

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Message from the Senior Leadership Team

Dear Parents & Carers,

Happy New Year!

We offer a warm welcome back to school to all of our students this chilly January. We want to thank all of the families who have maintained excellent punctuality and attendance in the

Autumn term and challenge those of you who may have struggled with attendance to make improvements in the new term. Consistent attendance has a huge impact on success in school and throughout life.

This term we have lots of school trips, as well as workshops, both for students and for parents. Please keep an eye out for the texts and letters that are sent out to make sure you make the most of these fantastic opportunities. A reminder as well that clubs start next week and, once again, we have a great range of different activities to interest and engage our students.

We're really pleased to continue to work with you to ensure your children are given the very best opportunities to thrive both in the classroom and in the wider school community.

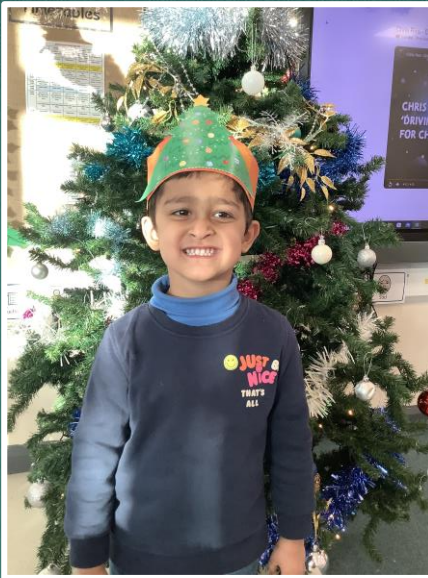
Warm regards
Mrs Gentles



Marish Academy Trust Newsletter

Issue 73 - Jan 2025

EYFS Production



In December, Nursery held its annual festive sing-along, followed by arts and crafts. The children had been practicing hard, and their singing on the day was amazing. They then enjoyed a variety of craft activities with their parents and some delicious refreshments.

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

KS1 Christmas Production



Marish Academy Trust Newsletter

Issue 73 - Jan 2025

KS2 Christmas Performances



Marish Academy Trust Newsletter

Issue 73 - Jan 2025

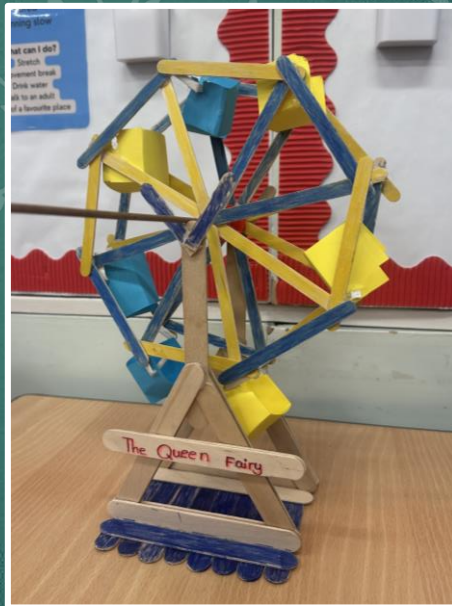
Christmas Fete



Marish Academy Trust Newsletter

Issue 73 - Jan 2025

DT



Year 6 are excited to showcase their stunning Ferris wheels, which they created in DT!

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

MFL - POLISH



Poland is in Central Europe and is bordered by seven countries: Germany, the Czech Republic, Ukraine, Slovakia, Lithuania, Belarus, and Russia.



