



WEEK BEGINNING 21ST OCTOBER

Events this week:

Wednesday 23 rd October	Parents Evening	5.00pm – 7.30pm
Thursday 24 th October	Individual school photos	
	Year 5 & 6 Rugby festival	
	Parents Evening	3.40pm – 6.30pm

Looking forwards: (dates/times may be subject to change)

28 th October – 1 st November	HALF TERM WEEK
5 th November	Y6 Height and weight screening
7 th November	Remembrance Service –
11 th November – 15 th November	Year 6 residential trip

A reminder that the back gate to the school is NOT in use between the hours of 9am and 3pm. Please report to the front gate on Crowthorne Road between these hours.



Individual and sibling school photos will be taking place on Thursday 24th October. Please ensure that children come to school in full uniform. If PE kits are required, please send these in for the children to change into.

PLEASE NOTE – On Friday 25th October, the office will be operating on a skeleton staff. Please email any urgent enquires on this day to secretary@stmicheast.co.uk (please do not use Mrs Couchman's email address on this day). Please avoid any phone calls until after 10.00am. Absence messages can please be left on the absence line.

Dates and information can be found on the school calendar

<https://www.stmichaelsesthampstead.com/diary/grid/2024/10/>



Head Teacher Award Winners

- Acorns Angela – for working hard and being kind
- Acorns Nmachi – for always trying her best and working hard
- Year 1 Wolf – for aiming high in his writing
- Year 2 Lewis – for putting fabulous effort into all his work and really challenging himself
- Year 3 Jasper – Aiming high in all of his learning
- Year 4 Erin – for her superb effort, outstanding attitude and brilliant characterisation in performing arts
- Year 5 Eirene – for always aiming high, being polite and helpful
- Year 6 Kacper – resilience when learning new methods in maths



PE DAYS

Acorns	Monday and Wednesday
Year 1	Wednesday and Friday
Year 2	Monday and Thursday
Year 3	Wednesday
Year 4	Monday and Friday
Year 5	Tuesday and Friday
Year 6	Tuesday and Thursday

What is Thrive@StMichaels?

Every Wednesday 3-3:45pm in St Michael's Parish Centre (during the school term), we welcome any member of the Easthampstead community to donate, collect, share and reuse items so that all may thrive. **Come along for a brows and refreshments.**



Easthampstead
Parish Church

We will have tables for children's coats & shoes, St Michael's uniforms, toys, books and long-life food items.

We will be collecting donations on Wednesdays 3-3.30pm in the Parish Centre. Please make sure all donations are in good condition and clean.

Want to find out more? Think you can help? Speak to Helen in the Parish Office or Revd Gareth.

office@stmichaelsesthampstead.org.uk

Mothers' UNION
Christian care for families

PRESTIGE SPORTS COACHING

AGE 5-11 YEARS

SPORTS CAMP

28TH OCT-1ST NOV
9 AM - 3 PM
£20 PER DAY
£95 FOR 5 DAYS

WILDRIDINGS PRIMARY SCHOOL

ACTIVITIES

FOOTBALL
BASKETBALL
DODGEBALL
GYMNASTICS
MEDITATION
DANCE
and more!

BOOK NOW:
www.prestigesportscoaching.com

The advertisement features several illustrations: a girl with a cricket bat, a boy with a basketball, a boy with a soccer ball, and a girl with her hands on her head. There are also musical notes and clouds around the main title.



KUMON

MATHS & ENGLISH

@ St. Michael's Easthampsted Primary school



Come

Join us on Thursday the 24th at 3:30pm to learn how Kumon daily study can help you child succeed!

Give YOUR child the edge

KUMON study develops

- ✓ Academic ability
- ✓ Concentration
- ✓ Independence
- ✓ Confidence
- ✓ Good study habits
- ✓ and more ...



We are Ofsted registered and accept Childcare Vouchers!!



