a child, parent, or elderly neighbor. If you live in Slough or know someone who would benefit, we warmly invite you to visit our Christmas Fair and collect a Christmas gift for FREE. To ensure everyone can benefit, a maximum gift limit will apply on the day.

We look forward to welcoming you to this year's Give and Gift event.

For further information contact Gurminder Khutan office@pioneerfamilypartnership.co.uk



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## **Some Useful Information**

PLAYERS WANTED - PLAYERS WANTED - PLAYERS WANTED

LANGLE

U11's

We are on the look out for new players to come and join our U11's

team for the 24/25 season

Why join us?

Social – Make new friends as part of our community

club \_\_

Personal – Build confidence and learn to be part of a

team

Health – Improve fitness with fun and competive

sessions ...

IOIN THE TEAM

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## **Some Useful Information**

#### **Slough Family Information Service**

www.sloughfamilyservices.org.uk

01753 476589 fis@slough.gov.uk



#### www.sloughfamilyservices.org.uk/localoffer





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## **Some Useful Information**

#### JM Swimming Academy

A new Swimming Academy has just opened in Slough for children living in Slough and surrounding areas. Based at Beechwood School Pool, JM Swimming Academy will run a Lesson Programme on Sundays during Term-time between 13:30 to 16:30 in a series of ½ hour lessons. Beechwood School is in Long Readings Lane, Slough SL2 1QE

Our Academy Lesson Programme will educate swimmers to develop and hone their skills, with the intention of them becoming competitive swimmers. We will be educating our swimmers using the Swim England Programme Stages 1 to 6 with an intention that once a swimmer has passed Stage 6, they would be sufficiently proficient so that they could transfer to a Swim England Swimming Club.

We will take children of any age who are able to take and follow instructions in English. We do have a minimum age of 4 years old with swimmers not needing swim nappies.

- "Young Beginners" will concentrate on Stages 1 & 2 together in the shallow end.
- Moving through to "Water Skills", Stages 2 & 3 together also in the shallow end, older Beginners may well start in "Water Skills".
  Moving on to "Kick Development" which is Stage 4 where we focus on the technical aspects of the swim kick for each stroke in the deep

end of the pool And on to "Stroke Development" where Stage 5 & 6 are

worked on together concentrating on perfecting each of the full strokes; Front Crawl, Backstroke, Breaststroke and Butterfly.

Swimmers joining with prior experience will be placed appropriately within the Group structure

#### Join Us Today!

To Register for a space please send an email to jmsa.lessons@gmail.com with the following details:

- Parent(s) Name, Address, Phone Numbers and email •
- Swimmers Name, Sex, Date of Birth and details of
- any Health Considerations and / or Allergies
- Any prior Swimming experience •

expect your commitment to JMSA to be long term; in return we commit to educate your children to the best of our abilities also for the long term. To

So, when calculating our Monthly Swim Fees, we take the annual cost of the pool hire, teaching costs, insurance, equipment and administration costs, then divide this by eleven instalments (as there are no lessons in August) to arrive at a figure. We work on the basis of providing a minimum of 36 weeks of teaching in any one calendar year and to achieve this we schedule 39 weeks teaching to allow for unexpected closures in the year. On this basis the calendar monthly payment is not paying for the forthcoming month but an instalment for the overall annual cost and for this reason we do not suspend harmonic due for holidows det.

do not suspend payments due for holidays etc. Our cancellation notice period is one calendar month. We assume that by your children swimming

in our programme you are accepting this. by Bank Transfer.



Beechwood School Long Readings Lane Slough, SL2 1QE