

# Community Hub Newsletter



Welcome to the second edition of our Community Hub Newsletter. Each half term we will be sharing news, information, tips, guidance and motivation to help support mental health and well-being for you, your children and your families.



## THE INCLUSION TEAM



**Miss Kershaw** - Director of Inclusion  
**Miss Winsor** - SENDCo

**Mrs Bishop** - Family Support Worker / Community Liaison Officer  
**Miss Jones** - Speech & Language Assistant / Family Support Worker  
**Miss Khan** - Intervention LPP  
**Mr Turab** - Learning Mentor

You can contact a member of the Inclusion team to discuss any concerns, queries or support via the Class Dojo app or school office.

School office - 01753528050



# WHAT'S BEEN HAPPENING FOR ADULT LEARNERS SPRING TERM 2024

Adult learners have been thoroughly enjoying learning new skills over a variety of courses here at Montem Development Centre this half term.

Green Shoots



**DAFFODIL'S & TULIPS ARE IN BLOOM!  
NEXT TERM WE WILL BE PLANTING FRUIT,  
VEGETABLES AND MORE FLOWERS.  
EVERYONE IS WELCOME TO JOIN!**



## SEWING COURSE

LEARNERS HAVE MASTERED ESSENTIAL SEWING TECHNIQUES INCLUDING SEWING SEAMS AND HEMS AND HOW TO WORK WITH STABLE WOVEN FABRICS INDEPENDENTLY.



## COOKING IN STYLE COURSE

QUICK, EASY, LOW COST MEALS FOR ALL THE FAMILY!



# WHAT'S ON DURING FEBRUARY HALF TERM



ST GEORGE'S SCHOOL  
WINDSOR CASTLE

CAMP BEAUMONT ACTIVITY CAMP IS RUNNING THIS EASTER AT ST GEORGE'S SCHOOL WINDSOR CASTLE. AS A LOCAL SCHOOL IN THE AREA WE HAVE BEEN GIVEN A 10% DISCOUNT CODE LOCALSCHOOL24 TO SHARE WITH OUR PARENTS AND GUARDIANS. CAMP BEAUMONT IS THE UKS NUMBER 1 MULTI-ACTIVITY CAMP, OFSTED REGISTERED AND RATED 5 STARS ON TRUSTPILOT THAT OFFERS FLEXIBLE, AFFORDABLE AND RELIABLE CHILDCARE OVER THE SCHOOL HOLIDAYS FOR 3-14 YEAR OLDS. CAMP BEAUMONT OFFER 50+ ENTERTAINING ACTIVITIES TO ENSURE EVERY CHILD HAS FANTASTIC MEMORIES OF CAMP. BOOK NOW AT [HTTPS://WWW.CAMPBEAUMONT.CO.UK/](https://www.campbeaumont.co.uk/)

PLEASE NOTE THIS PROMOTION ENDS ON 31ST MARCH 2024.

fun  
fest

HOLIDAY CLUB



Crafts, cooking workshop, pottery, sports action, lego adventures, Nerf challenge and much more!

Open 8am-6pm

Prices start from £24 & full week and sibling discounts are available

For children aged 3-12

**BOOK NOW FOR EASTER**  
Tue 2nd- Fri 12th April

Eton End school

For more information please call the Slough office on: 01753 396274

To see our latest timetables and to book your children's chosen activities go to: [www.fun-fest.co.uk/etonview](http://www.fun-fest.co.uk/etonview)

Totally Chaotic History Museum Trail

Join us this Easter!

at Eton Museum of Antiquities

Sunday 24<sup>th</sup> March 2024 – 2.30-5pm  
Tuesday 2<sup>nd</sup> April 2024 – 10am-12.30pm  
Thursday 4<sup>th</sup> April – 10am-12.30pm  
Sunday 7<sup>th</sup> April 2024 – 10am-12.30pm and 2.30-5pm  
Sunday 14<sup>th</sup> April 2024 – 2.30-5pm