November 2024

Newsletter



OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
Book online at facefamilyadvice.co.uk

Monday
25th Nov
19:00 - 20:00
FREE



FREE SESSION

Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday
7th Nov
19:00 - 21:00
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
12th Nov
19:00 - 21:00
£24



Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday
18th Nov
19:00 - 21:00
£24



Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday
21st Nov
19:00 - 21:00
£24



Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.

FREE SESSIONS	24 OCT 25 NOV
Introduction to Facing Defiance Decreasing Depression	
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV
Understanding the Teenage Brain	2 DEC

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



We have just released a new date for our 3 part ADHD course.

<p>ADHD Course</p> <p>A 3-week course</p>	<p><i>Hosted by Parenting Special Children:</i></p> <p>Session 1: Provides an insight into what ADHD is. Learn about the challenges & concerns often raised. Explore strengths and opportunities related to ADHD.</p> <p>Session 2: Learn to understand children's anxiety and how this relates to ADHD.</p> <p>Session 3: Gain an understanding of attention deficit behaviours & how to manage these.</p>	<p>ADHD SUPPORT</p> <p>For Parents & carers of children aged 3 and over, primary & secondary school aged children.</p>	<p>Online:</p> <p>Thursday 14th, 21st and 28th November 2024.</p>	<p>7 - 9pm</p>
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Booking link : <https://www.eventbrite.co.uk/e/adhd-course-berkshire-east-registration-1048783659157?aff=oddtcreator>

We will be releasing new dates for our other workshops soon.

<p>Empowering Calm</p>	<p><i>Hosted by The Autism Group:</i></p> <p>Understanding and responding to distressed behaviour in autistic young people' with the aims being;</p> <p>To understand physical responses to anxiety, distress and overwhelm.</p> <p>To explore what this might look like and think about who is challenging who!</p> <p>To learn some strategies to try to help.</p>	<p>AUTISM SUPPORT</p> <p>For parents & carers of primary & secondary school aged children.</p>	<p>Online:</p> <p>Tuesday 12th November 2024.</p>	<p>10am - 12pm</p>
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Booking link : <https://www.eventbrite.co.uk/e/empowering-calm-tickets-1036670729057?aff=oddtcreator>

I imagine that spaces on this workshop will fill up fast so please do not delay in booking your space.

Kind regards

Mums in Mind Group

**HOME
START**
Bracknell Forest

Our free six-week postnatal mental health course brings mums who are feeling low, anxious or overwhelmed together in a safe group setting

Suitable for mums of children under 18 months, living in Bracknell Forest



Get in touch to join the group
office@hsbf.org.uk / 01344 860025



Course starting Jan'25

Home-Start Bracknell Forest is a registered charity: 1160447 www.homestartbracknellforest.org.uk

Mums in Mind

**HOME
START**

Bracknell Forest

If you are feeling **low, anxious** or **overwhelmed**, with a baby under 18 months old, this 6-week course is for you...

Giving a small group of mums the tools needed to build their confidence and self-esteem, to cope with the journey of motherhood.

Working alongside fellow mums and experienced members of staff who offer CBT techniques and ways of coping.



Who for: New mums struggling with their mental health

When: Starting January 2025

What time: 1.00pm - 2.30pm

Is there a cost: It is FREE to attend

What about my baby: Free onsite Creche provided





How do I Book: Email office@hsbf.org.uk






www.hsbf.org.uk Home-Start Bracknell Forest is a registered charity no 1160447



Supporting Your Children Workshops

To book a space please email your full name to Inge.Taylor@bracknell-forest.gov.uk
 These sessions are universal (not specific for SEND) and for adults supporting **not** the children themselves so **please arrange childcare if needed**
 Each course is a **standalone 2-hour session** - please be aware that spaces are offered on a **first come first served basis** and parents should not just turn up.
 Once you have completed an enrolment form your space will be confirmed
 Please only book onto the sessions if you are **going to be able to attend** to avoid other parents missing out on the opportunity to have a place or let me know if you can no longer attend.

