



Matthew's C.E (Aided) Primary School and Nursery Centre



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 4th October 2024

This half-term we are focusing on the Christian Value of Thankfulness



'Always be thankful' 1 Thessalonians 5.16

Dear Parents/Carers,

Thank you so much for your amazing support on our Macmillan Cake Day. We raised a staggering £694.08!! Amazing!! Thank you everyone.

Harvest Festival

Our Harvest Festival will be held on Tuesday 22nd October at School—Reception and KS1 at 9.15am and KS2 at 2.30pm. You are very welcome to come along and share in the festival. Any donations of non perishable items (tins, packets etc.) can be donated from Monday 21st October. Any fresh produce, can be brought in on the morning of the 22nd.

Samaritans Christmas Present Appeal

We will be taking part in the Samaritans Christmas Present Appeal this year. Please support your local Appeal by donating new, unwrapped toys and gifts for children who might not otherwise receive a Christmas present. The gifts will then be wrapped and distributed to those in need.

World Mental Health Day



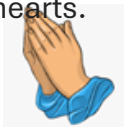


On **Thursday 10th October** we are inviting children and staff to wear yellow for World Mental Health Day. Children are not expected to bring in any money for this. For more information please click on the link: <https://www.youngminds.org.uk/parent/>

Exploitation & vulnerability training

Next Tuesday all of our staff are undertaking Exploitation training. Please see the information attached about how you can also undertake training to:

- Spotting the signs that your child might be being exploited
- How to keep your child safe online
- How online influencers might be shaping the views of your child
- Practical tips for you to help to keep your child safe online
- Why some children are more at risk of exploitation than others

Please follow the link on the flyer attached.

<p style="text-align: center;">Weekly prayer</p> <p>Father God,</p> <p>Thank you for the life you give to us and all your blessings. Thank you for our community of family, school and friends.</p> <p>We will always be with you and respect you.</p> <p>You are forever in our hearts.</p> <p>Amen</p> <p>By 34 St Sophia</p> 	<p style="text-align: center;">Pupils of the Week</p> <p>Reception :St Francis Tommy</p> <p>R/1: St Teresa Sophia</p> <p>1/2: St Nicholas Aisha</p> <p>2: St Joseph Freddie</p> <p>3: St Cecilia Davyd</p> <p>3/4: St Sophia Jacob D</p> <p>4/5: St Kateri Leo</p> <p>5/6: St Thomas Ryan</p> <p>6: St Padre Jemma</p> 	<p style="text-align: center;">Readers of the Week</p>  <p>Reception :St Francis Ivy-Mae</p> <p>R/1: St Teresa Noah</p> <p>1/2: St Nicholas Lucie</p> <p>2: St Joseph Freddie</p> <p>3: St Cecilia Nyah-Rae</p> <p>3/4: St Sophia Jacob K</p> <p>4/5: St Kateri Ben</p> <p>5/6: St Thomas Max</p> <p>6 St Padre Lemuel</p>
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P.E. Days

Monday	Tuesday	Wednesday	Thursday	Friday
Miss Edwards R/1 Miss Blocksidge 2 Mr Doughty 3/4 Mr Skelton 4/5	Miss Williams R Miss Plant 1/2 Miss Blocksidge 2	Miss Edwards R/1 Mrs Wyre 3 Mrs Barfield 5/6	Miss Boole N Miss Williams R Mr Skelton 4/5 Mrs Barfield 5/6 Mr Bailey—6	Miss Plant 1/2 Mrs Wyre 3 Mr Doughty 3/4

Applying for Reception places and Year 7 Places for September 2025

Applications for Reception places and Year 7 places to start in September 2025 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

Children born between 1 September 2020 and 31 August 2021 will start primary school from September 2025. Parents need to apply for a reception place by **15 January 2025**.

Children born between 1 September 2013 and 31 August 2014 will start secondary school from September 2025.

Parents need to apply for a Year 7 place by **31 October 2024**. Children with an Education, Health and Care Plan (EHCP) must also apply by 31 October 2024.

Future Dates

10th Oct	Wear Yellow day for World Mental Health
22nd Oct	Harvest Festival Reception/KS1—9..15am KS2—2.30pm
24th Oct	Last day of school and Mufti for Breast Cancer—£1 donation please
4th Nov	Children back in school
20th Dec	Last day of school

Attendance

The Department for Education are placing a strong emphasis on attendance at the moment. We would ask that you telephone school every day that your child will be off by 9am—unless, for example, they have been sick and you have already advised us that they will be off for 48 hours.

