



Parent/Carer Newsletter



“Keep your face always toward the sunshine, and shadows will fall behind you.”— Walt Whitman

Key Dates for Parents/Carers

February - Mental Health Month

Tuesday 1st February - Chinese New Year (*special lunch*)

Tuesday 8th February - Safer Internet Day

Thursday 10th February - Dental survey of Reception and Year 1 pupils

Friday 18th February - Last day of Term

Monday 28th February - Children return to school

Important Information

Dear Parents/Carers,

I hope you had a great weekend! Another blustery day at Wexham Court, cold but delightful. It is Chinese New Year tomorrow, the year of the Tiger...lots of adventures ahead. We would like to wish our families a happy new year and enjoy the celebrations.

Last week, the police attended the area around the school to identify and address the issues related to parking on the grass verge. Please do not park on the grass verges as it is very unsafe for our children. I have been informed that the police will be coming by again with parking violation fines. We have a parent car park which is open for you to use.

In January we had a focus on healthy eating, we looked at nutrients from vegetables and how carbohydrates such as bread or rice can turn into sugar if eaten too much. We have looked at the effects of sugar last year and wish to revisit the teeth brushing in March.

Finally, we looked at how food from across the world and different countries encourage healthy eating. We all learnt a lot and have promised to make key changes. I am so pleased that the children are talking about it and really want to give it a go. So, please avoid bringing crisp in at the end of the day! A nice drink and healthy treat are just as good.

Mindfulness

In February we will have a focus on mental health. Alongside a number of other things, we will be encouraging mindfulness. Please see attached the ‘month of mindfulness’ poster which has some good ideas to practice. Mindfulness and practicing gratitude are a really powerful form of self-reflection, enabling us to relax our minds and be present, it supports us to regulate our thoughts,

ideas and gives us still time to reflect on our core values and beliefs. Our children are familiar with this approach as this is taught and practiced throughout our wellbeing curriculum and collective worship time. Practicing 3 minutes of mindfulness a day is proven to uplift your mood, combat anxiety and help you become more focussed. Take some time to try some of the ideas on the poster as a family.



One month of mindfulness

Mindfulness is about being aware of the moment, yourself and your surroundings. Practising it regularly can give your wellbeing a big boost. So why not try being mindful in a small way every day for a month? Here are some ideas. Visit [Healthy Me](#) for more inspiration.



- 1 Start your month with **kindness**. Think well of yourself and others.
- 2 Find some quiet time to sit and be still by yourself.
- 3 Head out on a **mindful walk** in your lunch break.
- 4 Turn routine into a mindful moment. It could be while **cleaning your teeth** or washing up.
- 5 Draw, colour **in or be creative**. Art can help you de-stress.
- 6 Use technology to be mindful. Download a mindfulness or journal app.
- 7 Try going a different way to work, to break up the routine.
- 8 Go for a run or exercise without music, and concentrate your attention on your body.
- 9 Enjoy **mindful eating**. Savour your favourite meal.
- 10 Write down two things you are grateful for.
- 11 How about a **digital detox**? Take a phone break!
- 12 Rest your elbows on a window ledge and take five minutes to watch the world go by.
- 13 Be **mindful at work**. Encourage open conversations with colleagues.
- 14 Catch up on life admin: but purposefully and mindfully to feel happier.
- 15 Have a **soak in the bath** to help clear your mind.
- 16 Watch a **relaxing movie**, completely immersing yourself in the film and the experience.
- 17 Try **mindful meditation**. Stop and observe your thoughts and sensations.
- 18 Spend a minute practising self-awareness. Acknowledge your feelings.
- 19 Help yourself **sleep** by taking time to wind down before bed.
- 20 Spend a few moments concentrating on the feeling of your feet on the ground.
- 21 Start building **three minutes of mindfulness** into your daily routine.
- 22 Concentrate on your breathing. Try starting with 10 breaths, counting each one.
- 23 **Declutter** your desk or workstation at home.
- 24 Do you have **children** or a young relative? Spend and savour some time with them.
- 25 Set reminders to **regularly stand up**, stretch your legs and refocus.
- 26 Use mindfulness to **focus** on what's most important to you right now.
- 27 Notice the beauty of nature on your daily walk or run.
- 28 Take a full lunch break and **stay stress free** at work. Aim to do this every day.
- 29 Remind yourself that thoughts are not facts. What's actually happening around you?
- 30 Experiment with your morning routine, to start your day in a positive way.
- 31 Listen to a mindfulness **podcast**, like the ones produced by Bupa.

