

St Mary's Catholic Primary School

Coronation Crescent, Madeley, Telford, Shropshire, TF7 5EJ

Telephone: 01952 388255

Fax: 01952 388244

E-mail: a3357@telford.gov.uk

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

Headteacher: Samantha Griffiths
Assistant Headteacher: Helen Lambie
School Business Manager: Suzanne Evans

COVID19 Update

I attended a virtual meeting yesterday and it was reported that there had been no confirmed cases of coronavirus in Telford and Wrekin schools. We understand that some parents become concerned when they hear that children in school are being tested for COVID. This does not mean that there is an increased risk to your child. It is in fact very encouraging to know it indicates that both parents and school are not taking symptoms lightly and there is no complacency. We all must air on the side of caution and unfortunately the common cold is doing the rounds so we have to be sure that the high temperature and cough that occasionally accompany it, are not COVID related. We are being told by the experts during the presentations from Downing Street that this virus will be here for many more months yet so unfortunately we have to become accustomed to children and staff being tested, waiting for results, potential cases and the opening and closing of bubbles, and in extreme cases, the closing of schools. We are all in this together and we must trust each other to do the very best to keep our school family as healthy as possible.

Keeping Healthy

We are all being urged to keep ourselves in good health and try to lose a bit of weight if we need to. Please take a look at <https://www.nhs.uk/live-well/> as there is lots of helpful advice there to be had.

 <u>5 steps to mental wellbeing</u> Practical advice to help you feel mentally and emotionally better	 <u>Healthy weight</u> Check your BMI using our healthy weight calculator and find out if you're a healthy weight.	 <u>Exercise</u> Programmes, workouts and tips to get you moving and improve your fitness and wellbeing
 <u>Sleep and tiredness</u> Find out how to sleep well and the common lifestyle factors that are making you tired	 <u>Eat well</u> All you need to know about the major food groups and a healthy, balanced diet	 <u>Alcohol support</u> Find out the health benefits of reducing your alcohol intake and get tips on cutting down

Parent Suggestion

One of our parents is very keen to share with you three ingredients that are exceptionally good for your immune system that are also anti-inflammatory – turmeric, honey and ginger. Here is a drink that you might like to try at home because it might make us all a bit healthier during the forthcoming wintery months:

Ginger & Turmeric Honey Bomb

Makes 1/2 cup

1/2 cup / 120 ml honey (preferably organic unheated)

2-4 tbsp freshly grated ginger (or ground ginger), depending on how strong you prefer

2 tsp ground turmeric (or freshly grated turmeric if you can find it)

1 organic unwaxed lemon, freshly grated zest

2 pinches ground black pepper

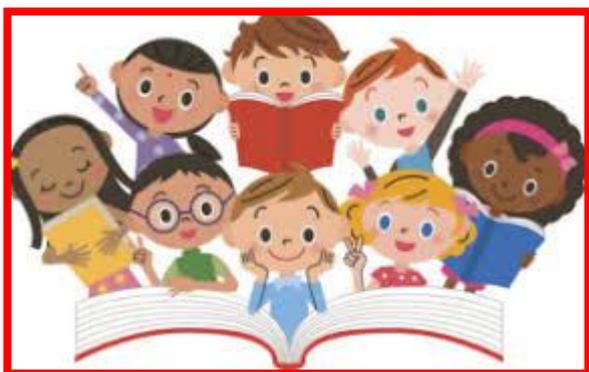


Stir together all ingredients in a bowl. Taste and add more ginger or turmeric if needed. Aim for a really strong flavour, you'll only add a few teaspoons to a cup of water. Store the Ginger & Turmeric Honey Bomb in a glass container. Boil a cup of water and let slightly cool (to keep the benefits from the honey intact), stir in a few teaspoons of the honey mixture and drink. You can of course also add this to your favourite brewed tea.

New Starters

We will be welcoming our long-awaited new reception class in full-time on Monday. They have had three taster sessions that have been enjoyed by all. All the children have been an absolute delight and we are very proud to welcome them to our school. I am sure you will make all the new families and children welcome. Thank you.

