

Marish Primary School Newsletter

Issue 87 - Feb 2026

Message from the Senior Leadership Team

Dear Parents & Carers,

I am absolutely delighted to be given the opportunity to contribute to this month's newsletter. We came to the end of yet another busy and fulfilling last half term and we would like to thank all members of our school community for all your continued support and partnership. Working together has a vast positive impact on our children's learning, encouraging them to thrive to the best they can.



It has been an exciting and a fun-filled half term with many events being in full swing, including Headteacher Coffee Mornings, parent workshops and PE tournaments, where Marish children have outshined, from Dodgeball to Gymnastics and Basketball. Last half term, we had an exciting opportunity to celebrate maths in a fun way as children took part in Maths Week. We ended the week with 'Number Day,' which was a huge success as children took part in an enterprise experience. We thank all members of our school community for your ongoing support to make our events successful and memorable for all our children.

As a reminder, please ensure children are bringing in a water bottle daily and are wearing the correct school uniform – clearly labelled. Please remember to join our upcoming Spring 2 parent workshops and watch out for these in the newsletters. These workshops are invaluable and will provide you with an insightful understanding of your child's journey at school.

Thank you for your continued support, it is a pleasure to work alongside a wonderful community of parents and carers. I wish you all had a restful and an enjoyable half term!

Warmest regards,
Mrs Mughal

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SEN Unit Activities



SU4 children enjoyed exploring the story, 'The Tree - Seasons Come, Seasons Go,' with the support of visuals and communication boards. They also showed excellent focus during Attention Autism activities and took part in sensory play, exploring different seasons through a sensory tray while developing communication and engagement.

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SEN Unit Activities



Children in SEN Unit explored water play linked to the theme of seasons and weather. They used a range of fine motor tools to pour, scoop and splash, while practising sharing and turn taking during the activity.

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Maths Week – Young Enterprise Day



During Maths Week, children enjoyed Young Enterprise Day. They set up their stalls, decorated them and sold items generously donated by parents, gaining valuable teamwork and money-handling experience.

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Maths Week – Open Classroom



During Maths Week, parents had the opportunity to visit their child's classroom and observe a maths lesson in action.



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Maths Week – Posters

Srinivasa Ramanujan

He was so smart they call him the one who knows!

He has large names in my dot grid!

He is like a Math Einstein but in Math!

When he was young he wrote his formulas and sent them to a British mathematician hoping for feedback.

He was actually meant to be a Brahmin.

He is a genius to me.



Early use of Binomial Coefficient

ZABOBYA

1602 as day 26. After a series of... (text partially obscured)

1602 as day 26. After a series of... (text partially obscured)

Ushvika and Zachariah (brother)

Ada Lovelace

Year 3B

Women in the 1800s did not study maths or science.

But Ada Lovelace excelled in them.

She was the world's first computer programmer!

Ada Lovelace was born in England on December 10th 1815. She was born the daughter of Lord George Byron and his wife, Lady Anne Byron. Her father left the family some weeks after Ada's birth and her mother insisted that she should have tutors to teach her Maths and Science.

When she was 17 years old, Ada met mathematician and inventor, Charles Babbage, at a ball party. She was fascinated by his Difference Engine, an early version of the calculator. He soon became her mentor. In 1843, Babbage was developing the Analytical Engine, a more complicated version of the Difference Engine. He asked Lovelace to translate French text from his engineer into English. Lovelace not only translated the notes but added her own, signing them "A.A.L.".

ADA LOVELACE

The First Computer Programmer

Who was she?
She lived in England and was born in 1815.

What is she famous for?
Ada Lovelace wrote the first computer program using maths and computers.

Why is her work important?
Her ideas helped create computers that we use today for learning and games.

Interesting fact
Ada Lovelace thought that computers could not think on their own.




Isaac Newton

1643 - 1727

Isaac Newton was an English natural philosopher, mathematician, and scientist.