Interesting facts about the Polish language:

- The Polish alphabet has 32 letters, which is more than the English alphabet. The Polish alphabet includes nine extra letters with diacritic signs, such as *Ą, Ć, Ę, Ł, Ń, Ó, Ś, Ź, Ż*.
- Polish is a Slavic language that originated in the 10th century. It emerged from the West Slavic language branch in the area of present-day western Poland.
- There are around 55 million Polish speakers worldwide. Polish is an official language in Poland, and there are also large Polish-speaking communities in Belarus, Lithuania, Ukraine, Canada, and the United States.
- Polish is closely related to Czech, Slovak, and Sorbian languages. It also shares similarities with other Slavic languages such as Belorussian, Serbian, Russian, and Ukrainian.
- The longest Polish word is *Dziewięćsetdziewięćdziesięciodziewięćonarodowościowego*, which roughly translates to "of nine-hundred and ninety-nine nationalities".



Facts about Poland:

- **Capital City:** Warsaw.
- **Population:** Approximately 36.69 million.
- **National Day:** Independence Day, 11th November.
- **Currency:** złoty
- **Animals:** Poland is home to Europe's heaviest land animal, the endangered European bison, or wisent, which can weigh over 600 kg.

Now let's learn a few phrases:

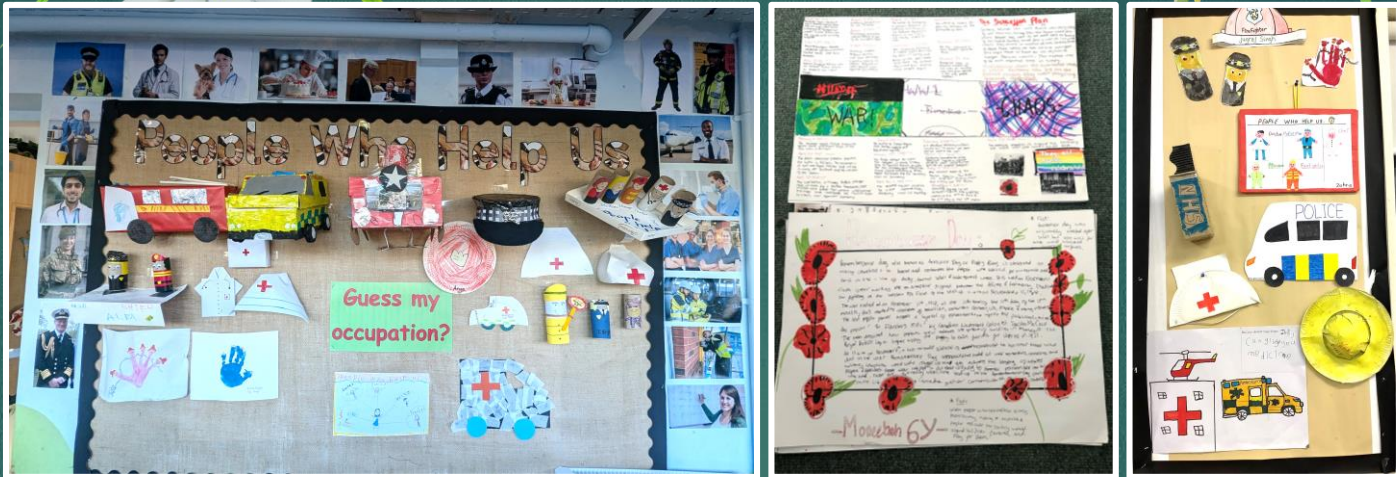
- Dzień dobry = Good day/ good afternoon.
- Do widzenia = Goodbye.
- Dobranoc: Good night
- Proszę: Please or here you are
- Dziękuję: Thank you

1 (one)	jeden
2 (two)	dwa
3 (three)	trzy
4 (four)	cztery
5 (five)	pięć

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Holiday Projects



Our students have brought in some incredibly creative holiday projects! Their hard work and imagination truly shine. Well done, everyone!

Achievement

Congratulations to Marish and Willow MFL Team for achieving Accreditation/Reaccreditation of the British Council International School Award (ISA).



Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Healthy Lifestyle

Activities to keep fit at home

Exercise: Gazelle's Try Everything

Players: 2 or more

Where to play? Indoors or outdoors

How to play



1. In pairs, stand opposite each other and hold each other's left hands. You must now squat down without letting go or touching the floor. Repeat 10 times.