Reading



We will be setting-up an online system so children can access age-related reading material from home but over the next couple of working days we will send your child home with a reading book also. Could you please let school know if you do not have access to the internet. Reading records will not be provided to reduce transmission risk. Unfortunately, it is very difficult for us to listen to children read in a one-to-one situation at present. Children are taught reading every day – segmenting and blending, phonics, inference – but

practising close to an adult in school is not safe. Please, please, please listen to your child read as much as possible. Good reading is the number one indicator of overall academic success, so we really need your time and support to ensure children are practising as much as possible. Thank you in advance for your help.

Flu immunisation

The children's flu vaccine is offered as a yearly nasal spray to young children to help protect them against flu. Flu can be a very unpleasant illness for children, with potentially serious complications, including bronchitis and pneumonia. Flu immunisation will take place in school on Monday 28th September. A nasal spray is used. Please indicate on the form whether you would like or would not like your child to be immunised.

V Vegetarian
 Ve Vegan
 H Halal

Week 1

Monday
 Pizza Bar Selection of Topped Pizzas with a Deep Crust Base V
 Sauté Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection
 Ginger Cake

Tuesday
 Red Tractor Beef Bolognaise Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce
 Macaroni Cheese Macaroni Pasta in a Chef's Cheese Sauce V
 Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection
 Iced Sponge



FUN FOOD FACTS
 Apples float in water, because 25% of their volume is made of air. The most powerful spice is Red Dragon. Followed by Clove, Golden Dragon, Gravy, Smith, and Fig.

Wednesday
 Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced meat
 Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheese V
 Roast Potatoes, Creamed Potato, Baton Carrots, Broccoli, Garden Peas, Homemade Bread Selection
 Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Thursday
 Big Breakfast Farm Assured Back Bacon, Pork Sausage, Free Range Scrambled Egg V
 Vegetarian Sausage V Ve
 Hash Browns, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection
 Fruit Cheesecake

Friday
 Battered Fillet of Fish White Fillet coated in a light batter or Salmon Fishcake
 Homemade Cheese & Onion Pastie Creamed potato with Cheese encased in Puff Pastry V
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection
 Chocolate Brownie

Week 2

Monday
 Pork Sausage Farm Assured Served in a Soft Finger Roll
 Vegetarian Sausage Served in a Soft Bread Roll V Ve
 Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
 Iced Lemon Sponge

Tuesday
 Chicken Curry Tender pieces of Farm Assured Chicken Breast in a Chef's Curry Sauce
 Pasta Bake Pasta & Vegetables in a Rich Tomato Sauce topped with Mature Cheese V
 Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Pitta Bread
 Homemade Cookie

Wednesday
 Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced meat
 Vegetable Parcels Roast Vegetables encased in Puff Pastry V Ve
 Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Cauliflower, Homemade Bread Selection
 Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar
 Available daily by pre-order

Thursday
 Lasagne Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce, layered with Pasta sheets & topped with Mature Cheese Sauce
 Vegetable Lasagne V
 Baked Potato Slices, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
 Fruit Muffin



Friday
 Fish Finger Fillet of Fish coated in a Crispy Breadcrumbs or Battered fillet of fish White Fillet coated in a light batter
 Homemade Cheese & Onion Pastie Creamed Potato with Cheese encased in Puff Pastry V
 Chips, Couscous, Baked Beans, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection
 Selection of Cupcakes

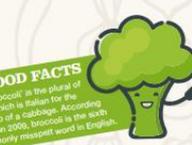
Week 3

Monday
 Gluten Free Pork Meatballs in Gravy Pork Meatballs served with a Rich & Tasty Gravy or Homemade Tomato Sauce
 Roasted Vegetable Pasta Bake Pasta & Roast Vegetables in a rich tomato sauce topped with mature Cheese V
 Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
 Cook's Choice of Sponge & Custard

Tuesday
 Chicken & Broccoli Pasta Bake Farm Assured Diced Chicken, with Broccoli Florets, Pasta in a Chef's Sauce
 Cauliflower & Broccoli Bake V
 Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
 Fairy Cupcakes

Wednesday
 Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced meat
 Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheese V
 Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cauliflower, Homemade Bread Selection
 Jelly with a Swirl of Cream

Thursday
 Homemade Sausage Roll Farm Assured Pork Sausage encased in Puff Pastry
 Vegetarian Sausage Roll V Ve
 Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
 Banana Cake



FUN FOOD FACTS
 The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccolo is the sixth most commonly misspelt word in English.