Helping children to overcome anxious thoughts and worries. A 2-hour session looking at: <ul style="list-style-type: none"> • What happens when children become anxious? • Impact current events have had on children's mental health. • Techniques for helping children deal with their fears / worries. 		
Monday 7 th October 2024 (5 spaces) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Tuesday 19 th November 2024 (16 spaces) @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
Managing Behaviour in a Positive Way A 2-hour session looking at: <ul style="list-style-type: none"> • Gain insight into your parenting style / relationship with your child. • Learn or revisit positive ways of managing behaviour! • Strategies to deal with unacceptable behaviours. 		
Tuesday 5 th November 2024 (Fully Booked) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Monday 11 th November 2024 (16 spaces) @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
Thursday 15 th December 2024 (16 spaces) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Supporting Children to get a Healthy Night's Sleep A 2-hour session looking at: <ul style="list-style-type: none"> • The different sleep issues facing our families. • Tips on how to get a good night's sleep. • Help children develop good sleeping habits. 		
Monday 14 th October 2024 (9 spaces) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Thursday 17 th October 2024 (14 spaces) @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
Parenting pre / early-teens in a Positive Way (aged 10 – 13) A 2-hour session looking at: <ul style="list-style-type: none"> • Gain insight into the impact of your parenting style! • Positive techniques for managing older children's behaviour. • Boosting your relationship and communication with your child. 		
Wednesday 2 nd October 2024 (8 spaces) @ Bracknell Open Learning Centre	6.30 – 8.30 pm	

Encouraging Resilience – Keep Calm and Bounce Back A 2-hour session looking at: <ul style="list-style-type: none"> • How to build your child's natural resilience. • Encouraging your child's positive social skills. • Encouraging children out of their comfort zone and not to give up. 		
Monday 30 th September 2024 (4 spaces) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Wednesday 23 rd October 2024 (8 spaces) @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
Reducing Sibling Rivalry A 2-hour session looking at: <ul style="list-style-type: none"> • Encouraging a more harmonious sibling relationship • Learn / revisit techniques for children to cope with being a sibling. • Boosting children's emotional literacy 		
Tuesday 15 th October 2024 (14 spaces) @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
Thursday 7 th November 2024 (13 spaces) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Single Parent, Separated and Blended families – supporting children to cope with different family dynamics. A 2-hour session looking at: <ul style="list-style-type: none"> • Different family dynamics and how they can work. • Parental conflict resolutions • Being the best parent that you can be for your child 		
Thursday 14 th November 2024 (15 spaces) @ Bracknell Open Learning Centre	9.30 – 11.30 am	
Supporting a smooth secondary school Transition (YR 5/6 parents) A 2-hour session looking at: <ul style="list-style-type: none"> • What the transition involves • The positives and concerns of transitioning to a new setting • Boosting your child's ability to have a smooth transition 		
Supporting a smooth transition from Year R to Year 1 and beyond (not school specific) A 2-hour session looking at: <ul style="list-style-type: none"> • What's involved in transition from reception to year 1. • The best ways to support the transition. • Boosting your child's resilience to cope with the change 		
If you are unable to attend any of the sessions or there are no suitable dates, please let me know so that I can add you to the waiting list for future sessions		

NEW DISHES FOR 2024



Mega Mondays



WEEK 1
Weeks starting:
26th Aug, 16th Sep, 7th Oct
28th Oct, 18th Nov, 9th Dec

Hand Stretched Margherita Pizza with Garlic Slice (V)
 ✦ Spinach & Potato Curry (VQ) (CF) ✦
 Sandwich with a Choice of Fillings
 Steamed Rice, Broccoli, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Crispy Cake (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEEK 2
Weeks starting:
2nd Sep, 23rd Sep, 14th Oct
4th Nov, 25th Nov, 16th Dec

