



**WEXHAM COURT**  
PRIMARY SCHOOL

# Parent/Carer Newsletter



## Key Dates for Parents/Carers

**Tuesday 22nd - Thursday 24th June** - Parent Consultation week

**Monday 14th - Tuesday 15th June** - School filming taking place

**Friday 9th July** - Year 6 end of year festival & disco

## Important Information

Dear Parents, Guardians & Carers,

We hope you all had a lovely break and made the most of the sunshine. It was a delight watching the children walk into school this morning, they seemed extremely refreshed and eager to face their final term.

Over half term, letters were sent to parents regarding infection cases - please regularly check emails as this is the main means of contact.

As always, this term is very eventful and I'm sure it will fly by in the blink of an eye. Teachers have been working on pupils' annual reports which will be issued to you online. As mentioned previously, please ensure you meet your child's class teachers for the virtual parents evening. Teachers will be in touch with you via teams next week to organise times for this.

We have a film crew in next week, filming videos on how to support children with their reading at home and for our new starters in EYFS. There is a possibility your child will be filmed (unless requested otherwise), please ensure as always, they are in the correct uniform for school. We look forward to sharing these videos as soon as they're edited, they will provide a great insight in helping your child to excel.

Fortunately, the weather is looking great for the remainder of the week, please encourage children to wear sunscreen and bring a water bottle into school on a daily basis.

We wish you a great week ahead!

*Miss Mehat*



Awards & Honours



# STARS OF THE WEEK

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
 England <b>Mahnoor</b>	 Australia [Name]	 Canada <b>Anaya</b>	 Ecuador <b>Insha</b>	 Mozambique [Name]	 Hungary <b>Hussain</b>	 Nepal <b>Ayaan</b>
 Wales <b>Sheena</b>	 Tonga <b>Zulqarnain</b>	 Jamaica <b>William</b>	 Peru [Name]	 Tanzania <b>Alan</b>	 France <b>Shazfa</b>	 China [Name]
 Scotland <b>Mika'il</b>	 Fiji [Name]	 Mexico <b>Mark</b>	 Chile [Name]	 Morocco <b>Yuvraj</b>	 Italy <b>Anas</b>	 Thailand [Name]

## MATHLETICS

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Australia	China	Tonga
Lets Improve	Fiji, Mozambique & Peru	
Top Scorer	Aaizah Malik Australia	





Key Messages & Reminders

**Active Slough Programme**

The weather is changing so why not give an outdoor sport session a try? Lead by local instructors for local people providing high-quality sessions as an alternative to a gym membership or exercising alone.

Register at <https://www.slough.gov.uk/xfp/form/184>

**Active Slough  
Outdoor  
Offline Programme**

Participants are required to sign-up in advance and commit to attending all five weeks of sessions when they register. We ask that participants consider this carefully and be mindful of others when they do sign-up.

Participants can sign up to a maximum of one Active Slough programme class, we can only work with limited class sizes and want to ensure as many individuals from across the borough benefit from the sessions. As per government and public health guidance, social distancing will be in place for all sessions. Individual classes will be limited to ten people per coach/instructor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Inclusive Football</b> 11am-12noon Arbour Park, Stoke Road SL2 5AY 18+	<b>Classic Aerobics</b> 9.45-10.30am Maplin Park, Market Road, SL3 8XY 18+	<b>Walking Football</b> 11am-12noon Arbour Park, Stoke Road, SL2 5AY £3.50 18+	<b>Pilates with Rosa</b> 11am-12noon Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3LW 18+	<b>Pilates</b> 10-11am Britwell Parish Hall, Long Furlong Drive, SL2 2PH 18+	<b>Saturday Morning Yoga with Luisa</b> 10.45-11.45am Langley Memorial, Langley Road, SL3 8BS 18+	<b>Pranayamas Yoga</b> 2-3pm Mercian Rec, Mercian Way, SL1 5ND 18+
<b>Junior Football</b> 5-6pm Arbour Park, Stoke Road, SL2 5AY Ages 5-11	<b>Britwell Sweats</b> 11am-12noon Britwell Parish Hall, Long Furlong Drive, SL2 2PH 18+	<b>Pranayamas Yoga</b> 10.30-11.30am Wexham Tennis Courts, Norway Drive, SL3 5QP 18+	<b>Junior Futsal</b> 5.30-6.30pm Ditton Park Academy, Kings Reach, SL3 7UX £3.50	<b>Boxercise</b> 7-8pm Upton Court Park Upton Road, SL3 7LU 18+	<b>Westfield Sports Club</b> 3-4pm Westfield Community Centre, SL3 8UR Ages 5-11	<b>Boxercise</b> 7-8pm Pippins Park, Raymond Close, SL3 0PP 18+
<b>Female Fighting Fit</b> 6-7pm Arbour Park, Stoke Road, SL2 5AY 18+	<b>Teen Disability Football</b> 4.30-5.30pm Arbour Park, Stoke Road, SL2 5AY Ages 13-16		<b>Kids Multi-Sports and Adults Bootcamp</b> 7-8pm Pippins Park, Raymond Close, SL3 0PP 5-11 for multi sports and 18+ Bootcamp			
	<b>Adult Boxercise with Kay</b> 6-7pm Langley Grammar School Reddington Drive, SL3 7QS 18+					