2. Now swap hands and repeat 10 times.



3. Try again, This time, put one foot out in front of you, not touching the floor. Repeat 10 times.



4. Finally get into a press-up position, hands opposite each other. After each press-up, high-five each other. Repeat on the opposite side.



5. Can you and your partner keep going for at least 10 minutes?



Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Healthy Lifestyle

OLD SCHOOL SAUSAGE AND MASH RECIPE

Preparation time - 20 mins

Cooking time - 25 mins

Makes - 4 Servings

Ingredients

- 4 carrots (about 300g), chopped
- 300g swede or turnip, cut into chunks
- 700g potatoes, cut into chunks
- 8 reduced-fat sausages
- 1 teaspoon vegetable oil
- 1 large red onion, thinly sliced
- 100ml reduced-salt vegetable or chicken stock
- 200ml cold water
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon dried mixed herbs
- 2 tablespoons cornflour blended with 1 tbsp of cold water
- 1 pinch ground black pepper



Method:

1. Cook the carrots, swede or turnip and potatoes in a large saucepan of gently boiling water for about 20 minutes, until tender.
2. Preheat the grill. When the vegetables have been cooking for 10 minutes, grill the sausages for 10 to 12 minutes, turning often.
3. At the same time, start to make the red onion gravy. Heat the vegetable oil in a large non-stick frying pan and add the onion, cooking until soft and lightly browned – about 3 to 4 minutes.
4. Pour in the stock and water, add the herbs, then simmer for 4 to 5 minutes. Add the blended cornflour and stir until thickened. Keep hot over a low heat.
5. Drain and mash the vegetables and season with black pepper.

<https://www.nhs.uk/healthier-families/recipes/sausage-and-mash/>

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Attendance

Marish

Jan 2025

Reception: **88.63%**

Year 1: **88.08%**

Year 2: **92.45%**

Year 3: **91.37%**

Year 4: **86.38%**

Year 5: **87.88%**

Year 6: **88.00%**

Target: 96%

Willow

Jan 2025

Reception: **79.66%**

Year 1: **92.98%**

Year 2: **90.40%**

Year 3: **88.62%**

Year 4: **92.01%**

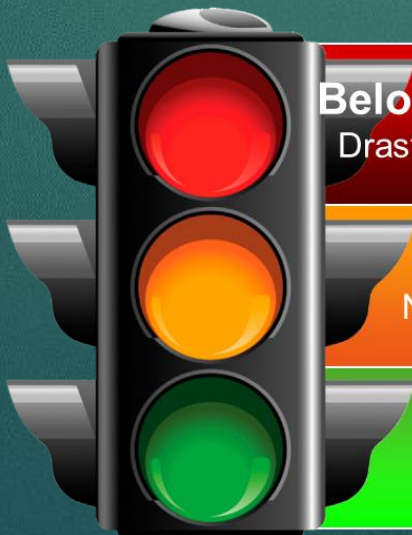
Year 5: **95.00%**

Year 6: **93.22%**

Target: 96%



Last month's 100% attendance reward was a pack of a mini cheddars!



Below 90% Serious Concern
Drastic effect on academic success

95- 90% Cause for Concern
Negatively affecting academic success

100%- 96% WELL DONE
Achieving full potential

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Parent Workshop Menu

All workshops will take place in the school hall. Pupils are welcome to attend with their parents and there is no requirement to reserve a place, all parents are welcome.

