



WEXHAM COURT
PRIMARY SCHOOL

Parent/Carer Newsletter



Key Dates for Parents/Carers

Wednesday 9th December - *Nursery Nativity Live Stream*

Thursday 10th December - *Reception Nativity Live Stream*

Thursday 17th December - *Christmas Lunch and Christmas Jumper Day*

Friday 18th December - *Last day of Term*

Important Information

Dear Parents, Guardians & Carers,

It was lovely to see you all this morning and I am very glad to be back. There is now only one class isolating, hopefully that will be the last of it! Thank you, Parents, for being extra vigilant and booking tests so quickly.

As you know, Slough has been placed in the Tier 3 category, which means that further restrictions apply. Some families will cope well with this; however, others may find it very difficult for a host of reasons. Should you find yourself in that situation, please give us a call or email mail@wexhamprimary.com and we will work with you to make this period more manageable.

It is the 1st of December tomorrow, so to bring in the festive season the pupils will be involved in an online sports advent calendar. Each day they will open a new door and accept a new challenge. Please ask your child about it and maybe try it at home.

Finally, I hear that Parent Consultations went well. If you missed your slot then please liaise with the class Teacher and arrange another appointment.

I hope you have a lovely week and stay safe!

Regards & best wishes,
Navroop Mehat



Awards & Honours

HOUSE POINTS THIS WEEK



House Name	Points	Ranking
Copper Beech	1741	1 st
Horse Chestnut	1679	4 th
Majestic Oak	1731	2 nd
Sycamore	1703	3 rd



MATHLETICS

1 st PLACE	Australia	
	Fiji	2 nd PLACE
3 rd PLACE	Nepal	
	Peru	LET'S IMPROVE



STARS OF THE WEEK

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Morning		England Abdul Rehman	Australia Makakpreet	Canada	Ecuador John	Mozambique Laila	Hungary	Nepal Safyan
Afternoon		Wales Ayoub	Tonga Mariam	Jamaica	Peru Abdullah	Tanzania Anaya	France Shazfa	China Lillian
		Scotland Yahya	Fiji Nauyaan	Mexico Yousef	Chile	Morocco Fahad	Italy Noor	Thailand Ibsham



Key Messages & Reminders

Book Fair

On 8th December, we will have our first Book Fair of the year. Because of our current circumstance, it will run slightly differently though will still be just as successful! Parents will not be invited to view the Book Fair in school but will receive a 'Pre-Browse Order Form' where you will be able to view all the wonderful books that are on offer.

In order to drum up some excitement around the event, your children will be sent home with a wish-list, where they can write down the books that they would like to purchase. These books can then be purchased at home by calling Scholastic's number at the bottom of your child's wish-list. Please return these completed wish-lists to your child's class teacher. Your children will receive their book/s by the time that the Book Fair has been completed.

These are the attachments for the Parent Newsletter

Wishlist: <https://images.scholastic.co.uk/assets/a/39/0a/book-fair-wish-lists-scholastic-uk-1976277.pdf>

Pre-Browse Order Form: <https://images.scholastic.co.uk/assets/a/d6/2a/sbf-pre-browse-order-form-v7-1966840.pdf>

Book Fair Leaflet: <https://images.scholastic.co.uk/assets/a/ed/0a/scholastic-uk-primary-invitation-v9-1966251.pdf>

Keeping Warm & Keeping Well

For tips on how to keep warm and well this winter check out the infographics below and click [here](#) to read more.

Helpful Resources

For members of the public

Health Advice

- [NHS How to stay well in winter](#)
- Get the latest [NHS information and advice about coronavirus \(COVID-19\)](#). COVID-19 information is available in British Sign Language via the [SignHealth](#) website
- [NHS information on the Flu Vaccine](#)

Other Support and Advice

- Register for support from the [NHS Volunteer Responders](#)
To arrange support for yourself or someone you know, call: 0808 196 3646 (8am to 8pm, 7 days a week)
- [AgeUK: Keep well this winter](#)
- [Citizens Advice](#) offers free and confidential advice online, over the phone and in person
- For additional support, check if you're eligible to register on your energy company's Priority Service Register. For more information visit the [Ofgem website](#)

For professionals

- Download the NHS [Stay Well This Winter](#) campaign leaflet or order a printed copy from the PHE Campaigns Resource Centre
- Access the [Cold Weather Plan for England](#) and allied resources
- Subscribe to the Cold Weather Alerting system for England via [GovDelivery](#)
- Read NICE Guideline 6: '[Excess winter deaths and illness and the health risks associated with cold homes](#)'
- Take the [Helping People Living in Cold Homes](#) e-learning module
- Use the [Cold Homes Toolkits](#)



Public Health
England

Keep Warm Keep Well

Coping with cold weather and COVID-19

Keep Warm



Heat your home to at least
18°C



Ensure you have adequate food,
medication and warm clothes



Check if you are eligible for
help to keep your home warm

Keep Well



Stay as active as you can,
any exercise can bring
health benefits



Make sure you get your
flu vaccine



Follow COVID-19 guidance

Keep Connected Safely



Get help if you need it.
Speak to your GP, pharmacist,
carer or key worker for advice



Keep in touch with
friends, family and your
community



Look out for others.
Ask how they are keeping
warm during cold weather

Further Information



[Simple Energy Advice](#) provides
free advice on energy efficiency
and National grants to help with
energy bills: 0800 444202



Plan ahead.
Stay up to date
with the weather
forecast



If you're worried about
your health, visit the
[NHS Website](#), call **NHS**
111 or in an emergency
call **999**



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PRIMARY SCHOOL



Sport4Kids

Sport4Kids Activity Camps **20% Early-bird discount** runs out at midnight on **Monday 30th November**.