**Programme starts: 26/4/21**  
**Programme ends: 20/6/21**

All sessions free unless otherwise highlighted

[www.slough.gov.uk/activeslough](https://www.slough.gov.uk/activeslough)  
@activeslough

Complete a registration  
form to reserve your spot



CC-031208-05-21



**Carers Week 2021**

National Carers Week is taking place between 7th - 13th June and the theme for this year is 'Making Carers visible and valued'. You will find more information overleaf.



**MYTH**  
*Teachers think I am making excuses for being late for school and with my home work as I look after my Mum*

**REALITY**  
*My school can help me if I need support*

If you are a young carer please contact:

📞 Early Help Hub 01753 476589  
✉️ [youngcarers@slough.gov.uk](mailto:youngcarers@slough.gov.uk)

Tell your GP if you have caring responsibilities



**MYTH**  
*I care for my Dad and am too scared to ask for help as my family might be separated*

**REALITY**  
*There is support available for me as a young carer and my family*

If you are a young carer please contact:

📞 Early Help Hub 01753 476589  
✉️ [youngcarers@slough.gov.uk](mailto:youngcarers@slough.gov.uk)

Tell your GP if you have caring responsibilities





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**SLOUGH CARERS Partnership**

# Caring for our Carers

## Does somebody rely on you?

In Slough there are 12,000 people giving unpaid support to a loved one.  
Are you one of them?



2021



## Does somebody rely on you?

# It doesn't matter how little you think you do, what would they do without you?

If you help a member of your family, friend or neighbour to do things like shopping, housework, medication or with emotional issues, then you are a carer.

A carer is someone who provides unpaid support to family or friends who could not manage without this help. This could be a relative, partner or friend who is ill, frail, disabled or is affected by mental health or substance misuse. It includes young people under 18 who may be caring at home.

### What support is available for you?

Life as a carer can be a juggling act and you might find you don't have time for yourself to do what you want to do. You may get tired and run down, and your own health may suffer. It is really important that you the right support to help you in your caring role.

#### Slough Carers Support Service

If you are a carer, you can find free independent information, advice and support through Slough Carers Support. They can support you to maintain your wellbeing and stay connected to your community through providing details such as carer groups, events, training and befriending. They also offer a carer's discount card.

For more information contact:

Telephone: 01753 303428

Email: [sloughcarers@gmail.com](mailto:sloughcarers@gmail.com)

Website: [www.sloughcaressupport.co.uk](http://www.sloughcaressupport.co.uk)



#### Slough Borough Council adult social care

As a carer you are entitled to a carer's assessment, which can help you to do the things that you want to do.

In Slough, we have moved away from a traditional needs based assessment and towards a discussion with you about what is important to you. This will:

- help you recognise that you are a carer
- look at what is important to you
- support you to maximise relationships with friends, family, other people and organisations in your communities, to help you in your caring role
- give you information and advice
- encourage you to think about contingency plans if you are temporarily unable to care for the person you support
- provide reassurance that direct support is available at crisis points, for when you may need more support than what is available through your own networks and other local services. This support could include short breaks or a direct payment.

For more information, contact Slough Borough Council's adult social care team:

Telephone: 01753 475111 Option 1

Website: [www.slough.gov.uk/health-and-social-care/carers.aspx](http://www.slough.gov.uk/health-and-social-care/carers.aspx)

#### Support for carers of people with mental health problems

Berkshire Healthcare NHS Foundation Trust offer carers assessments and support to carers supporting people with mental health problems. A carer lead works across the Community Mental Health Team (CMHT) at New Horizons, and the Older People's Mental Health Team at Upton Hospital.

The Slough CMHT runs monthly "learn and share" style friends and family groups.

Website: [www.enablingtownslough.com/opportunities/carers/](http://www.enablingtownslough.com/opportunities/carers/)

The Older People's Mental Health Team offer specialist support to carers, including access to a dementia advisor for patients who have recently been diagnosed by the Memory Clinic. They support as well signpost carers to partner and specialist groups.

For more information contact the carers lead:

Tel: 01753 690950 (CMHT)

Tel: 01753 635220 (Older People's Mental Health Team)

Website: [www.berkshirehealthcare.nhs.uk/our-services/other-services/carers-information/](http://www.berkshirehealthcare.nhs.uk/our-services/other-services/carers-information/)



## Does somebody rely on you?



### Parent carers

If you are a carer of a disabled child and would like to discuss a parent carers assessment, please contact Slough Children First.