Free entry, no need to book  
Eton Museum of Antiquities, South Meadow Lane, SL4 6EW



# WHAT'S ON DURING FEBRUARY HALF TERM



**Easter Treats**

**2 GAME SPECIAL**  
**KIDS £10** | **ADULTS £12**  
 per person | per person

**EXCLUDING BANK HOLIDAYS**  
 VALID FROM 29TH MARCH - 12TH APRIL 2024, MONDAY - FRIDAY 10AM TO 5PM ONLY. UP TO SIX PEOPLE PER VOUCHER, MINIMUM OF ONE CHILD PER GROUP OF SIX. OFFER INCLUDES SHOES HIRE. EXCLUDES BANK HOLIDAYS. T&C'S APPLY.

**FAMILY SPECIAL** 1 HOUR FOR  
**£32**

**EXCLUDING BANK HOLIDAYS**  
 VALID FROM 29TH MARCH - 12TH APRIL 2024, MONDAY - FRIDAY 10AM TO 5PM ONLY. UP TO SIX PEOPLE PER VOUCHER, MINIMUM OF ONE CHILD PER GROUP OF SIX.

Airport Bowl, Bath Rd, Harlington, Hayes UB3 5AL

## FREE FAMILY FUN DAY

Pug Yard Learning Centre, Windsor Castle, St Albans Street, Windsor.

Tuesday, 9 April 2024

10:00 - 14:00

Booking is necessary. Note: no entry to The Castle (closed)

Children can enjoy some creative crafting at the Castle's Learning Centre and even make a memento to take away.

During the day there will be Meet the Monarch workshops delivered by the Castle's very own 'footman in training' Marts.

We will also have costume handling workshops during the day for the children to dress up as historical characters.

Why not bring a picnic to enjoy and make a day of it?



Slough Holiday Activities and Food Programme

**FUN! Easter CAMP**

**OUR CAMP IS FREE FOR CHILDREN WHO RECEIVE FREE SCHOOL MEALS AND HAVE REGISTERED AT [SLOUGHHA.F.ORG.UK/EVENTS](http://SLOUGHHA.F.ORG.UK/EVENTS)**  
**QR CODE TAKES YOU TO THE REGISTRATION PORTAL**

**IF YOU ARE NOT ENTITLED TO FREE SCHOOL MEALS, THE DAILY CHARGE IS £8 PER DAY INCLUDING A HOT MEAL. COLLECT A REGISTRATION FORM FROM YOUR SCHOOL OR EMAIL US. ALL REGISTRATION FORMS MUST BE RETURNED TO SCHOOL OR EMAILED TO US AT [MUSIC.SERVICE@SLOUGH.GOV.UK](mailto:MUSIC.SERVICE@SLOUGH.GOV.UK)**

**AGE 4-14YRS**

**GROVE ACADEMY SCHOOL, LADBROKE ROAD, SLOUGH, SL1 2SR**

**TUESDAY APRIL 2ND - FRIDAY APRIL 5TH**  
**10AM - 2PM**

**FOR MORE INFORMATION, CONTACT US:**  
**[MUSIC.SERVICE@SLOUGH.GOV.UK](mailto:MUSIC.SERVICE@SLOUGH.GOV.UK)**

**[WWW.SLOUGHMUSICSERVICE.CO.UK](http://WWW.SLOUGHMUSICSERVICE.CO.UK)**

PLAY

Slough Borough Council

**IF YOU NEED SUPPORT WITH HAF CODES... PLEASE CONTACT  
MRS BISHOP VIA CLASS DOJO OR SCHOOL OFFICE.**

# WHAT'S ON DURING FEBRUARY HALF TERM

**Curve Venue, Slough**  
**Spring School Holidays**  
 Events for children and families

Wed 3 Apr – Wed 10 Apr

Curve Venue, Slough presents  
**Explore Day**  
 Saturday 13 April 2024

A day of activities and workshops for children aged 5-11+ years and families

- art • magic • storytelling • dance • creative writing • circus skills •

£4 per person, per activity

**Out of the Hat | Wed 3 Apr | 2pm**  
 Doris and Delilah decide to put on the world's greatest magic show. But how do you make real magic happen? A story about friendship and the true magic of nature. A feast for the senses and a spectacular theatre experience for everyone!  
 Suitable for ages 2-8 years  
 Tickets from £8