BOOK NOW before spaces get fully booked!

For more information please see the attached flyers or visit the website

www.sport4kids.biz/camps/

Alternatively, if you have any questions please do not hesitate to contact the customer service team at enquiries@sport4kids.biz or 0300 303 3866.

S4K
MULTI-ACTIVITY, FOOTBALL & EARLY YEARS
WINTER CAMPS

Our gift to you this Christmas...

21st-23rd December

4 VENUES
3 DAYS
1 WAY TO END 2020!

LIMITED AVAILABILITY - BOOK NOW at <https://sport4kids.biz/camps/>

SPORT 4 KIDS

Ofsted Registered **FESTIVE SAFE FUN**

- CHRISTMAS PARTY GAMES
- CHRISTMAS CRAFTS
- BAT & 'BAUBLE' GAMES
- FESTIVE FOOTBALL GAMES
- BISCUIT DECORATING
- FROZEN DODGEBALL
- SNOWBALL FIGHT WITH OLAF!
- GRINCH NERF WARS
- BLITZENS BENCHBALL
- AND MUCH MUCH MORE!

20% EARLYBIRD DISCOUNT*
*ends 30th November

8am-6pm for kids aged 4-12years



SPORT4KIDS

Dear Parents,

We understand that the announcement of the 3 bubble Christmas rule and the Tier System could have caused some worry for parents as to how Christmas plans are going to be arranged this year.

As the nights draw in and the days become colder, we also have the worry of not being able to get out for as many walks and physical activity with the kids. Especially if the rain doesn't stay away!

With everything going on, **Sport4Kids Winter Activity Camps** may be one of the last things you are thinking about, but we say it should be one of the **FIRST** things!

We are here to **HELP YOU** and bring you some **TIME, PEACE** and **RELIEF!** And to bring children **FRIENDS, FITNESS & FESTIVE FUN** in an Ofsted registered and secure setting.

20% DISCOUNT RUNS OUT ON 30TH NOVEMBER

This Winter we have an wide range of Festive Fun & Games not to be missed including:

- Snowball Fight with OLAF!
- Festive Biscuit Decorating
- Christmas Crafts including Christmas Decorations & Card Making
- Christmas Karaoke
- Festive Football Games
- Blitzen's Benchball
- Bat & 'Bauble' Games
- Frozen Dodgeball
- Grinch NERF Wars
- And so much more!

(For the full activity timetable please visit our website)

For kids aged **4-12years old** running from **21st-23rd December**
BOOK NOW at www.sport4kids.biz/camps/

Wellbeing Help

Talking Therapies is a free NHS service that supports the residents of Berkshire who may be struggling with difficulties including; low mood, anxiety and stress. Their services are available to anyone registered with a GP in Berkshire...you can self-refer by calling the admin team on **0300 365 2000** or alternatively [Sign Up](#) via the website referral form.

They offer a range of treatments including 1:1 therapy and online support...click [here](#) to visit the website. There is also a Wellbeing for new parents page on their website that new parents can be signposted to...for more information click [here](#).



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NHS
Berkshire Healthcare
NHS Foundation Trust

Feeling low, stressed, or worrying too much?

Talking Therapies are here to help – Your
free, confidential NHS Service in Berkshire



We offer support to help with difficulties such as:

Stress | Low Mood | Anxiety | Panic Attacks | Phobias
Sleep Difficulties | OCD | Trauma | Long Term Health Conditions

**No GP referral needed –
sign up today!**

Find out more and sign up for support today:

 talkingtherapies.berkshirehealthcare.nhs.uk/

 Call us on – 0300 365 2000

 Or discuss with your GP

  Follow us @TTBerkshire





Talking Therapies **Talking Health**

Relieving distress and transforming lives in Berkshire

We are a **free, confidential** NHS service for those 17 and over, living in Berkshire. We offer help for difficulties such as:

- Stress
- Motivation or low confidence
- Frustration about not living up to own expectations
- Excessive worry or panic attacks
- Phobias
- Depression
- Work stress
- Sleep
- Coping with a physical health problem
- Obsession and compulsions
- Trauma-related stress
- Relationships

We offer therapies including:

- Cognitive Behaviour Therapy (CBT), Computerised CBT and 'guided self-help', these help people make changes in the 'here and now' to improve how they feel and resolve problems. The focus is on what people think and do and this affects the way they feel and function in life. Therapists help you to understand the nature of your difficulties and agree set goals to work on to overcome them.
- Stress Less workshops and Wellness courses.
- Counselling for Depression which helps you explore any problems causing you distress. Through exploring issues with a counsellor you may gain new understanding which can support you in finding your way forward.
- Interpersonal Psychotherapy for Depression (IPT) focuses on relationship areas that can contribute to personal difficulties.

Ways to access our service:

We are able to offer a translation and interpreter service.

If you would like to know more about our service, visit our website at:

www.talkingtherapies.berkshirehealthcare.nhs.uk

You can self-refer by giving us a call today on **0300 365 2000**, or visit your GP.

Alternatively, text **'Talk'** and your postcode to **07500 915 968**

For **urgent medical or mental health care**, contact your GP or you can call NHS 111. If you or anyone else is in immediate danger or harm then please call the Police or Ambulance service on 999.



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