10 Top Tips for Parents and Educators PROMOTING ORAL HEALTH IN EARLY YEARS

According to government statistics, tooth extraction remains the most common hospital procedure among 6- to 10-year-olds in the UK – and almost 90% of these cases among the under-5s were due to preventable tooth decay. Our guide has expert advice on promoting the value of oral hygiene – and protecting those gorgeous smiles!

1 BUILDING NUTRIENTS



The foods that support good dental health also often aid bone development, so some of these tips will help to strengthen bones too! The main building nutrient is calcium. It's an essential mineral, but it can't work alone: to function well, calcium needs other vitamins and minerals ...

2 SELECTING TREATS



Persuading children to avoid sweet treats can be tricky, to say the least. Instead, steer them away from sweets that stay in the mouth longer, like chews or hard lollies. A piece of chocolate is preferable as it's in the mouth for less time. Dark chocolate, meanwhile, contains theobromine – an alkaloid that actually helps to protect teeth.

3 FAB PHOSPHORUS



The mineral phosphorus supports calcium by depositing minerals on the teeth's surface, repairing and strengthening the enamel. It's also key in maintaining the acidity balance in the mouth, which is essential for oral health as acidic conditions can contribute to the enamel being worn away.

4 NOT SO SWEET



Sugar itself doesn't directly damage our teeth, but it does start the process by altering the mouth's natural pH level to make it more acidic. This produces the perfect environment for the 'bad bacteria' hiding in the plaque to feed on the sugars, which in turn damages our teeth's enamel.

5 DAMAGING DEMINERALISATION



When the bacteria in plaque releases acids onto our teeth, it removes minerals from the white protective outer layer (the dental enamel) – a process called 'demineralisation'. This outer enamel is less strong in milk teeth, which is why tooth decay is comparatively common among children – and why brushing properly is so essential.

6 VITAL VITAMIN D



For the body to absorb calcium from food, we need a supply of vitamin D. This vitamin has many important roles related to teeth, including working alongside calcium-binding proteins to ensure that calcium enters the bloodstream and makes bones strong and healthy.

7 SUPER SALIVA



When we consume certain foods or drinks, our mouths can become too acidic. Unhelpful bacteria love this environment and can attack the surface of our teeth, leading to demineralisation. Vitamin A helps us produce saliva, neutralising these acids and restoring the mouth's pH balance.

8 HELPER NUTRIENTS



As well as teeth, oral health also refers to our jaw, gums and saliva production; these can often be forgotten but are equally important. We need a different set of vitamins and minerals to support these areas of our mouth – such as the large 'hidden' section of the tooth that we can't see.

9 CHOOSE THE RIGHT FOODS



A mix of food groups can support children in getting enough 'builder' and 'helper' nutrients. Dairy is great for vitamins and minerals (but watch for added sugars), while fish contains vitamin D and phosphorus. Orange, yellow and red fruit and veg usually have lots of vitamin A, and green veggies – especially kale – can provide plenty of calcium. Meat, beans, nuts, dried apricots and fortified products (like cereal) can provide the required iron intake.

10 IRON AND ORAL HEALTH



Iron is also a vital component in helping to defend our gums and mouth from potential infections, which can be caused by wrong type of bacteria. Additionally, it helps to create collagen, which is part of the framework of our gums and is therefore essential in providing teeth with a solid foundation to grow from.

Meet Our Expert

Louise Mercieca is a nutritional therapist, award-winning author, radio presenter and podcaster who is on a mission to educate children about how food and health are linked. She works as a consultant to nurseries and catering providers on menu development, as well as delivering staff training on nutrition and child development.



#WakeUpWednesday®

The National College

Sources: <https://www.gov.uk/government/statistics/oral-health-survey-of-5-year-old-children-2022>; <https://national.dental.epidemiology-programme-ndep-for-england/oral-health-survey-of-5-year-old-children-2022#text-in%20this%20survey%20of%205-year-olds%20had%20experience%20of%20dental%20decay>; <https://nhs.uk/health-for-early-years/providers/education.gov.uk/safeguarding-and-welfare/oral-health/>; <https://www.bspd.co.uk/kidsvids> and <https://learning4kids.britishcouncil.org/listen-watch/songs/brush-bus>