



WEXHAM COURT
PRIMARY SCHOOL

Parent/Carer Newsletter



Key Dates for Parents/Carers

Monday 1st - Friday 5th February - Children's Mental Health Week

Friday 12th February - Last day of Term

Important Information

Dear Parents & Guardians,

I hope you have all been keeping safe and well.

I wanted to take this opportunity to thank parents for filling in the parent questionnaire - your feedback is most valuable and it was extremely motivating for our teachers to hear how appreciative you were of their continued efforts. Another questionnaire will be sent to parents/carers in KS1 and EYFS.

It is national story telling week! Remember everyone has at least one story to tell. It exists in the very air around you, your story is the one you know best and as it is only the beginning, the stories you will tell might begin with - Once upon a time or not in my time, not in your time but in someone's time...Please encourage your child to read or you read to them!

Furthermore, I wanted to let you know that lateral flow testing devices have been provided to all schools, including primary schools. Staff at Wexham Primary are now testing twice a week which will help identify anyone who is carrying the virus without displaying symptoms, reducing the risk of transmission. Rest assured we are doing all that we can to ensure that the school is a safe environment for both the students and staff.

Additionally, the Prime Minister has announced that the government hopes to start reopening schools on 8th March, depending on factors including the rate of vaccination amongst priority groups. The government will let teachers and parents know when schools in England can reopen as soon as they are able to, but they can't guarantee that this will be before the Easter holidays.

And finally, Slough Borough Council will be proving Free School Meals over the February half term. I hope you have all been keeping safe and well.

We hope you have a great week ahead! Stay safe.

Navroop Mehat



Awards & Honours

MATHLETICS

1 st PLACE	Mexico	
	Australia	
3 rd PLACE	Wales	
	Rakshini Rajarajachocan	



STARS OF THE WEEK

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Mariyam	England Viraj	Australia Safoora	Canada Anayah	Ecuador Ibrahim	Mozambique Sudais	Hungary Zainah	Nepal Fatimah
Home Learners	Wales Roman	Tonga Kanika	Jamaica	Peru Qasid	Tanzania Jaspreet	France Yahya	China Sarika
Mya, Charlie, Ryan & Adam M	Scotland Oakley	Fiji Harry	Mexico Aleeza	Chile Sahd	Morocco Lahna	Italy Braidon	Thailand Zaineb



Key Messages & Reminders

Mental Health Fortnight

This year's theme is...'**Express yourself**'

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

EXPRESS YOURSELF



Simply talking about problems often isn't enough. That's where the **power of creativity** becomes an essential healing tool, because it offers the means for children to 'work things out' as well as expressing their feelings and telling their stories. In doing so, children can envision a better, more hopeful future.

There will be a lot of opportunities for children, parents and staff to reflect on how creativity can support their mental health. Try to take some time away from devices and attempt something new and creative...expressing yourself through different fun and inventive ways will make you feel good!

Let us know what fun activities you take part in via twitter :)

Family Fitness Club

Every Monday @ 3.30-4pm

Mr Ensby is inviting you to a
scheduled zoom meeting:

<https://zoom.us/j/5153968465?>

pwd=UEd0SFhINENaeWhPbm52SXF

OHVmQT09

Meeting ID: 515 396 8465

Passcode: fitness



It's important to step away from the screen and be present. Spending time with those you love is proven to boost your wellbeing and there is a clear link between healthy eating and a healthy mind.

This week, we will be creating Pitta Pizza faces, in conjunction with the theme of this year's mental health week 'Express Yourself'

You will need to purchase the following ingredients:

- Wholemeal pitta bread
- Tomato puree
- Grated cheese
- Your favourite toppings (healthy veggies are a great addition)

Access the video demonstration on the school website
this Wednesday
Hosted by Ms. Purvis and Miss Lewis





EXPRESS YOURSELF



5 ways to wellbeing...

Connect	Take notice	Activity	Learning	Giving
<ul style="list-style-type: none"> - Draw a support tree of all the people around you - Send a message/call someone you haven't spoken to in a while - Make a photo collage of all the important people in your life 	<ul style="list-style-type: none"> - Go for a mindful walk and notice the nature around you (look at the colours, notice the smells and the weather changes) - Go into the garden or look out your window and take notice of your surroundings – take some big deep breaths whilst you do this 	<ul style="list-style-type: none"> - Join in with some yoga with the team - Go for a walk/ run today - Stretch your body when you wake up and before bed, notice how this makes you feel after - Join a workout online from YouTube (Joe Wicks) 	<ul style="list-style-type: none"> - Cook a new recipe you have been wanting to try for a while - Watch David Attenborough's new programme and learn about our planet - Reading your current book - Watch a Ted talk on a topic you are interested about - Learning something about your friend/partners day - Learn a new saying in another language 	<ul style="list-style-type: none"> - Send a thank you note to someone who has helped you recently - Clear out your wardrobes for charity Offer to do something for someone in your household - Make a meal for someone/ a nice hot drink - Praise someone on their great work

Yoga Session

Calling all WCPS parents/guardians,

A local Yoga Instructor will be teaching a 30 min live family yoga & meditation class on Zoom. This is in aid of Children's Mental Health Week. The class will be held on 1st Feb at 5.30pm - 6pm & will be free! All children & parents can join in. You can book via the website:

<http://www.yogamindfulness.co.uk>

Get your yoga mats ready!

Laptop Collection

If you are coming to collect laptops from the school, please ensure you have your child's login details at hand. The device can only be used remotely if you have logged on at school.

The Baby Bank

The Baby Bank have found themselves sadly busier than they have ever been supporting local families with essentials. Last year alone they helped over 3000 children and babies and have recently completed a Christmas Pyjama appeal which enabled them to gift over 1163 packs to local children.

They continue to help families with baby items (formula, nappies, clothing, cots, prams etc) as well as older children up to 16yrs with toiletries, school uniform, clothing and shoes. If any of you may be struggling then please do not hesitate to contact The Baby Bank for help.



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