Date	Session	Staff Lead	Venue
14/1/25 Tuesday	SEN Unit Toddler Soft Play session	Pastoral Care team	SEN unit Time: 9:00am - 10:00am
22/1/25 Wednesday	Year 6 SATS meeting	Mrs Mughal and Mr Fuller	Main Hall 2:00pm - 3:00pm
22/1/25 Wednesday	Year 6 SATS meeting	Mrs Ogundipe and Mrs Baxi	Main Hall 2:00pm - 3:00pm
28/1/25 Tuesday	SEN Unit Toddler Soft Play session	Pastoral Care team	SEN unit Time: 9:00am - 10:00am
25/2/25 Tuesday	Reception Stay and Read session Invite only	EYFS team EYFS team	In Reception classes
3/3/25 Monday Book week	Reading with children	Reading team	Main Hall 2:00pm - 3:00pm
4/3/25 Tuesday Book week	Reading with children	Reading team	Main Hall 2:00pm - 3:00pm
4/3/25 Tuesday	Reception Stay and Read session Invite only	EYFS team EYFS team	In Reception classes
11/3/25 Tuesday	Reception Stay and Read session Invite only	EYFS team EYFS team	In Reception classes
12/3/25 Wednesday	E-safety coffee morning	Mr Sinclair	Willow School Hall at 8:30am
13/3/25 Thursday	E-safety coffee morning	Mr Sinclair	Marish School Hall at 8:30am

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Parent Notices

Timings of the School Day from December

Soft start is from 8:15am to 8:30am for all year groups except Nursery.

SEN Unit:	Doors open 8:15am to 8:45am and then at 3:00pm
Nursery:	8:00 – 11:00am and 12:00pm – 3:00pm
Nursery full time (Marish)	8:00am – 3:00pm
Reception:	8:30am – 3:15pm
Year 1 and Year 2:	8:30am – 3:15pm
Year 3 and Year 4:	8:30am – 3:25pm
Year 5 and Year 6:	8:30am – 3:25pm



Ensure that you drop your child off at the designated entrance. Do not leave them unsupervised on the school grounds.

Fees for Breakfast club and Meerkats

Meerkats	Before 4pm	After 4pm
	£2	£5
Breakfast Club	£1 per day	-
Late collection	£5 per 15 minutes	-

Full time only sessions, £2, parents still need to order and pay for school dinner in addition to this.

If you would like your child to attend Breakfast club or Meerkats you will need to apply for a space. For more information or an application form, enquire at the school office.

Please note, there is a different payment schedule for Pupil Premium/ Free School Meal pupils. Please contact the office before applying.

All pupils must be booked in advance otherwise they will not be allowed to attend. If your child attends Meerkats without a booking you will be charged the late fee.

Children must not attend Breakfast Club without a booking as numbers are limited. Please book a week in advance.

You are required to sign your child in to Breakfast Club and out of Meerkats each day.

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Parent Notices

School Uniform

Our Trust school uniform consists of:

- Red/Green sweatshirt or cardigan (Red for Marish and Green for Willow)
- Navy blue trousers, shorts or skirt
- White shirt or polo shirt
- Black smart shoes (no boots, high heels or platforms)
- Nursery – the above with grey or black jogging bottoms
- PE Kit – red plain round neck T-shirt, black shorts or jogging bottoms
- A plain black tracksuit to wear over the PE kit for outdoor lessons in cold weather.

Trainers/plimsolls will work for outside lessons

- Swimming is a part of the Year 4 curriculum and pupils are expected to have appropriate swim wear with a swimming hat



All items of clothing must be clearly labelled with the child's name.

The only jewellery allowed is one small stud in each ear, a watch and that which is a specific religious requirement. These must all be removed for PE. The child must take full responsibility for looking after these items. The school will accept no responsibility for their loss or damage.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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Marish Academy Trust Newsletter

Issue 73 - Jan 2025

E-Safety

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **JUSTALK KIDS**

WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JustTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kid's premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call; exclusive stickers; a badge denoting them as a premium subscriber; and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JustTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justtalk-kids>

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Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information

SLOUGH CHILDREN'S DISABILITY REGISTER



Sign up to the **Children's Disability Register** to receive information on services and support available in Slough!

