

# Pippins Weekly News

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## SEE TOMORROW GROW

Dear Parent and Carers,

We are two thirds of the way through the school year!

I look back and reflect on the great good spirit we have built this year. Our greatest asset: our children, have done us proud (and continue to do so), which is always recognised when we have visitors in school. I take this opportunity to thank the teachers and staff at Pippins, who have, and continue to work tirelessly in ensuring the social, emotional and educational needs of the children are always met. In recent weeks, I have evidenced parents vivaciously supporting us in raising standards, with attiring children in correct uniform and shoes, as well as consistently reading at home. Thank you.

Change brings forth renewed energy, and it is indeed the wind of freshness and vitality which is strengthening our passion to better our school. Let this holiday remind us, that Easter is the ultimate season of renewal. Whether you're looking forward to spending time with family, worshipping, or decorating eggs for the little ones (or all of the above!), take time to embrace this season and reflect. The very first Easter taught us that life never ends and love never dies.

The chord of love is also being echoed in the commitment our Muslim families are showing, in the Holy month of Ramadhan. May love continue to strengthen us as a school, community and global citizens.

With all good wishes, Mr Jalaf

## Dates for the Diary

16th April - Summer I Begins 8:35am

2nd May - school closed for polling day

### Attendance

Pips 92%  
 Pixie 91%  
 Elstar 78%  
 Honeygold 94%  
 Bramley 94%  
 Crispin 87%  
 Waltz 86%  
 Jazz 87%

**No phones at anytime when picking up or dropping off.**

# URGENT NOTICES! - PLEASE READ

**NO WALKING THROUGH THE CAR PARK AT ANY TIME.**

**ABSOLUTELY NO SMOKING OR VAPING ON THE SCHOOL PREMISES.**

**Uniform** - Uniform checks are now happening on a regular basis, which includes footwear. Let this be a signifier of our pride and accurate representation of the school. Full school uniform is to be worn everyday. You will find details of this on the school website.

All **long hair** must be tied up at all times. Boys and Girls.

**Parents** -

Please log into Arbor and clear your dinner money.

Can I please ask for two volunteers to come forward and support us with parking away from the school gate in the mornings and afternoons? This will help alleviate pressure on school staff, to keep our children safe. - Mr Jalaf

**Child off sick** - If your child is ill, unwell, or sick you must call and **give all details of the illness** as we need them for our records. If your child is off ill for 5 or more days we require a **valid/up-to-date doctor's note**.

**Appointments** -

If your child has an appointment during school hours you must give **at least 24 hrs notice** and **proof of appointment**.

Make sure to book an appointment to see your child's class teacher for the target sharing meetings on the 19th and 20th March 24.





## Helping Your Child With Fears and Worries: An Introduction to Guided Parent-Delivered Cognitive Behavioural Therapy

Chloe Moreton (Education Mental Health Practitioner)  
Natalie Trueman (Education Mental Health Practitioner)

Edited from materials created by Dr Monika Parkinson and Dr Kerstin Thirlwall for the PPEP Care project

Dear Parent/Carer,

You are invited to attend a workshop/coffee afternoon facilitated by the Slough Mental Health Support Team (MHST) on understanding and supporting children with separation anxiety.

The workshop will cover the following topics:

- What is the mental health support team
- What our team offer's and what we can and cannot support with
- An understanding of what anxiety is and how it may look in children
- How to support children that are finding it challenging to separate from parents at school
- An understanding of how you can support children using guided CBT (cognitive behavioural therapy) & why parents are in the best position to deliver this

The workshop will be on **Thursday 18<sup>th</sup> April 2-3pm at Pippins School**, in the format of a coffee afternoon with a short presentation and a chance to chat informally to the Mental Health Support team afterwards. Parents who attend will also receive a copy of the slides afterwards.

We look forward to seeing you there!

Best wishes,

Mental Health Support Team



**Colnbrook Residents' Association**  
Serving Residents and Community  
since 1947

# Easter Egg Hunt

In the grounds of St Thomas' Church  
Saturday 30<sup>th</sup> March, commencing at 12.00 midday



**150 chocolate eggs  
to be found**

With drinks & plenty  
of space to play.