Curve Venue, Slough presents  
**Explore Day**

<p><b>VR Spray Paints Subway</b>          Led by salt Hill VR          Take a Virtual Reality trip to the subway to create your own spray paint artwork which you can take home with you.          9.30am <b>11+ yrs</b>          10.45am <b>Families</b></p>	<p><b>Magic</b>          Led by Mark's Magical Mayhem          An interactive magic show - Magic Mark will amaze you with his incredible tricks in this interactive family show. He'll even let you in on the act with tips and tricks to take away!          9.30am <b>Families</b></p>	<p><b>Mark's Tricky Magic Tuition</b>          Led by Mark's Magical Mayhem          Dreamt of being a magician? Here's your chance to start. Become Mark's assistant and learn some exciting and brilliant tricks you can perform for family and friends.          10.45am <b>8-10 yrs</b></p>
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**Shark in the Park | Fri 5 Apr | 2.30pm**  
 Timothy Pope is looking through his telescope – but wait, is that a Shark, in the Park?  
 See all three of Nick Sharratt's Shark in the Park books live on Stage!  
 Suitable for ages 2-7 years.  
 Tickets from £10

<p><b>Art</b>          Led by Marinela Calderas          Canvas painting workshop with a mix of collage techniques          12pm <b>8-10 yrs</b></p>	<p><b>Dance</b>          Led by Amina Khayyam, Dance Collective          A lively and energetic dance session, entwined with storytelling of traditional tales.          12pm <b>Families</b>          1.30pm <b>5-7 yrs</b></p>	<p><b>Empoword</b>          Unleash the artist in you by creating art from everything around us. Here's your chance to try out group poetry and celebrate everything around you creatively.          1.30pm <b>Families</b>          2.45pm <b>5-7 yrs</b></p>
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**Amina Khayyam Dance Workshop**  
**Wed 10 Apr | 10am - 2pm**  
 The chance for kids to learn Kathak based dance and choreography from the Amina Khayyam Dance Company. Then perform for friends and family at Curve Venue.  
 Suitable for ages 8-12 years. No experience necessary.  
 Tickets £8

**Circus**  
 Led by Leo's Circus  
 Learn some amazing circus skills including tightrope, juggling, ball walking and much more!  
 2.45pm **Families**

£4 per person, per activity

Buy tickets here!

**Riding a Donkey Backwards | Fri 12 Apr | 3.30pm**  
 A riveting collection of wise and foolish tales from Muslim literature. Featuring the incredible antics of Mulla Nasruddin, an icon of Muslim humour.  
 Suitable for ages 5-11 years  
 Tickets from £8



# INCLUSION



## Virtual Coffee Morning - Eating and food (AUDHD)

Friday 19th April 10 - 11:15am

25 spaces available!

Join our online informal discussion to cover the following areas:

- What works for your family at meal times?
- What are problematic areas around eating?
- How do you support your child with eating?

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



**Sign Up Today!**

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:

Gems.4Health@nhs.net 0800 999 1342



## Virtual Coffee Morning - Sensory needs (AUDHD)

Friday 10th May 10 - 11:15am

25 spaces available!

Join our online informal discussion to cover the following areas:

- What works for your family?
- What are the sensory difficulties that are being experienced?
- How do you identify and support your child's sensory needs?

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



**Sign Up Today!**

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:

Gems.4Health@nhs.net 0800 999 1342

## #MyWholeSelf



### How's my mental health today?

How do I feel today? Mentally? Physically?



### My Stress Container

How full is my container? Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container [here](#).



### My mental health journey

Our mental health is part of the wider journey of our lives.

[Learn more](#).