The Slough Children's Disability Register (SCDR) is a secure database which aims to capture information about all children and young people aged 0-25 years with disabilities or special educational needs in Slough.

The information you provide helps to plan and develop services and support.

Sign up and save with maxcard



When registering on SCDR you will be given the option to receive a Max Card. The Max Card is a national, local authority-commissioned discount initiative for children with additional needs aged 0-25 years. The scheme enables families to visit hundreds of attractions across the UK at a free or discounted rate.

EY-7072/28-02-24

Registration on Slough's Children's Disability Register is voluntary and not a requirement to obtain any services in Slough and equally does not constitute automatic entitlement to any services.

For more info visit:
E: fis@slough.gov.uk
T: 01753 476589



www.slough.gov.uk
Slough
Borough Council

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

If you can't make the date ask for the link to the recording, available for 48 hours afterwards

Book online at facefamilyadvice.co.uk

go to the PARENT page

FREE - Decreasing Depression FREE - Anxiety Explained	25 NOV 20 JAN
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information

Concerned about a child's communication skills?

NHS

Berkshire Healthcare
NHS Foundation Trust

How can I help my child
learn more words?

How can I help them
listen to me?

How can I help them
play with me?

Am I doing this right?



**Call our Enquiries Line to get advice from
a Speech and Language Therapist:**

0118 904 3700

Lines are open Tuesdays and Thursdays 9am - 3.30pm.

Available for parents/carers of children aged 0-5 years with a Berkshire GP.

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information

Winter Blues? You are not alone



- Visit **Safe Haven** for emotional support and information if you are in crisis. Calls and messages are monitored during opening hours. Messages can be left outside these times and will be reponded to. Call: 07790 772863 (5-11pm daily) Email: east.berkshirehaven@nhs.net Opening hours: Thursday-Sunday, 5-11pm Address: 54 High Street, Slough, SL1 1EL
- **Samaritans** who provide a free 24 hour telephone support service. Call: 116 123
- **5 Ways to wellbeing:** Visit www.mind.org.uk for information and support about looking after your mental health.
- **Talking Therapies** offer support with common challenges like low mood, stress and anxiety. Call 0300 365 2000 or visit talkingtherapies@berkshire.nhs.uk. Your GP can also refer you.
- Contact **Slough Community Connectors** for information and help to find community activities and support. Call: 01753 251387 (Mon-Fri 8am-4pm) Email: communityconnectors@sloughcvs.org.uk
- **Slough Community Directory** provides lots of information about local community groups and services to help you stay connected including singing, gardening, exercise and litter picking groups. sloughhealth.org
- **Slough Treatment, Advice and Recovery Team (START)** is a free, confidential service for anyone who is concerned about their own or someone else's substance use. The service is dedicated to promoting wellbeing and recovery from addiction when you feel ready to take those steps. START also provides evening, weekend as well as drop in sessions in various locations across Slough. Address: 27 Pursers Court, Slough SL2 5DL Call: 01753 692548 Email: START@turning-point.co.uk Website: www.turning-point.co.uk/services/slough
- Contact **Citizens Advice East Berkshire** if you are worried about benefits, work or need support with debt and money management or want housing information. The Slough Advice line Freephone 0800 812 7022 Mon-Fri 10am to 4pm. Alternatively, you can use National Citizens Advice Webchat www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/ usually available 9am to 5pm, Monday to Friday. If there are no advisors available the option to send an email instead becomes available.
- Contact **Health and Wellbeing Slough** for support and help to stop smoking, for weight management, to prevent falls for older people, and to access free NHS health checks. Call 01753 373646 or 0800 0614734 Email: info.hws@nhs.net Web: healthandwellbeingslough.co.uk [referral-form/](http://healthandwellbeingslough.co.uk/referral-form/)

Many of us find winter a difficult time of year.

Here are some top tips to brighten the darker days!

