

Pippins Weekly News

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SEE TOMORROW GROW

Dear Parents and Carers,

I begin by thanking you for attending the parents' meetings this week. The feedback has been overwhelmingly positive from the parent surveys; thank you. I always welcome your comments, as they are much needed to drive school improvement. For the first time this year, we introduced and trialled in KS2, a child-led parents meeting model, which has been an absolute success! Thank you to all the parents and children who gave us feedback from KS2. The rationale behind this is to empower our pupils to be in control of their learning and next steps. For the October 2024 meetings, we will be rolling this framework out across the school.

Following on from my message last week, I wish to thank all parents who ensured their children attended school this week, fully uniformed. I am incredibly grateful for your support in raising standards. As a school, we will be monitoring uniforms periodically. Can we please extend this collaborative support in parking away from school premises at the end of the day, as we do in the mornings, to ensure the continued safety and well-being of our children.

I wish you all a lovely weekend.

With all good wishes,
Mr Jalaf

Dates for the Diary

27th March - Easter Bonnet Parade

28th March - Spring 2 Ends 1:15pm

16th April - Summer 1 Begins 8:35am

2nd May - school closed for polling day

Attendance

Pips 93%
Pixie 97%
Elstar 95%
Honeygold 96%
Bramley 99%
Crispin 95%
Waltz 92%
Jazz 93%

**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**.

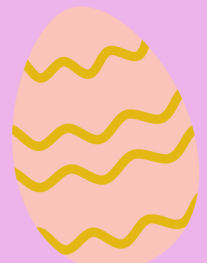
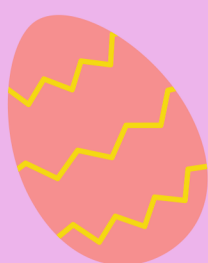
Make sure to book an appointment to see your child's class teacher for the target sharing meetings on the 19th and 20th March 24.



EASTER BONNET PARADE

Your child can create their own bonnet/hat/headband and wear it to school on Wednesday 27th March. At break-time the whole school will have a parade on the playground and class prizes will be awarded.

We look forward to seeing the children wearing their eggcellent bonnets!





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 18th 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 30th 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

MENU FOR THIS TERM

The menus for this term are now on the website just click ['Autumn Winter Menu 2024'](#).

Menu Changes Week Beginning 25th March:

Monday:

Main - cheese and tomato pasta

Veg - Teddy Ravioli with Ricotta cheese

Tuesday:

Main - Sweet and Sour Chicken with Rice

Veg - Meat Free Hot Dog

Wednesday:

Main - Roast Chicken with Roast Potatoes

Veg - Quorn Sausages with Roast Potatoes

Thursday:

Main - Fish and Chips

Veg - Cheese and Onion Pasty

IMPORTANT - FOR PACKED LUNCHES

PLEASE FOLLOW THE GUIDELINES BELOW.

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



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



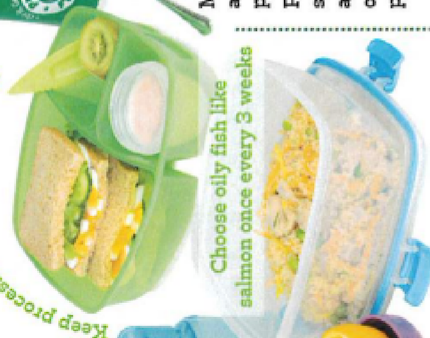
4 Protein Foods

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



Occasionally!