### Looking after my wellbeing

How did I sleep last night? Am I eating a balanced diet and drinking enough water?

For tips on supporting your mental health, especially when working from home, look at our [guidance](#).



### How's my thinking today?

How are my thoughts making me feel? Am I having unhelpful thoughts?

Create Your Mind Plan with [Every Mind Matters](#) to get tips to help deal with stress and anxiety and boost your mood.

## My Whole Self

# MOT

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.



Join the campaign for workplace culture change. Check out our resources at [mhfaengland.org](http://mhfaengland.org)



### What can I do to look after my whole self?

Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.

# HEALTH & WELLBEING

## HOW TO PROTECT A CHILD'S MOUTH

DID YOU KNOW IT IS IMPORTANT TO START CARING FOR A CHILD'S MOUTH AS SOON AS THEY ARE BORN? ESTABLISHING STRONG ORAL HEALTH HABITS EARLY IS ESSENTIAL FOR SETTING THEM ON A PATH TO A HEALTHY LIFE.

### TAKE CARE OF AN INFANT'S MOUTH

Gently wipe a baby's gums after each feed. Use a clean, moist gauze pad or soft cloth.

Place only breast milk, formula, milk or water in bottles. **No sugary drinks**, including sugary milk and water.

Discourage thumb sucking, pacifier use and sippy cups.

Refrain from allowing babies to fall asleep with a feeding bottle in their mouths.

### PREVENT TOOTH DECAY BY BRUSHING

Start brushing as soon as the first tooth appears.

Supervise toothbrushing until the child is able to brush their teeth correctly on their own.

Use a fluoride toothpaste. Under 3 years use a smear. 3 to 6 years use a pea-sized amount.

**X2**  
Brush twice a day. It is especially important before bedtime.

### BUILD GOOD HABITS FOR WHOLE-BODY HEALTH

Limit foods and drinks that are high in sugar, especially in-between meals.

Ensure that a mouthguard is worn for contact sports and cycling.

### VISIT THE DENTIST REGULARLY

Take the child for a check-up as soon as the first tooth comes in or by their first birthday.

Schedule regular dental check-ups.



World Oral Health Day  
20 March

worldoralhealthday.org



fdi  
FDI World Dental Federation



Slough Healthy Smiles

## Stress Management and Oral Health



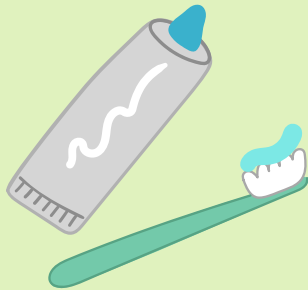
Teeth grinding and jaw clenching may cause tooth erosion, facial pain and headaches



Consuming food and drinks high in sugar when stressed may cause tooth decay



Tiredness can lead to lack of self care. Not brushing your teeth leads to tooth decay and gum disease



### 1. Identify cause of stress



### 2. Connect with someone



### 3. Take a break



### 4. Practice relaxation



### 5. Prioritise sleep



### 6. Move in your own way



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# HEALTH & WELLBEING

HWS HEALTH & WELLBEING SLOUGH

Slough Healthy Smiles

## Healthy Alternative Easter Treats

Swap chocolate for healthy snacks to help prevent tooth decay and gum disease



Swap to



### Ingredients

50g Self-Raising Flour  
50g Wholemeal Flour  
2 Eggs  
150ml Skimmed Milk  
Oil, for frying  
Raisins for paws  
30g Banana for tail

[www.bbcgoodfood.com/recipes/healthy-easter-bunny-pancakes/](http://www.bbcgoodfood.com/recipes/healthy-easter-bunny-pancakes/)



Swap to



10 Hard Boiled Eggs  
2 tbsp Mayonnaise  
2 tsp Dijon mustard  
20 Peppercorns  
2 Large Carrots  
Salt and Pepper

[www.dontgobaconnyheart.co.uk/hatching-deviled-egg-chicks/](http://www.dontgobaconnyheart.co.uk/hatching-deviled-egg-chicks/)