Key Facts and Discoveries:

- Law of Motion and Gravity: Newton formulated the three laws of motion, which define the relationship between a body and the forces acting upon it, and the universal law of gravitation, including the first version of his law of universal gravitation.
- Calculus: He independently developed calculus, a fundamental branch of mathematics, which he published in 1687.
- Optics and Light: Newton discovered that white light is composed of a spectrum of colors and designed the first functional reflecting telescope. He also discovered that the visible spectrum of colors forms a rainbow.
- Key Work: Principia (1687): He published Philosophiæ Naturalis Principia Mathematica (Mathematical Principles of Natural Philosophy), which is considered one of the most important scientific books ever written.
- Life and Career: Newton was born on Christmas Day 1642 (later corrected to Dec 4, 1643, New Style) in Lincolnshire, England, at the University of Cambridge, where he later became the Lucasian Professor of Mathematics.
- Other Roles: He was Master of the Royal Mint (1696), taking a serious approach to counterfeiting, and President of the Royal Society from 1703 until his death.
- Legacy: Newton died in 1727 and was buried in Westminster Abbey. He is considered one of the most influential scientists of all time.

Isaac Newton has two birthdays: 4th of January 1643 - in line with the Gregorian calendar, 25th of December 1642 - Julian calendar, 17th century 2017 the Royal Mint released a unique 50p coin dedicated to Sir Isaac Newton.




ISAAC NEWTON

1643 - 1727

WHO WAS HE??

Did you know?

1. He was an English natural philosopher, mathematician, and scientist.
2. He was the first to use the word "gravity" to describe the force that pulls objects towards the Earth.
3. He was the first to use the word "calculus" to describe the study of change.



AL-KHWARIZMI

ONE OF THE BEST MATHEMATICIANS

Muhammad ibn Musa AL-KHWARIZMI



During Maths Week, children researched famous mathematicians and created posters to showcase their achievements.



Ada Lovelace

(1815-1852)

Fact 1: She was a brilliant British mathematician known as the world's first computer programmer.

Fact 2: She wrote the first computer algorithm for a giant machine called the Analytical Engine.

Fact 3: While others thought computers were only for sums, Ada realised they could one day create music and art.

Fact 4: Ada invented looping which is a key for a computer to repeat a set of instructions over and over.

Fact 5: When she was only 12, Ada studied birds and designed her own flying machine with wings made of paper and sticks.

Fact 6: People all over the world celebrate her on the second Tuesday of October. It's her day for women in Science and Technology.

Alina Azam 3B

Al-Khwarizmi: The Father of Algebra

780 - c. 850 CE

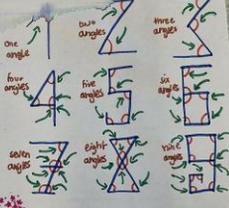
Al-Khwarizmi was a widely influential mathematician and prominent scholar active during the Islamic Golden Age. His works contributed greatly to Europe and the Islamic world.



Al-Khwarizmi also made a major contribution to astronomy.

First discovered by BRAHMGUPTA

The number zero has zero angles.



ALINA AZAM 3B

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Art Activities



Year 3 children became young artists as they explored the outdoors and created beautiful artwork using natural resources. Inspired by Andy Goldsworthy, they carefully selected leaves, sticks, stones, and petals to design eye catching patterns and sculptures. The activity encouraged creativity, teamwork, and a deeper appreciation of the natural world.

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PE Activities



BASKETBALL FESTIVAL

Marish and Willow took part in a basketball festival in Reading. The children had a great opportunity to practise their skills and played five matches, winning every one of them. It was wonderful to see how strong the Marish Academy Trust can be when schools support each other.

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PE Activities



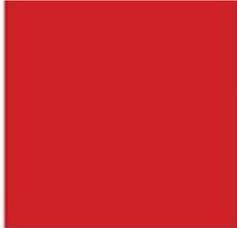
GYMNASTICS SUCCESS

Fantastic news from the gymnastics competition held at Beechwood. Our Year 1 & 2 team won 1st place (Gold Medal) with brilliant performances and our Year 3 & 4 team secured 4th place.