Hand Stretched Margherita or Pineapple Pizza (V)
 ✦ Mexican Plant Based Chili with Nachos & Rice (VQ)
 Jacket Potato & Fillings (Including hot topper) (CF)
 Potato Wedges, Sweetcorn, Green Beans
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Lemon & Courgette Drizzle Cake (M)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEEK 3
Weeks starting:
9th Sep, 30th Sep
21st Oct, 11th Nov, 2nd Dec

Hand Stretched Margherita or Sweetcorn Pizza with Pasta Salad (V)
 ✦ Sweet & Sour Noodles (VQ) ✦
 Jacket Potato & Fillings (V) (CF)
 Green Beans, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Ice Cream & Fruit (V) (CF)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

School Favourites



Oven Baked Sausages
 Winter Vegetable Casserole (VQ)
 Jacket Potato & Fillings (Including hot topper) (CF)
 Mashed Potatoes, Baked Beans, Carrots, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Marble Sponge & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Macaroni Arrabbiata (A mildly spiced tomato sauce with optional added bacon) ✦
 ✦ Fisherman's Pie (CF) ✦
 ✦ New Hot Sandwich: Cheese & Tomato Melt (V) ✦
 Peas, Carrots
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Chocolate Sponge & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Mild Chili Con Carne with Nachos (CF) ✦
 Tomato & Herb Pasta Bake (V)
 ✦ New Hot Sandwich: Ham or Peppercorn Melt ✦
 Steamed Rice, Carrots, Broccoli
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Chocolate Cake with Peas & Chocolate Sauce (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Wednesdays



Roast Chicken (CF)
 ✦ Ratatouille Pasta (VQ) ✦
 Sandwich with a Choice of Fillings
 Roast Potatoes, Carrots, Cabbage, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Chocolate Cookie (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Slow Roast Pork or Chicken (CF)
 Italian Bolognese Bean Stew (VQ) (CF)
 Baguette with a Choice of Fillings
 Baked New Potatoes, Carrots, Cauliflower, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Jelly & Fruit (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (CF)
 Cheddar & Broccoli Quiche (V)
 Soft Roll with a Choice of Fillings
 Mashed Potatoes, Peas, Carrots, Gravy
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Ginger Cookie (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Tasty Thursdays



Macaroni Beef Bolognese
 ✦ Cheese & Potato Pie (V) ✦
 ✦ New Hot Sandwich: Tuna Melt ✦
 Green Beans, Cauliflower
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Apple Cake & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roll Your Own Wrap (Chicken Dipper / Quorn Fajita) ✦
 ✦ Butternut Squash Hot Pot (VQ) (CF) ✦
 Jacket Potato & Fillings (V) (CF)
 Steamed Rice, Broccoli, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Peach Upside Down Cake & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Traditional All Day Breakfast
 All Day Veggie Breakfast (V)
 Soft Roll with a Choice of Fillings
 Hash Brown, Baked Beans, Sweetcorn
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Fruit Jelly (VQ) (CF)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Fishy Fridays



Breaded Fish Fingers
 Crispy Crumbed Vegetable Grill (VQ)
 Sandwich with a Choice of Fillings
 Chips, Peas, Baked Beans, Ketchup
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Fruits of the Forest Flapjack Cumble (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers
 ✦ Homemade Cheese Pasty (V) ✦
 Jacket Potato & Fillings (V) (CF)
 Chips, Peas, Baked Beans, Ketchup
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Vanilla Cookie (VQ)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers
 ✦ Moroccan Vegetable Tagine & Rice (VQ) (CF) ✦
 Jacket Potato & Fillings (Including hot topper) (CF)
 Chips, Peas, Baked Beans, Ketchup
 Fresh Daily Salad Selection, Fresh Sliced Bread
 Ice Sponge & Custard (V)
 Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

CHOICE AUTUMN

V = Vegetarian, VC = Vegan, GF = Gluten Free | ✦ = NEW Dish for 2024
 For full allergen information please refer to your selected Cold Account, or view the ingredients list provided in a kitchen that applies to your selected combination.

Bread and salad bar available DAILY