**Free** for all Colnbrook children, up to the age of  
11 and accompanied by an adult.



**Adults please bring some cash with you.**  
**Tickets to win a BIG Bunny and a GIANT Egg will be  
available. Sales/donations will help fund the event.**

If you would like to help on the day please call 07979 366 092

Extra Circular Activities at Pippins  
Spring Term 2

	Club	Time	Year Groups	Venue	Organisation	Sign Up	Pricing/Payment
<b>Monday</b>	Multi Sports	3.15- 4:15	Years 1, 2,	Hall	Usport	See Poster	Direct to Organisation
	Archery	3.15- 4:15	Years 3, 4, 5, 6	Sports ground	Usport	See Poster	Direct to Organisation
<b>Tuesday</b>	Art and Craft	3.15- 4:15	Years 1, 2, 3, 4, 5, 6	Hall	Crafty Bunch	See Poster	Direct to Organisation
	Pippins Sports: Cricket	3.15- 4:15	Years 1, 2 and 3	Sports Ground	Pippins: Mr Jawandha	Arbor	£5.00/ session
<b>Wednesday</b>	Mini Golf	3.15- 4:15	Years 1, 2, 3, 4, 5, 6	Sports Ground	Usports	See Poster	Direct to Organisation
<b>Thursday</b>	Pippins Music: Recorder	3.15- 4:00	Years 1, 2, 3, 4, 5, 6	Year 3 Class room	Pippins: Mrs Manners	Arbor	£3.00/ session
	Pippins Sport: Tennis	3.15- 4:15	Years 4, 5, 6	Sports Ground	Pippins: Mr Jawandha	Arbor	£5.00/ session
<b>Friday</b>	Pippins Sport: Cricket	3.15- 4:15	Years 4, 5, 6	Sports Ground	Pippins: Mr Jawandha	Arbor	£5.00/ session
	Pippins Gardening Club	3.15- 4:15	Years 1, 2, 3, 4, 5, 6	Bungalow	Pippins: Mr Jawandha	Arbor	£5.00/ session



0118 449 2641  
info@u-sports.co.uk  
www.u-sports.co.uk

## Summer 2024 Pippins Primary School

**BOOK NOW**

<https://eastberkshire-termtime.classforkids.io/term/612>

### Dear Parents and Guardians,

uSports are pleased to announce that we will be delivering the following after-school clubs at Pippins Primay School for the Summer term.

Soft Archery | Year 3-6 | Monday | 3.10 - 4.15pm

Tri Golf | Year 1-6 | Wednesday | 3.10 - 4.15pm

**£6.50 Per Session**

Best Wishes,

Charlie Hiscox  
uSports Director

## How To Book

1. Click the 'Book Now' button or type in the link underneath
2. Scroll to find the right club
3. Add your child's details
4. Book your child's place
5. Pay for your session



**CRAFTY  
BUNCH**



Tuesdays  
3:10-4:10pm  
£40.50

## Craft Club at Pippins School

ART AND CRAFT FUN FOR BUDDING YOUNG ARTISTS

16th April

23rd April

30th April

7th May


14th May

21st May



Booking is open at:  
[www.craftybunch.org](http://www.craftybunch.org)

**07807029404**

 [craftybunchlondon](https://www.instagram.com/craftybunchlondon)



# MENU FOR THIS TERM

The menus for this term are now on the website just click 'Spring Summer Menu 2024'.

The first week back will be Week 1 (as below).

**IMPORTANT - FOR PACKED LUNCHES  
PLEASE FOLLOW THE GUIDELINES BELOW.**



**Week 1**  
Spring/Summer 2024 Menu



**Weeks Starting:**  
15th April, 6th May,  
3rd June, 24th June, 15th July,  
9th September, 30th September  
and 21st October

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Option 1</b> ✓	Cheese and Tomato Pizza with Potato Wedges	<b>Option 1</b>	Pork Sausages with Creamed Potato and Gravy	<b>Option 1</b>	Roast Chicken with Roast Potatoes and Gravy	<b>Option 1</b>	Chicken Korma Curry with Rice	<b>Option 1</b>	Harry Ramsden's Fish with Oven Chips
<b>Vegetarian</b>		<b>Option 2</b> ✓		<b>Option 2</b> ✓		<b>Option 2</b> ✓		<b>Option 2</b> ✓	
	Cheese and Five Bean Tomato Pasta		Quorn Sausage with Creamed Potato and Gravy		Roasted Vegetable Parcel with Roast Potatoes and Gravy		Oriental Vegetable Noodles		Garden Vegetable Goujons with Oven Chips
	<b>Option 3</b>		<b>Option 3</b>		<b>Option 3</b>		<b>Option 3</b>		<b>Option 3</b>
	School's Choice		School's Choice		School's Choice		School's Choice		School's Choice
<b>Sides:</b>		<b>Sides:</b>		<b>Sides:</b>		<b>Sides:</b>		<b>Sides:</b>	
Seasonal Vegetables, Salad Bar and Fresh Bread		Seasonal Vegetables, Salad Bar and Fresh Bread		Seasonal Vegetables, Salad Bar and Fresh Bread		Seasonal Vegetables, Salad Bar and Fresh Bread		Seasonal Vegetables, Salad Bar and Fresh Bread	
<b>Dessert:</b>		<b>Dessert:</b>		<b>Dessert:</b>		<b>Dessert:</b>		<b>Dessert:</b>	
Chocolate Cookie		Fresh Dairy Yoghurt		Fresh Fruit Salad with Crème Fraîche		Apple Sponge with Custard		Vanilla Ice Cream	