Swap to



500g Yoghurt  
Handful of granola  
Handful of blueberries  
Handful of raspberries  
Ice lolly mould

<https://www.eatsamazing.co.uk/easter/healthy-easter-recipes/healthy-easter-egg-breakfast-popsicles-recipe>

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HOME START Berkshire East

COMMUNITY 100

## BABY & ME

Free weekly group for parents & carers of babies from birth - 18 months old

- ✓ Stimulating and fun activities for babies
- ✓ For parents who face isolation and/or low moods
- ✓ Meet other parents in the local area
- ✓ Enhance your bonding experience with your baby through play
- ✓ Improve your mental health

FREE

Mondays  
11am - 12.30pm  
29 Church Street, SL1 1PL

To register your place please call 01753 572958 or email [office@homestartberkshireeast.org.uk](mailto:office@homestartberkshireeast.org.uk)



Sport In Mind

March 2024  
Maidenhead & Slough

"We are Sport in Mind - the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems". Our sessions take place every week, all year around.

To find out more about sessions near you, check out our Activity Map on [sportinmind.org](http://sportinmind.org) or contact Claire on 0118 947 9762!

### Maidenhead Sessions

Day	Time	Activity	Instructor	Venue
Mon	2 - 3PM	Tai Chi	Debbi	United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
Tues	11:30-12:30PM	Mindfulness Walk	Daniela	Maidenhead Library, St. Ives Road, Maidenhead, SL6 1QU - meet by the fountain
Thurs	1 - 2PM	Yoga	Daniela	United Reformed Church, West St, Maidenhead, SL6 1RL (behind Marks and Spencer's)
Fri	12 - 1PM	Badminton & Table Tennis	Mano	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN

### Slough Sessions

Day	Time	Activity	Instructor	Venue
Mon	1:30-2:30PM	Yoga	Daniela	Kingsway United Reformed Church, 11 Church St, Slough SL1 1SZ
Mon	1-2PM	Tennis	Matt	Salt Hill Park, 28 Bath Road, Slough, SL1 3SS
Tues	3-4PM	Football	Matt	Salt Hill Park, 28 Bath Road, Slough, SL1 3SS



HWS HEALTH & WELLBEING SLOUGH



The service can help you with:

- ✓ NHS Health Checks
- ✓ Child and adult weight management
- ✓ Stop smoking services
- ✓ Falls prevention
- ✓ Keeping active
- ✓ Advice on alcohol intake
- ✓ Emotional wellbeing
- ✓ Advice on oral health



Get in touch

[www.HealthAndWellbeingSlough.co.uk](http://www.HealthAndWellbeingSlough.co.uk)  
0800 0614734 / 01753 373646  
[info.HWS@nhs.net](mailto:info.HWS@nhs.net)  
HealthWellbeingSlough  
HW\_Slough

Scan to visit our website



Solutions4Health

NHS Frimley

Slough Borough Council



# WHAT'S ON AT MONTEM SUMMER TERM 2024



**COFFEE MORNING  
EVERY WEDNESDAY  
9-10AM**



**SAVE THE DATE!!**

**WEDNESDAY 17TH APRIL  
2024  
2:00-3:15PM**

**EID & EASTER CELEBRATION  
BRING & SHARE**

**EVERYONE IS WELCOME TO  
BRING A DISH BUT DO NOT FEEL  
OBLIGED TO DO SO!**

**TEA, COFFEE AND TREATS WILL  
BE AVAILABLE!**



**SIGN UP WITH MR TURAB TO JOIN OUR  
WEEKLY ACTIVE PARENT WALK  
EVERY MONDAY 9AM**

**(EACH WEEK IS A NEW LOCATION!)**

**SIGN UP WITH MRS BISHOP TO JOIN OUR WEEKLY  
GREENSHOTS GARDENING CLUB  
EVERY TUESDAY - 9AM**



MONTEM ACADEMY

**Active Walk for Parents**



Montem Academy will be holding an "Active Walk for Parents" every Monday.