Telephone: 01753 875362

### Advocacy

An advocate can help you if you need support to express your needs during an assessment or if you're facing an issue currently. 'Advocacy in Slough' provides a free, confidential and independent service to adults.

Telephone: 01753 415299

Email: [info@advocacyinlough.org.uk](mailto:info@advocacyinlough.org.uk)

Website: [www.advocacyinlough.org.uk](http://www.advocacyinlough.org.uk)

### Young carers

A young carer is someone who helps look after a relative who may have a condition, such as a disability, illness mental health condition, or a drug or alcohol problem. Many young carers look after one of their parents or grandparents or care for a brother or sister.

### What do young carers do?

A young carer may spend time cooking, cleaning, shopping, giving medication to the person they look after or help them to wash and dress. They may also take brothers or sisters to school. Young carers can sometimes feel tired and unable to concentrate on their school or college work. They can get worried or feel stressed because of their caring responsibilities.

### Slough Young Carers - advice and support

Slough Borough Council has a duty to assess young carers. This will help determine the right help and support for the young person.

If you think you or someone you know might be a young carer and would like information, help or advice support is available to Slough young carers aged 11-19 years. This includes information, advice, young carers groups which offer breaks to a range of age appropriate activities such as ice-skating, cinema, bowling and even day trips out.

Please contact Early Help Hub:

Telephone: 01753 476589

Email: [youngcarers@slough.gov.uk](mailto:youngcarers@slough.gov.uk)

Website: [www.slough.gov.uk/young-people/](http://www.slough.gov.uk/young-people/)

### Support from your GP practice

You can register as a carer at your GP practice, either by speaking to your GP or asking at reception. By registering as a carer you could be entitled to a health check (for over 45s), a free flu jab and flexible appointments.

### Digital resources for carers

Slough Borough Council has joined forces with national charity Carers UK to offer support to carers via an online platform that can be accessed 24/7.

To find out more visit [www.Carersdigital.org](http://www.Carersdigital.org) and create a new account using the code: DGTL4366.

### Carers' allowance

A carer's allowance (CA) is a benefit for people who are 16 and over, who regularly care for a disabled person.

You may get carer's allowance if:

- you are caring for someone who gets the middle or highest rate care component of disability living allowance, or a personal independence payment daily living component, or attendance allowance
- you are caring for someone 35 or more hours a week
- you are not working or earning more than £123 a week
- you are not a full-time student (attending a course for 21 hours or more a week).

### Carer's premium

You cannot get carer's allowance if you are:

- already getting income support, jobseeker's allowance, employment and support allowance, incapacity benefit or retirement pension credit, bereavement benefits and some other benefits.

You may still get some extra money, called the carer's premium, if you claim CA while on means-tested benefits.

For more information and how to apply:

[www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

Helpline: 0345 608 4321

### Attendance allowance

Attendance allowance helps with extra costs if you have reached state pension age, and you have a disability that is severe enough that you need someone to help look after you. If you qualify for Attendance Allowance you may also be able to get extra Pension Credit, Housing Benefit or Council Tax Discount.

For information on allowances and how to apply:

[www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

Helpline: 0345 608 4321

Carers UK also have useful benefit advice

[www.carersuk.org/help-and-advice/financial-support/help-with-benefits](http://www.carersuk.org/help-and-advice/financial-support/help-with-benefits)



Does somebody rely on you?

**National organisations**

National organisations offer lots of advice and support for carers.

**Carers UK**

Website: [www.carersuk.org](http://www.carersuk.org)  
Telephone: 0808 808 7777  
Email: [info@carersuk.org](mailto:info@carersuk.org)

**Carers Trust**

Website: [www.carers.org](http://www.carers.org)

**GOV.UK**

Website: [www.gov.uk/browse/disabilities/carers](http://www.gov.uk/browse/disabilities/carers)

**Children's Society**

Website: [www.youngcarer.com](http://www.youngcarer.com)  
Telephone: 01962 711511

**Slough community groups and charities**

**Aik Saath**

Support, information and activities for young carers.  
Telephone: 01753 574780 or 07547 559050  
Email: [info@aiksaath.com](mailto:info@aiksaath.com)  
Website: [www.aiksaath.com](http://www.aiksaath.com)

**Apna Versa**

Offer a range of free exercise classes for carers including pilates, yoga and Bhangra for 50 Plus.  
Email: [apnavirsaproject@gmail.com](mailto:apnavirsaproject@gmail.com)  
Mobile: 07598 533336  
Follow: [www.facebook.com/apna.virsa](http://www.facebook.com/apna.virsa)