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ILM - MALTESE



International Language of the Month – Maltese

Facts about Malta:

- **Population:** 515,000 people live in Malta (2021)
- **Capital:** Valletta (the metropolitan area houses about 220,000 inhabitants)
- **Name:** Republic of Malta (*Repubblika ta' Malta*)
- **Government:** parliamentary republic
- **Official Languages:** Maltese and English
- **Religion:** more than 90% are Christians
- **Literacy:** 95% of the population over 15 years of age can read and write
- **Currency:** 1 Euro = 100 cents
- **National Symbols:** Maltese Cross (eight pointed cross) and the national colours are red and white
- **National Day:** 21 September (Independence Day)
- **National Anthem:** '*L-Innu Malti*', means in English: Anthem of Malta, is written in form of a prayer
- **History:** The islands are inhabited for over 7,000 years and was ruled by many different powers among them the Romans, the Greeks, Arabs, Normans and the British. In 1813 Malta became a British colony and reached independence from Britain in 1964 and became a republic then years later.

Now let's learn a few phrases:

- Bonġu:** Good morning
Bonswa: Good evening
Il-lejl it-tajjeb: Good night
Iva / Le: Yes / No
Grazzi: Thank you
Jekk jogħġbok: Please
Skuzani: Sorry / Excuse me
Kif inti?: How are you?
Jien orrajt/tajjeb: I'm okay/good
X'jismek?: What is your name?
Jisimni... My name is...
Ċaw / Ċaw ċaw: Bye / Bye-bye
Habib / Habiba: Friend (male/female)
Mela: Yes, of course / So
Bomba!: Cool! / Great!
Aral: Look!
Ejja!: Come on! / Let's go!
Għandi pjaċir: Nice to meet you
- 1 – wiehed
 - 2 – tnejn
 - 3 – tlieta
 - 4 – erbgħa
 - 5 – ħamsa

Maltese is the official language of the island nation of Malta. It's also one of the official languages of the European Union. Maltese sounds a bit like the ancient Phoenician language, which was spoken around the Mediterranean Sea long ago. Just like English, Maltese is written using the Latin alphabet. This language has taken many words from Sicilian, Italian and English. About 393,000 people speak Maltese, and most of them live in Malta.



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Parent Notices

Timings of the School Day

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	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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Playground Fundraising Initiative

We are excited to share that both schools will be fundraising throughout the year to support the purchase of new playground equipment. A variety of events will be held across the year to help us reach this goal. We look forward to your support and involvement in these upcoming activities.

A Polite Reminder to Parents and Carers

We kindly request that no dogs (or any other pets) are brought onto the school premises, even if they are being carried.



Please also ensure that bikes and scooters are not ridden anywhere within the school grounds. There have been a few concerns raised about near accidents involving pedestrians. When leaving bikes in the designated bike area, please make sure they are securely locked.



Additionally, we ask all parents and carers to be considerate of our neighbours during drop-off and pick-up times. Please park responsibly and drive calmly and safely around the school.



Thank you for your cooperation in helping us maintain a safe and respectful environment for everyone.

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Parent Notices

A REMINDER ABOUT SAFE AND RESPECTFUL PICK-UP AND DROP-OFF

We would like to remind all families about the importance of safe, sensible and respectful behaviour during pick-up and drop-off times.

For everyone's safety, please ensure that:

- Pavements are kept clear and not used for parking, so that children, pushchairs and families who cannot step into the road can pass safely.
- Local residents' driveways are not blocked and the surrounding community is respected.
- Rubbish is taken home and not left in the local area.

We also ask that all adults speak to one another in a calm, polite and respectful manner at all times. As a school community, we are role models for our children, and they look to us to demonstrate kindness, patience and understanding.

Our school serves many children with additional needs, including those who may move unpredictably or require the safety of the pavement at all times. Please be mindful of this and show consideration to all families.

