



“What the new year brings to you will depend a great deal on what you bring to the new year.” — Vern McLellan

Key Dates for Parents/Carers

January - Healthy Eating Month

Thursday 20th January - Class Photographs

Monday 24th January - Nursery Open Day (Virtual | 4.00pm - 4.30pm)

Thursday 27th January - Reception Open Day (Virtual | 4.00pm - 4.30pm)

Important Information

Dear Parents/Carers,

Welcome back and Happy New Year! I hope you have all had a lovely break over the Christmas Holidays. As soon as we are back the weather has decided to get colder 😞...typical! This serves as a reminder that children should be wearing coats and wrapped up warm to school.

Unfortunately, covid cases are on the rise again with the new Omicron variant being very transmissible. Rest assured, we as a school are doing everything we can to limit the spread by adhering to our risk assessment and following the Government guidelines. We need you all to play your part in limiting the spread of covid by keeping a safe distance apart when lining up, not waiting around on the playground etc. The more we work together, the quicker we can overcome this.

On Thursday 20th January we will have our class photos taken, so please ensure that your child is in full school uniform that day.

And finally, we will be holding virtual Nursery and Reception open days on the following dates:

Nursery Open Day:

Monday 24th January: 4.00pm – 4.30pm

Reception Open Day:

Thursday 27th January: 4.00pm – 4.30pm

Please click [here](https://forms.office.com/r/HcvcPuLfel) if you would like to join: <https://forms.office.com/r/HcvcPuLfel>

I hope you have a great week ahead!

Miss Mehat



WEXHAM COURT
PRIMARY SCHOOL



Wexham Court Primary School Early Years Virtual Open Days 2022

Come and virtually visit our **VIBRANT & CREATIVE** setting. Watch our children **explore, learn & play**. Our above national results are down to our highly trained teachers who nurture growth.

Talk to our knowledgeable staff about their approach and how they bring learning to life for all.



Nursery Open Day:

Monday 24th January – 4pm – 4.30pm

Link to join the session:

[Click here to join the meeting](#)

Reception Open Day:

Thursday 27th January – 4pm – 4.30pm

Link to join the session:

[Click here to join the meeting](#)

To book a place on the open days please email
Mrs Thistle on
admissions@wexhamprimary.com

Please be aware that these are subject to change, depending on the pandemic. Information regarding any changes will be accessed via the website nearer the time.





Messages & Reminders

Reception Applications

Reminder for Nursery Parents – Applications for your child to be allocated a Reception place for September 2022 will be closing on the **15th January 2022**. Please make your application via the Slough Borough Council website as soon as possible. If no application is made, your child will not receive a Reception place. If you have any questions or queries, please contact Mrs Thistle in the school office.

Front Office Team

Late comers

If your child is late to school, you must park your car in the **Parent Car Park** and walk to the Front Office Reception with your child to sign in. A lot of chaos is caused when parents park their cars in the staff car park when dropping off their children especially in the morning when there is a lot going on in the office.

Front Office Team

Healthy eating focus

As we embark on a new year, we will start as we mean to go on therefore, our monthly focus for January will be 'Healthy lifestyles' during this month we will be again reinforcing our healthy eating policy, daily skipping and practicing mindfulness and Yoga. Our core aim is to have children who are healthy in body, mind and soul. We know that nutrition, exercise and positivity thinking plays a pinnacle role in this. Which is why we nurture these aspects within our curriculum, vision and key principles. Please familiarise yourself with our healthy eating guidance and ensure this is reflected in your child's lunch box. A running pattern that we have noticed is that our children's diets contain too much sugar. Not only is sugar highly addictive, but in excess sugar can lead to obesity, which puts a child at risk for developing high blood pressure, high cholesterol levels, tooth decay and potentially type 2 diabetes.

How to cut down on sugar

Even if you know what to look out for when it comes to sugary food, it can often be really difficult to know what to do instead.

Here are some simple tips and tricks to point you in the right direction, both at home or when shopping.



Juice and smoothies

Fruit juice only counts as 1 of your 5 A Day, no matter how much or how many different types you have. So, limit it to no more than 150ml a day – and keep it to mealtimes, as juice can cause tooth decay.



DIY snacks

Ask your kids to help prepare healthier snacks from a selection of fruit, low-sugar cereal and unsalted nuts. It's a fun thing to do together, and they're more likely to eat it if they've made it. [See homemade snack ideas](#)



Go bananas!

Try adding a sliced banana to whole-wheat cereal biscuits or low-fat, lower-sugar yoghurt. You can also use it as a healthy topping for toast – a great way to get 1 of your 5 A Day.



Drink smart

A quarter of the sugar kids have every day comes from sugary drinks. Swap soft drinks, juice and flavoured milks for water, lower-fat milks and diet, sugar-free, or no added sugar drinks.

[More healthier food swaps](#)



Liven up your yoghurt

Low-fat, lower-sugar yoghurt topped with chopped fruit or berries makes a great dessert, and saves loads of sugar over typical yoghurts, ice cream or other sugary puddings. Counting towards your 5 A Day is another bonus!

[More healthier food swaps](#)

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 Shafiq

Job Title: PA to the Headteacher

Duties/Responsibilities: Assisting Miss Mehat with her day to day tasks and diary management, updating the school website, running the school social media, creating the weekly parent/carer newsletters and a whole lot more...It is a very busy job!

When did you join WCPS: October 2020

Favourite thing about WCPS: How well mannered the children are. I am always greeted with 'good morning/afternoon miss' and lots of smiles when walking throughout the school.



WEXHAM COURT
PRIMARY SCHOOL



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