**Alzheimers Dementia Support**

Practical guidance and a wide range of services to help people in the community whose lives are directly or indirectly affected by dementia.  
Telephone: 07516 165665 or 07516 165647  
Email: [info@alzheimersdementiasupport.co.uk](mailto:info@alzheimersdementiasupport.co.uk)  
Website: [www.alzheimersdementiasupport.co.uk](http://www.alzheimersdementiasupport.co.uk)

**Alzheimer's Society**

Advice and support for those caring for a person with dementia.  
Telephone: 01628 626331  
Email: [berkshire@alzheimers.org.uk](mailto:berkshire@alzheimers.org.uk)  
Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Autism Berkshire**

Help and support for anyone living or caring for someone with autism in Berkshire.  
Telephone: 01189 594594  
Email: [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)  
Website: [www.autismberkshire.org.uk](http://www.autismberkshire.org.uk)

**Cippenham Carers Group**

A group that meets monthly to chat with other carers, share food, enjoy a sing song and do some seated exercise.  
Email: [zhorajefferies@yahoo.com](mailto:zhorajefferies@yahoo.com)

**Health and Wellbeing Slough**

Provides FREE integrated health services to Slough residents including carers. This includes help with NHS health checks, adult weight management, stop smoking services, oral health, falls prevention, alcohol advice and support with emotional wellbeing.  
Telephone: 0800 0614734 or 01753 373646  
Email: [info.hws@nhs.net](mailto:info.hws@nhs.net)  
Website: [www.healthandwellbeingslough](http://www.healthandwellbeingslough)

**Macmillan Cancer Support**

Information, practical advice and support for those and their families, affected by cancer, via Wexham Park Hospital drop-in.  
Telephone: 01753 634886 or 0300 6154886  
Email: [fhft.macmillan.information@nhs.net](mailto:fhft.macmillan.information@nhs.net)

**Slough Asian Carers**

Support for Asian carers in a social environment.  
Telephone: 01753 530579

**Special Voices**

A group of parents and carers of children and young people with additional needs, working in partnership with voluntary and statutory organisations.  
Telephone: 07990 693439  
Email: [info@specialvoices.co.uk](mailto:info@specialvoices.co.uk)



If you would like the information in this leaflet translated into another language, please telephone 01753 475111 Option 1 or email [beinvolved@slough.gov.uk](mailto:beinvolved@slough.gov.uk).

Made by Slough carers for carers





### Sunflower Competition

A huge well done to the AM Nursery class for winning the Sunflower Competition. Their sunflower grew to a whopping **142cm**.

A lot of time, effort and energy goes into caring for plants and the AM Nursery class have done amazing along with all the other classes who participated.

Well done to you all 😊



### Sunflower Growth Chart

Class	12/03/21	19/03/21	01/04/21	23/04/21	30/04/21	07/05/21	14/05/21	21/05/21	28/05/21	07/06/21
Nursery AM	0cm	12cm		23cm	39cm	57cm	77cm	119cm	130cm	142cm
Nursery PM	0cm	12cm		18cm	32cm	40cm	57cm	65cm	80cm	87cm
Reception - England	0cm	1cm								
Reception - Scotland	0cm	2cm								
Reception - Wales	0cm	2cm								
Year 1 - Fiji	0cm	0cm			10cm	18cm	21cm			
Year 1 - Australia	0cm	0cm			13cm	20cm	23cm			
Year 1 - Tonga	0cm	0cm	0cm	0cm	0cm	0cm	0cm			
Year 2 - Jamaica	0cm	0cm				21cm	25cm			
Year 2 - Canada	0cm	0cm								
Year 2 - Mexico	0cm	0cm								
Year 3 - Ecuador	0cm	2cm		35cm	42cm					
Year 3 - Peru	0cm	0cm								
Year 3 - Chile	0cm	0cm								
Year 4 - Mozambique	0cm	0cm	3cm	5cm	8cm	10cm	14cm	17cm	25cm	
Year 4 - Morocco	0cm	5cm	6cm		9cm	11cm	18cm	25cm	35cm	
Year 4 - Tanzania	0cm	7cm	9cm		14cm	15cm	22cm	31cm	48cm	
Year 5 - Italy	0cm	0cm								
Year 5 - France	0cm	2cm	16cm					8cm		
Year 5 - Hungary	0cm	0cm						42cm		
Year 6 - Thailand	0cm	0cm	22cm	0cm 😞	0 cm	1cm	5cm	9cm		
Year 6 - China	0cm	5cm	19cm	43cm	62cm	67cm	79cm	81cm		
Year 6 - Nepal	0cm	0cm	7cm	16cm		25cm	29cm	32cm		



**WEXHAM COURT**  
PRIMARY SCHOOL



*From all the staff here at Wexham Court Primary School,  
we wish you a great week ahead!*