Thank you for your cooperation in helping to keep our school community safe, welcoming and supportive for everyone.

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Marish School Uniform

Our Marish school uniform is:

- Red Sweatshirt or cardigan
- Navy blue trousers, shorts or skirt
- White shirt or polo shirt
- Black sensible shoes (no boots, high heels or platforms)
- (Nursery – the above with dark coloured jogging bottoms)
- PE Kit – plain red T-Shirt (round neck or polo), navy/black shorts.
- A dark tracksuit (plain or with a small logo) to wear over the PE Kit for outdoor lessons in cold weather. Trainers/plimsolls are needed for all PE lessons.

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.

PE and Games – PE is not an optional subject, it is a part of the national curriculum.

Swimming in KS2 – Swimming is not an optional subject. A letter with swimming costume requirements will be sent when your child is in year 4.

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Healthy Lifestyle

Activities to keep fit at home

Exercise: Crush and Squirt's Turtle Travel

Players: 1 or more

Where to play? Indoor or Outdoors

How to play



1. To get started you will need to make a Squirt-style turtle by filling up socks then tying them up. Use old newspaper, other socks or anything soft and light.



2. Lay out a T-shirt each on the floor, as this will be the current.



3. Everyone takes it in turns to be like Crush. Facing backwards, throw your turtle over your shoulder, aiming to land it on the current.

Start



4. If you miss, you have to "paddle" on the current to get it back by crawling on your hands and knees. **miss!**



5. Keep going until your turtle lands perfectly. If it's too easy, move your T-shirt further away!.



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Healthy Lifestyle

MINI APPLE AND BANANA MUFFINS RECIPE

Preparation time – 20 mins

Cooking time - 25 mins

Makes – 12

Ingredients

- 150g plain flour
- 1.5 teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract (optional)
- 40g lower-fat spread, melted
- 1 medium apple, peeled, cored and chopped
- 1 medium banana, mashed



Method

1. Preheat the oven to 200C (fan 180C, gas mark 6). Put 12 paper cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.
3. Put the milk, egg, vanilla extract and melted spread in a jug and beat together with a whisk. Add the wet mix to the dry ingredients, then add the apple and mashed banana. Stir until just combined. Do not overmix.
4. Spoon the mixture into the paper cases and bake for 20 to 25 minutes, until the muffins have risen and turned golden. Carefully remove the muffins in their paper cases from the bun try, and leave to cool on a wire rack.

<https://www.nhs.uk/healthier-families/recipes/mini-apple-and-banana-muffins/>

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Attendance

Marish

Feb 2026

Reception: **86.3%**

Year 1: **93.6%**

Year 2: **92.5%**

Year 3: **94.7%**

Year 4: **94.4%**

Year 5: **96.1%**

Year 6: **95.3%**

Target: 96%



November's 100% attendance reward was a pack of a maltesers!



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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E-Safety

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

IG @wake.up.wednesday

TI @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2025

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Some Useful Information



GEMS
Autism & ADHD Support Group
East Berkshire

Virtual Coffee Morning Eating and Movement

Friday 13th March - 10:00 - 11:00am

Join our online informal discussion.
What to expect?

Respectful and supportive discussion including:

- What works for your family at meal times
- What are your concern areas around eating
- How do you support your child with eating
- How you handle food centric activities and celebrations
- Encouraging affirming movement
- Eating out

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.

Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/awaiting assessment/diagnosed)

To book your place contact GEMS:
 Gems.4Health@nhs.net
  0800 999 1342

25 spaces available!



