

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: 14th November 2025

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

'Clothe yourselves with compassion, kindness, humility, gentleness and patience' Colossians 3.12

Year 6 Sports and Wellbeing Event

On Wednesday, year 6 visited a sports and wellbeing taster day at Telford Tennis Centre, along with another local school. During the day year 6 participated in a number of different activities: archery, dance, Arthog outreach and a wellbeing station. Several members of year 6 won a small competition when designing a wellbeing poster. The children thoroughly enjoyed themselves despite the poor weather conditions and the slightly earlier finish.



Remembrance Day

On Tuesday 11th November year 6 held a Remembrance assembly to the whole school to remember fallen soldiers that had fought in past and current conflicts around the world. This was followed by a 2 minute silence led by Reverend Tom from St Matthew's Church.



Weekly prayer



Father God,

We value and serve those who fought for us,

We show care, we show gratitude,

For those who were put through such awful things,

So as we speak these words and merit what's right,

I ask you, "Shall we really have to do this?"

Should we really mourn and grieve for the fallen?"

And the answer should always be, without doubt,

"Yes. Yes we should"

Amen

by Emily-Jayne Year 6

Pupils of the Week



Nursery	Willow
R St Francis	Lola
1: St Teresa	Daniel
1/2: St Nicholas	Dylan
2: St Joseph	Malia
3: St Cecilia	Hollie M
3/4: St Sophia	Alice
4: St Kateri	Nyah-Rae
5: St Thomas	Moisey
6: St Padre	Harry

Anti Bullying Week

Next week is anti-bullying week and we are asking children to wear odd socks on Friday 21st November in support of this.

Thank you



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Attendance Award

This week the attendance award has gone to — 34 St Sophie



Weekly Attendance		
1 st	St Sophia	96.92%
2 nd	St Cecilia	96.37%
3 rd	St Thomas More	95.36%
4 th	St Joseph	95.19%
5 th	St Padre Pio	92.43%
6 th	St Teresa	92.06%
7 th	St Francis	92.67%
8 th	St Nicholas	90.91%
9 th	St Kateri	89.31%



Children in Need

Thank you to all our parents, carers and children for the brilliant effort today. Amirah in Mrs Jones' class won the yellow raffle. Well done!

We have raised over £400!!



Future Dates

21 November	Wear bright odd socks for anti-bullying week
5 December	Carols by Candlelight
9 December	EYFS Christmas production 9.30am
11 December	KS1 Christmas production 2.30pm
12 December	KS1 Christmas production 9.30am
15 December	KS2 Christmas production 2.30pm
16 December	KS2 Christmas production 9.30am



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%20experiences%20of%20dental%20decay> | <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/oral-health> | <https://www.bspd.co.uk/kids/ide> and <https://learnenglishkids.britishcouncil.org/listen-watch/songs/brush-tips>