# PACKED LUNCH GUIDELINES



## Love your packed lunch!



Create a healthier packed lunch by choosing foods from the 5 main food groups below:

### 1 Starchy Carbohydrates

to re-fuel your body  
Base your lunchbox on starchy carbohydrates.

#### Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choosing/making

### 2 Fruit and Vegetables

to keep you healthy  
Pack one portion of fruit and one portion of veg every day

#### Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

### 3 Dairy and Alternatives

for healthy teeth and bones  
Don't forget the dairy!

#### Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

### 4 Protein Foods

for growth and repair  
Pack a protein punch!

#### Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks

### 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

#### Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



Meat products such as sausage rolls, cakes occasionally

For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

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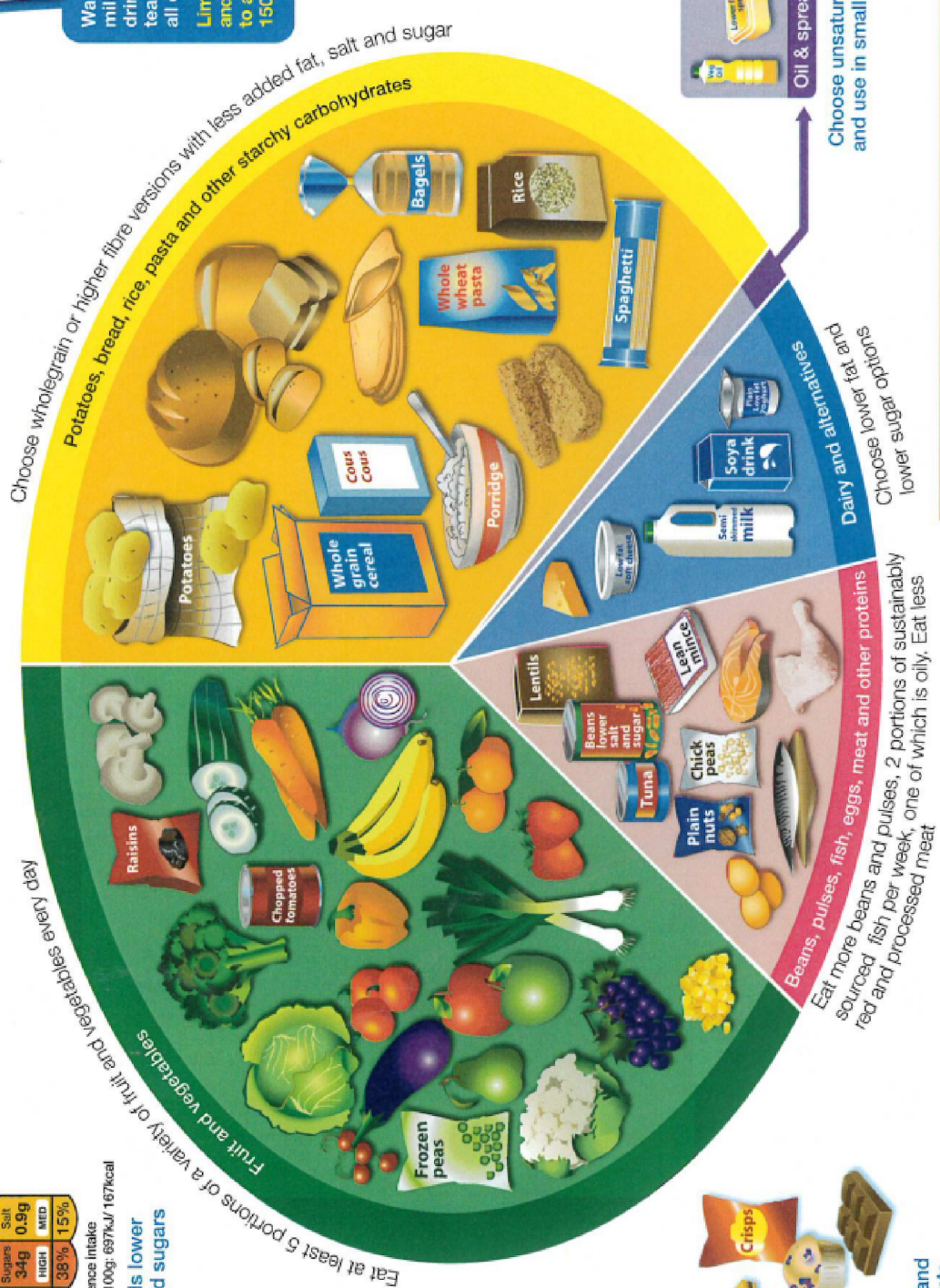
# PACKED LUNCH GUIDELINES

## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



**6-8 a day**  
Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
**Limit fruit juice and/or smoothies to a total of 150ml a day.**



**Check the label on packaged foods**

Energy	Saturated Fat	Sugars	Salt
1000kJ 250kcal	3.0g	34g	0.9g
13%	LOW	LOW	HIGH
	4%	7%	38%
			15%

Each serving (150g) contains  
of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/167kcal

**Choose foods lower in fat, salt and sugars**



**Eat less often and in small amounts**

Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS



## See Tomorrow Grow

Friday 22<sup>nd</sup> march 2024

Dear Parents/Carers,

Years 3 to 6

We wanted to inform you that due to inflation costs, the price of school meals will be increasing from £2.65 to £2.85 starting from April 1st, 2024.

Additionally, we are exploring changes to our catering supply and plan to invite parents to participate in some taster days.

We will share the dates for these events with parents soon.

Thank you for your understanding and cooperation.

Thanks & Kind Regards

Atika Shaikh

School Business Manager

01753 682937





## PIXIE - RECEPTION

What an amazing week we have had in Pixie Class!

We were finally able to take our bean plants home, we had to measure them and make sure that the plant was taller than our hand.

We have been artists using natural resources from the garden just like Andy Goldsworthy.

We were very excited to make our chocolate nests, reading the recipe and adding the ingredients carefully.

We played Maths games for World Maths Day.

Pixie Class had a special visitor, Jürgen the therapy dog came to see us and have lots of strokes and cuddles.

We drew maps and went in search of the Kindness Bunny.

Pixie Class need a well earned rest!

Mrs Janes





# ELSTAR - YEAR 1

What a busy few weeks Elstar class has had! In maths we have been learning about capacity and using different containers to fill up larger containers. We have also been learning the language of full, half full, a quarter full, empty, overflowing and what this language means.



In English, we have been writing about what happened in the Dinosaurs And All That Rubbish story.

Have a lovely break,  
Miss Purdy

A man stood on a giant hill  
because he was a rocket  
for his self.  
There was no birds or grass -  
There were no trees and stuff  
and saw a flying dog  
the next is more at j on  
that you it... the world  
is for ever and ever and

The man went to the moon  
so the name can work  
as a seal and it just a  
car and was on  
earth so the man will drink  
tea so the man will see and  
have a drink  
the dinosaurs come  
so make a big hole  
so the can drive.

A boy stood on a giant  
hill. He looked at a star.  
He asked his mother  
Bill a rocket. He looked  
at the world. He said  
make the way the  
dinosaurs was played  
in the park. The man  
played with the man.  
He jumped the rock.

On Monday I was in London it was  
very hot.  
On Tuesday something horrible  
happened. It was fire.  
  
On Wednesday it got worse.  
On Thursday I helped the  
On Friday it got fine  
On Saturday I very much  
On Sunday I had a rest.

On Monday I was in London  
and it was more hot and all some  
home hot. On Tuesday something  
horrible happened. There was a massive  
fire! On Wednesday the fire go out  
with the home. On Thursday all  
people out home. On Friday fire  
come very come out. On Saturday  
it very hot and this is very hot.

fire. On Sunday fire go out.

On Monday I was at London  
and it was very hot.  
On Tuesday something horrible  
happened. There was a massive  
fire. On Wednesday the  
fire was over. On Thursday  
I helped collect water at the  
river near Thames.  
On Friday I helped put the

fire out. On Saturday the fire  
was out. On Sunday I  
had a rest.



## HONEYGOLD - YEAR 2

What an amazing few weeks we have had in Honeygold!

We have been lucky to have students from Creative Dance Academy teach us routines over the last few weeks and they will be with us for a few weeks in summer term too!

Over science week we looked at lots of different aspects to do with time. We made jelly, looked at water clocks (discussing if they would work in space) and created posters on what time means to us.

We were also lucky enough to be invited to Windsor Castle to view the doll's house and create our own miniature books - just like the ones in the doll's house library. Including a reading of an exclusive book by Jacqueline Wilson.

This week on Monday we had a lovely talk about the Easter story. We learned all about how Jesus came to be on the cross and what that means for Christians.

Have a lovely Easter holiday,  
Miss Punja

