

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



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

"Thursday" Feature: 23rd October 2025



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

'God loves a cheerful giver' 2 Corinthians 9.7



Harvest Festival



A big thank you to all of our parents for supporting our Harvest Festivals this week—both for the fabulous turnout and for the wonderful donations you have sent in. The children have been amazing as always and years 5 and 6 had



the food blessed in Church this morning. Crisis Support will collect the donations tomorrow for the local foodbanks.

We would like to thank all of our parents, carers, grandparents and extended families for all of your support this half term. We break up today and will be back on the 3rd November ready for the build up to our Christmas Festivities!

Also this week, KS1 enjoyed a Teddy Bears Picnic. They ate some delicious cakes with nice cups of tea and squash. We even had a very special guest! The children have thoroughly enjoyed their history topic this term, looking at toys from the past and the present with a focus on how teddy bears have changed over time.



Weekly prayer



Dear God

Thank you for the seeds, the sun and the rain to help the crops grow strong.

Thank you for the farmers for looking after the crops and helping them grow. Thank you for the bakers for making our bread.

Thank you God for making us so lucky; for food to eat, for our houses, for our money and comforts and for our good health.

Please help other people who are not as lucky as us. Help them to get some money, some food and somewhere safe to stay.

Amen By 34 St Sophia

Pupils of the Week



Nursery	Harseerat
R St Francis	Emily
1: St Teresa	Kit
1/2: St Nicholas	Angel
2: St Joseph	George
3: St Cecilia	Olivia
3/4: St Sophia	Cohen
4: St Kateri	Shyla
5: St Thomas	Maddie
6: St Padre	Joel

Readers of the Week



R :St Francis	Miliana
1: St Teresa	Azaiyah
1/2: St Nicholas	Fetchi
2: St Joseph	Lucian
3: St Cecilia	Emmett
3/4: St Sophia	Kaliyah
4: St Kateri	Nyah-Rae
5: St Thomas	Freddie B
6 : St Padre	Ryan E

Attendance Award



This week the attendance award has gone to 12 St Nicholas



Applying for Reception or Year 7 Places

Applying for Reception places and Year 7 Places for September 2026

Applications for Reception places and Year 7 places to start in September 2026 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

Children born between 1 September 2021 and 31 August 2022 will start primary school from September 2026. Parents need to apply for a reception place by **15 January 2026**. Children with an Education, Health and Care Plan (EHCP) must apply by 31 October 2025.

Children born between 1 September 2014 and 31 August 2015 will start secondary school from September 2026. Parents need to apply for a Year 7 place by **31 October 2025**.

Future Dates

Fri 24 October

PD Day

Mon 3 November

Back to school

10—14 November

Anti bullying week

14 November

Children in Need

5 December

Carols by Candlelight

9 December

EYFS Christmas production AM

11 December

KS1 Christmas production PM

12 December

KS1 Christmas production AM

15 December

KS2 Christmas production PM

16 December

KS2 Christmas production AM



Samaritans Christmas Appeal

We will once again be supporting the Samaritans Christmas Present Appeal this year.

We are asking for new, unused toys to be donated which will then be delivered to families in need at Christmas whose children might not be as lucky as ours.



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/national-dental-epidemiology-programme-ndep-for-england-oral-health-survey-of-5-year-old-children-2022#:~:text=In%20this%20survey%20a%205,100%20experience%20a%20dental%20decay> | <https://help-for-early-years-providers.education.gov.uk/teaching-and-wellbeing/oral-health/> | <https://www.bspd.co.uk/kidsvids> and <https://samenglishkids.britishcouncil.org/listen-watch/songs/bush-bus>

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