Fresh Fruit available daily. Cheese & Crackers available Monday, Wednesday & Friday. Individual Yoghurts available Tuesday & Thursday. All items subject to availability.

Support Services and Advice

Support Services and Advice over the Summer Holidays	Telephone No:
<p>Food Share Project – UK * This is being moved to the old Blockbuster site in the Town Centre</p> <p>Bookable times slots, one slot per family per week.</p> <p>Book you slots on the Food Share Projects facebook page.</p> <p>£3.00 donation per household will keep us open, we are at risk of closure if donations continue to drop.</p> <p>Connect Aid CiC run a food share project. Stores donate food, share overstock into a community zero waste project, saving it from incineration or landfill.</p> <p>Back Entrance, Park Lane Centre, Woodside, Telford</p>	<p>Mobile: 07775 505434</p>
<p>Childline</p> <ul style="list-style-type: none">• Free 24-hour helpline• Childline is here to help anyone under 19 in the UK with any issue they're going through.• You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.• Childline is free, confidential and available any time, day or night. You can talk to us:<ul style="list-style-type: none">- By calling 0800 1111, by email, through 1-2-1 counsellor chat - Whatever feels best for you!	<p>0800 11 11</p>

The Access Service for Adult Mental Health

Telephone: 0300
124 0365

The Access Service for Adult Mental Health is a telephone service that provides information, advice and guidance in relation to adult mental health issues and services in Shropshire and Telford

Email:
Access.Shropshire
@SSSFT.nhs.uk

Mental Health Helpline - Urgent Help

Telephone: 0300
124 0365

MPFT

Help in a crisis, If you, a family member or friend needs help urgently, please pick up the phone, you are not alone.

<p>Families, carers and professionals can access comprehensive local information via this website relating to the needs of children aged 0 - 19 years old or to 24 years old for those with a disability.</p>	<p>385385 - Option 1</p> <p>Email: familyconnect@telford.gov.uk</p>
<p>Citizens Advice (SouthWater)</p> <p>We are still here to provide information and advice for Telford & Wrekin people by phone, online and by email.</p>	<p>Telephone: 01952 459268</p>
<p>Young Minds</p> <p>Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, our guides can help.</p>	<p>020 7089 5050 (general enquiries) 0808 802 5544 (parents helpline)</p>
<p>Kooth</p> <p>On-line resource - Chat to counsellors, read articles that can help. Get support from the Kooth community.</p>	
<p>The Mix</p> <p>Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room or Crisis Messenger</p>	<p>0808 808 4994</p>
<p>Calm Harm – On-line Support</p> <p>The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe. When you ride the wave, the urge to self-harm will fade.</p>	

<p>NSPCC</p> <p>Specialises in child protection and the prevention of cruelty to children.</p>	<p>helpline (adults): 0800 800 5000 helpline (children and young people): 0800 1111</p>
<p>Papyrus</p> <p>Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.</p>	<p>helpline: 0800 068 41 41</p>
<p>Samaritans</p> <p>Emotional support for anyone feeling down, experiencing distress or struggling to cope.</p>	<p>24-hour helpline: 116 123 (Freephone) Local: 01952 256161</p>
<p>Youth Access is the advice and counselling network. Working with our members, we promote the YIACS model as part of local services for young people everywhere.</p>	<p>020 8772 9900</p>
<p>Telford & Wrekin: Homelessness Support</p> <p>If your concerned about someone sleeping rough or you are sleeping rough yourself in the Telford and Wrekin area then you can contact Maninplace for an appointment based service offering assistance to people presenting as homeless or rough sleeping. ...</p>	<p>Call the Helpline on 01952 248248, you can ring this number 24/7</p>