-  **1** Stay connected to others and reach out when you are low 
- 2** Keep as active as you can and eat healthily 
-  **3** Do something you enjoy every day however small 
- 4** Remember there are people you can talk to
-  **5** Remember spring is coming! 

There are people and places to visit if you need help, advice or someone to talk to. The following pages list some useful Slough and nationally based contacts.

More health information

- **Pharmacy:** They are qualified healthcare professionals, offering valuable advice and support for health concerns. www.frimleyhealthandcare.org.uk/which-service-do-you-need/more-on-community-pharmacy-services
- **Contact 111:** If you have symptoms but are not seriously unwell. Call 111 or visit 111.nhs.uk
- **General Practice:** Provides range of health services including medical advice, vaccinations, examinations, and treatment and can also refer to other NHS services. Get in touch for routine/same day appointments between 8am-8pm, evenings and weekends. You may be offered a telephone or face-to-face consultation as needed.
- **Slough Urgent Care Centre:** is a service this winter, open seven days a week, from 8am-8pm, at Priors Close, Slough. Call your local GP practice or 111 for an appointment. You may be redirected to this service if you attend A&E. A number of walk-in appointments are available however, booking is strongly recommended to avoid waiting times.
- **Accident and Emergency:** is a service for serious or life-threatening emergencies only.
- **Self-care:** Many health issues can be managed with self-care. You can find good advice online through the NHS website (www.nhs.uk) or for children visit Frimley Healthier Together (frimley-healthier-together.nhs.uk).
- **Other health information** please visit www.frimleyhealthandcare.org.uk/

Information correct at time of printing: December 2024.
Created by the Slough Co-production Network.



Healthcare from the heart of your community

Berkshire Healthcare NHS Foundation Trust



CS-7057_for print/28-11-34

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information

ePetition details

Save Cippenham and Langley Libraries at Slough from Proposed Public Consultation

- [Sign ePetition](#)
- [Log in or register and sign the ePetition](#)
- [Browse all current ePetitions](#)

[Click here to sign petition](#)

We the undersigned petition the council to residents of Cippenham, Langley and Slough, strongly oppose the Council's proposal to close Cippenham and Langley Libraries, which the Council has a statutory duty to provide a comprehensive and efficient library services to local communities.

Libraries help to promote reading from a young age, they can connect with others who share similar interests, and develop social skills like communication, empathy, and collaboration.

Libraries can help children develop lifelong skills, and can be a place for independent learning and personal and social development. Children can connect with others who share similar interests, and develop social skills like communication, empathy, and collaboration.

Below are the some of the key benefits;

- pre-literacy skills including speech, language and communication development
- mental health support for adults and children
- reducing social isolation and creating networks / friendships
- access to information, skills development and learning for adults
- not all of us have the same access and funds for the internet, computers, and printing.

We urge the Council to reconsider/dismiss the proposal i.e. Option 2: "Maintain library services in Britwell and The Curve and close Cippenham and Langley library buildings"

This ePetition runs from 17/12/2024 to 17/03/2025.

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information



Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free* NHS service



Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied

Marish Academy Trust Newsletter

Issue 73 - Jan 2025

Some Useful Information

NEW FOR 2025

**HOME
START**

Berkshire East

CONNECT WORKSHOP

**26TH
FEB**

**5
WKS**

INTERACTIVE SUPPORT

Does your child have:

- common meltdowns
- special interests
- anxiety
- sensory issues
- need of daily routine

**MEET OTHER PARENTS
FACING THE SAME ISSUES**

FACE TO FACE COURSE

- Learn strategies for good behaviour, routine, and challenges.
- Meet other parents going through the same issue. Form friendships and support each other.

This course is designed for parents of children who have been diagnosed with Autism or are awaiting a diagnosis.

FREE

TIME & PLACE

Chalvey Grove Childrens Centre
Chalvey Grove Slough
SL1 2TE
9.30am to 11.30am



RSVP & INFO:

01753 572958

office@homestartberkshireeast.org.uk