I hope you have a great week ahead.

Miss Mehat



Messages & Reminders

Reading Matters

Come and join our online workshop to find out how you can support your child with reading at home. If you would like to join, please email mail@wexhamprimary.com or give us a call on 01753 524533 and we will send you over the joining information.



Reading matters and you can help

Come and join our online workshop to find out how you can support your child with reading at home. An online interactive session with an opportunity to answer questions too.

Date : Wednesday 9th February at 4.00pm.

Teams link to be sent on class page.

Chinese New Year Menu

Please see attached the special menu for Chinese New Year on Tuesday 1st February.



Chinese New Year Menu

Tuesday 1st February 2022

Chicken Chow Mein
Halal Chicken Chow Mein
Sweet chilli Quorn Noodles
Served with Vegetable Spring
Roll & Rice
Sweet & Sour Sauce Available

Jelly & Mandarin

Jacket Potatoes are available

Awards & Honours

HOUSE POINTS

House Name	Points	Ranking
Copper Beech	1203	1 st
Horse Chestnut	1063	3 rd
Majestic Oak	1126	2 nd
Sycamore	1039	4 th



MATHLETICS

1 st	2 nd	3 rd
Egypt	South Africa	Fiji
Lets Improve	Argentina	
Top Scorer	Jonah Egypt	



STARS OF THE WEEK

LOWER PRIMARY		
	Spain	Ayoub for working hard to edit and improve his sentences.
	Poland	Yashveer for striving for excellence in his writing and being a kind partner
	Italy	Mika'il for trying his best in phonics by being Ready and Respectful
	Fiji	Malak for excellent progress in phonics and striving for excellence in her writing
	Australia	Anum for turning a new leaf, taking pride in her work and being a better friend to her peers.
	Tonga	Aaizah for always striving for excellence and being a great talk partner!
	Egypt	Talha for trying hard to improve his handwriting and presentation.
	Ethiopia	Bismah for working extremely hard in all areas of her learning, including Maths and English. She has been a great example to all her peers.
	South Africa	Fayha for settling well and for always being helpful to others in class.

STARS OF THE WEEK

UPPER PRIMARY		
	Cuba	Zoya for her improved attitude in her learning and proactively working to improve her writing.
	Canada	
	Mexico	William for improved effort and challenging himself more during lessons
	Brazil	Jorawar for settling into his new school well and being a super-confident member of the class!
	Argentina	Navjot for being articulate in class discussions and showing great enthusiasm when rehearsing the story map.
	Peru	Zayan for always being ready to learn in every lesson and striving for excellence in everything that he does!
	Sri Lanka	Agrima for always striving for excellence in everything she does
	China	Kerolos for being a member of the class who is committed to striving for excellence and always is willing to represent us when needed
	Philippines	Alishba for fantastic descriptive writing!

Staff Spotlight

As promised, we bring to you our **Staff Spotlight** where each week we introduce to you a member of staff within the school. You may not know or even see some of our staff members, so we thought that this spotlight feature would be a good way for you to learn about the different staff and job roles within the school.



Name: Miss Hoogenberg

Job Title: Year 3 Class Teacher

Duties/Responsibilities: To facilitate and encourage learning experiences for children and provide them with opportunities to achieve in an exciting, safe and nurturing learning environment. Member of the science and enquiry team.

When did you join WCPS: July 2021

Clubs & Activities



**VOLUNTEER
TO CHANGE
LIVES**

We need volunteers to support Slough and Burnham families who are finding things tough;

- Could you support a family in their home?
- Could provide telephone support?
- A keen gardener? get in touch to help at our Allotment
- Could you deliver gift packages around Slough?

We provide free training and a wealth of ongoing support

For more information please get in touch
Tel: 01753 572958
email: office@hsslough.co.uk

**Home
Start**
Support and friendship
for families

**From all the staff here at Wexham Court Primary
School...**