SEN SPORTS LTD

NEW WEEKEND SPORTS CLUBS FOR CHILDREN WITH ADDITIONAL NEEDS

Helping children build confidence through inclusive sports

Join our multi-sports fun with small groups | Max 6 children | Boost your child's confidence and coordination | Supports social skills in a safe space | Run by experienced Special Educational Needs Coaches

Location	Day	Time
Putney, SW15 2ED	Sundays	11:15am-12:15pm
Dagenham, RM10 9QH	Saturdays	10-11AM
Leyton (TBC)	Saturdays	11:30-12:30
Stoke Newington, N16 9EX	Saturdays	13:30-14:30
Wilsden, NW10 3ST	Saturdays	15:30-16:30
Mill Hill, NW71AQ	Sundays	12:00-13:00
Slough, SL1 2SN	Sundays	14:00-15:00

www.sen-sports.com

Email: admin_@sen-sports.com Click here to [Watch videos](#)



CURVE VENUE PRESENTS

£4 Per Session
or £12 for 4

CURVE EXPLORERS

WEDNESDAY 18 FEBRUARY

From 9.15am to 9pm

Ages 5+ years

Drumming

Singing

Arts and Crafts

Digital Animation

Try Something New!

60 min Fun Filled Workshops

Slough Borough Council
ARTS COUNCIL ENGLAND

CURVE VENUE
The Curve, William Street, Slough, SL1 1XY

curvevenue.uk
01753 303 035




Online FREE talk by Jane Keyworth
Anxiety Based School Avoidance
March 26th 7-8pm




Book online
www.facefamilyadvice.co.uk
go to PARENTS - Live Talks page

All 16 parent talks **FREE** with our School Membership



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Some Useful Information

The Year of the Fire Horse – Family Fun Day
Celebrating Chinese New Year 2026
17 February 1000 – 1400



We are delighted to be again working alongside the local **Busy Buttons CORE** charity, who designed and created The Dream Horse, a sustainability initiative commissioned by Ascot Racecourse in collaboration with four local schools (Heathermount, Manor Green, Arbour Vale & Forest Bridge).

More than 60 young people helped to craft the beautiful structure which was made using recycled materials from the racecourse. It was on display during Royal Ascot and throughout the summer of 2025 at Ascot, showcasing sustainability, creativity and community to thousands of racegoers. The installation will be on show throughout half-term within the Learning Centre at the Castle.

You and your family are invited to The Castle's Learning Centre on 17 February (1000 – 1400) to a day of arts, crafts, dressing up and you can even take part in a treasure hunt. Families can also bring a packed lunch to enjoy onsite to make a day of it! There is no charge – FREE EVENT.

So come along and get all 'equestrian' with your creativity!
Book a space using the following link - <https://tickets.rct.uk/product/11/6761>
Please note that there is no access to the wider Castle on this day as it is closed.

THE ROYAL ASCOT COLLECTION TRUST



Let's Play
FUN | INCLUSIVE | EDUCATIONAL

SCHOOL HOLIDAY FUN DAYS

SWIMMING, MULTI-SPORTS, ARTS & CRAFTS, BOUNCY CASTLE, PERFORMING ARTS, GAMING, LASER TAG, NERF WARS, LEGO BUILDING & MUCH MORE!

OPEN EVERY SCHOOL HOLIDAY



Windsor Leisure Centre
Clewer Avenue, Stovell Road, Windsor, SL4 5JB
9.00am – 4.00pm
Early drop off from 8am, late pick-up until 5pm

OPEN TO CHILDREN AGED 5 (SCHOOL YEAR 1) - 12
FROM £29.50 PER DAY!
Discounts for siblings - please see booking page for details.

We accept Childcare Vouchers, Tax-Free Childcare & we are OFSTED registered!
Please bring: Lunch, Snacks, Waterproof Clothing & a Refillable Drinks Bottle.



Scan the QR code for more information, call 01344 508008 or email info@lets-play.org.uk
Book online: www.lets-play.org.uk
f @LetsPlayUK | @LetsPlay_UK



Slough SEND Information, Advice and Support Service

Online information sessions for parents of children with SEND, young people with SEND, and professionals

Monday 23 February 2026
11am-12noon or 6-7pm.
This session will focus on Mediation and Appeals.