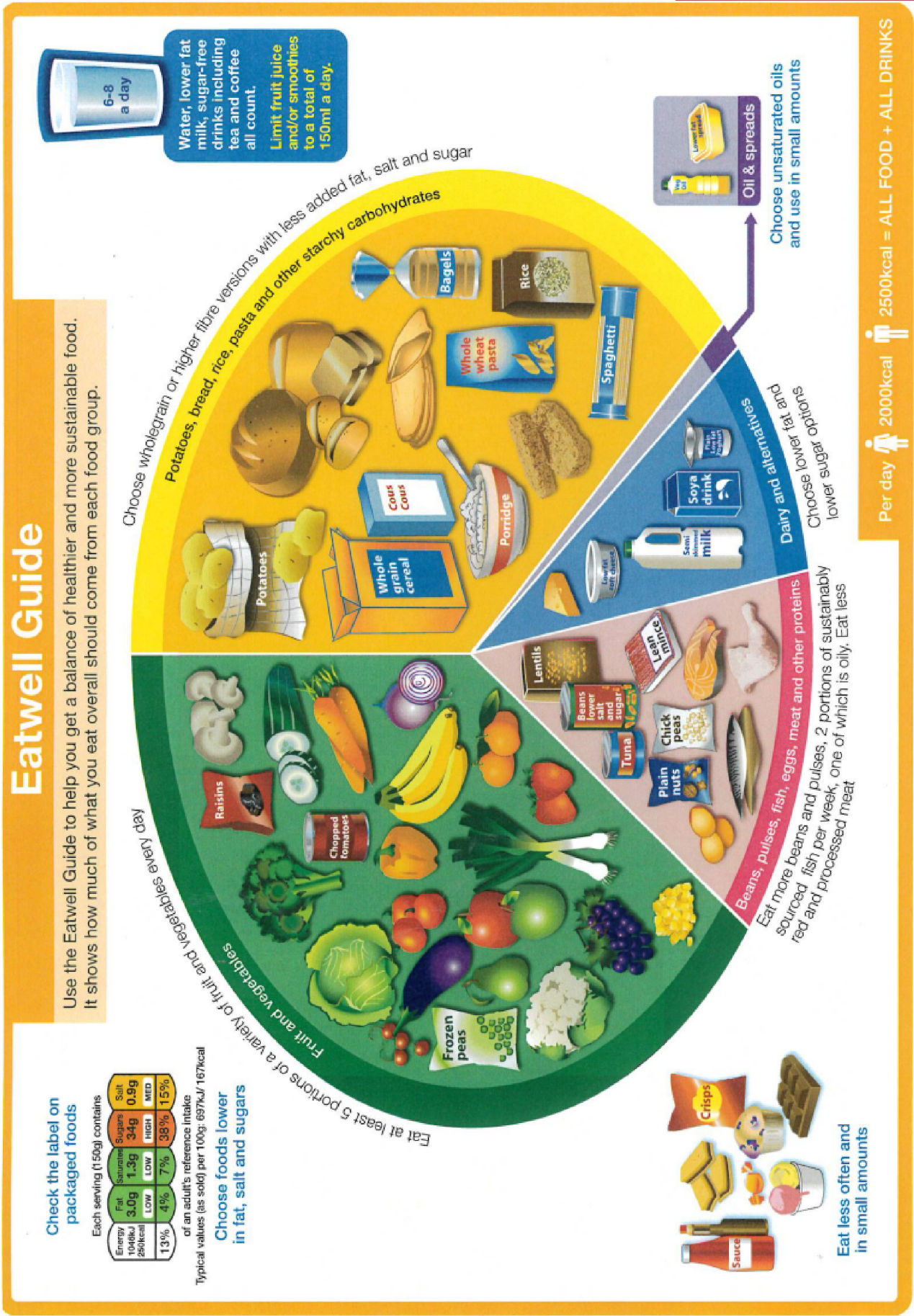
Meat products such as sausage rolls, pies, sausages
Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk

PACKED LUNCH GUIDELINES





See Tomorrow Grow

Friday 22nd 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



NURSERY - PIPS

We have been learning all about dinosaurs in the nursery. The children can name different dinosaurs and have learnt that some of them ate meat (carnivores) and some of them ate plants and leaves (herbivores).

We also learnt that some dinosaurs could fly and some could swim! We learnt that they hatch out of eggs and we made our own dinosaur eggs. We looked at the different habitats that dinosaurs lived in and the children were very interested in volcanoes. We made our own erupting volcano, it was very exciting!

Finally, we explored dinosaur bones and skeletons and investigated some real fossils, we even made our own fossils out of clay.

Best wishes,
Mrs Fowler