To book, email: SENDIASS@slough.gov.uk
(please specify AM or PM session)
or via www.sloughsendiass.org.uk



www.slough.gov.uk
Slough
Borough Council

557 10375-01-26

Coming to Curve Venue, Slough

Comedy Club 4 Kids



SUNJAI ARIF | **BILAL ZAFAR**

FAMILY AND FRIENDS OFFER (4 people) £40

£12 Standard | £10 Under 16s

Thursday 19 February at 2pm

£12 Standard | £10 Under 16s

comedy club 4 kids

Curve Venue
The Curve, William Street, Slough, SL1 1XY
curvevenue.uk
01753 303 035

Slough Borough Council
ARTS COUNCIL ENGLAND



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Some Useful Information



ENERGY EFFICIENT COOKERY COURSE

DELICIOUS & HEALTHY FOOD
EXPERT & SUPPORTIVE TUITION
ADVICE ON SAVING ENERGY

TUESDAYS 24 FEB - 31 MARCH
10.30 - 12.30

A FREE SIX WEEK COOKERY COURSE

PREPARING & SHARING DELICIOUS & HEALTHY DISHES USING LESS ENERGY. FIND OUT MORE ABOUT LOW ENERGY DEVICES LIKE INDUCTION HOT PLATES, AIR FRYERS & PRESSURE COOKERS

THIS COURSE IS FREE
PLACES ARE LIMITED
TO RESERVE YOUR PLACE CONTACT:
OFFICE@COMMUNITYCHEF.ORG.UK
07766526217
OR BOOK VIA [EVENTBRITE](#)

BOOKING FEE IS REFUNDED ON ATTENDANCE AND STUDENTS WHO COMPLETE THE COURSE RECEIVE A £20 GIFT VOUCHER

THE COURSE TAKES PLACE AT
THE BYRON CENTRE
BYRON HOUSE, LONGWOOD AVE, LANGLEY



 **GEMS**
Autism & ADHD Support Services

 **the autism group**

1 on 1 Support Sessions

An online or over the phone, 60 minute session offering support and advice.

Suitable for Parents and Carers whom:

- Has a child/young person who may have, waiting assessment or has been diagnosed with Autism or AuDHD (Autism & ADHD).
- Require strategies for a new presenting issue.
- Attended workshops/courses previously and need further advice.
- Want to talk confidentially or uncomfortable with group sessions.
- Are neurodivergent themselves or have access needs.

Available for families residing in, or have a registered GP in East Berkshire.

To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342

Sign Up Today!



FUN CIRCUS GAMES

WORKSHOPS & MASTERCLASSES AVAILABLE TO BOOK

CIRCUS

5 YEARS+

SPECTACULAR HOLIDAY CAMPS

8:30-3:30PM

LEARN NEW SKILLS

GYMNASICS & NINJA

SAVE 20% BY BOOKING 5 CONSECUTIVE DAYS

NON-MEMBERS WELCOME

MAKE FRIENDS

FOR ALL ABILITIES

SCAN HERE TO BOOK



Gymfinity Kids
CLUBS

book your holiday camp at:
gymfinitykids.com/holiday-camps
T&C's apply - see website for details, workshops & masterclasses may vary according to club.



WHAT TO EXPECT

CIRCUS

- 1 **Join the flips and tricks in the circus:** Get introduced to the circus activities of the day
- 2 **Teamwork:** Bond with your fellow performers through fun ice-breakers and team challenges
- 3 **Get active:** Structured gymnastics and ninja-style sessions on the gym floor – just like a real circus
- 4 **Picnic time:** Snack breaks and lunch break – don't forget your packed lunch!
- 5 **Fun & Games:** Our energetic coaches will lead thrilling circus games guaranteed to bring laughter and big smiles.
- 6 **Arts & crafts:** Get creative and make spectacular circus-themed crafts and colourful masterpieces!
- 7 **Cool down time:** Wind down the camp day with a chilled out game and reflection of the day before pick-up.

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