## Green Shoots



**FOR MORE INFORMATION, PLEASE SPEAK TO  
MRS BISHOP, MISS JONES OR MR TURAB**



# ADULT LEARNING COURSES SUMMER 2024

**YOU WILL NEED TO ENROL TO JOIN COURSES!**

**Enrolment Day**  
**Wednesday 17th April 2024**  
Montem Development Centre  
9-10am

You will need:

- Proof of ID  
(Driving licence / Passport / EEA )
  - National Insurance Number
  - Proof of benefit (this may entitle you to free learning)
  - £5 CASH Only (for those not entitled to free learning)
- \*\* Without these, enrolment will be rejected\*\***

**Note: You will not be able to join courses without enrolling you MUST attend this enrolment day**



## Adult Community Learning Courses

Course / Workshop	Venue	Day	No of sessions	Start Date	End Date	Time
<b>Aspects of Parenting</b> <ul style="list-style-type: none"> <li>• Behaviour management</li> <li>• Transition</li> <li>• Education</li> <li>• Attendance / Punctuality</li> </ul>	Chalvey Grove Family Hub	Wednesday	4	23 <sup>rd</sup> April	14 <sup>th</sup> May	12:30-14:20pm
<b>Smart Works</b> (These are one off sessions)	Chalvey Grove Family Hub	Friday	1	19 <sup>th</sup> April		09:30 - 11:30am
<b>Pre- ESOL</b> <ul style="list-style-type: none"> <li>• Reading</li> <li>• Writing</li> </ul>	Montem Academy Development Centre	Monday & Wednesday	19	1 <sup>st</sup> May	15 <sup>th</sup> July	09:30 - 11:30am
<b>Supporting your Child with Maths Homework</b> <ul style="list-style-type: none"> <li>• Learn the curriculum</li> </ul>	Montem Academy Development Centre	Friday	10	26 <sup>th</sup> April	5 <sup>th</sup> July	09:30-11:30
<b>Getting to Know your Sewing Machine &amp; Cutting Sewing Bee Beginners</b> <ul style="list-style-type: none"> <li>• Basic skills</li> </ul>	Montem Academy Development Centre	Monday	9	22 <sup>nd</sup> April	22 <sup>nd</sup> June	09:30 - 11:30am
<b>Macramé for Beginners</b> <ul style="list-style-type: none"> <li>• Basic skills</li> </ul>	Montem Academy Development Centre	Monday	9	22 <sup>nd</sup> April	22 <sup>nd</sup> June	12:45 - 14:45
<b>Cooking in a Style</b> <ul style="list-style-type: none"> <li>• Basic skills</li> </ul>	Montem Academy Development Centre	Wednesdays	5	24 <sup>th</sup> April	22 <sup>nd</sup> May	12:30 - 14:30



# COST OF LIVING



You can get advice and support with energy bills and the rise in the cost of living by visiting the website:

[HTTPS://WWW.SLOUGH.GOV.UK/COSTOFLIVING](https://www.slough.gov.uk/costofliving)

## Debt

Slough Borough Council's Debt and Welfare team can help you to deal with your debts.

They can help you to talk to your creditors, rent provider, council tax, housing benefit overpayments, energy provider, bank, mortgage provider, credit cards, store cards and more.

Do not ignore letters or notices - talk to us now to see how we can help.

Contact [incomeboost@slough.gov.uk](mailto:incomeboost@slough.gov.uk)



[www.slough.gov.uk](http://www.slough.gov.uk)  
Slough  
Borough Council

## Maximise your income

Did you know that many benefits are under claimed?

The council's Debt and Welfare team can help to identify which benefits you may be entitled to and help you with the claim(s).

Contact [incomeboost@slough.gov.uk](mailto:incomeboost@slough.gov.uk)



[www.slough.gov.uk](http://www.slough.gov.uk)  
Slough  
Borough Council

## Utility Bills



# LET'S CELEBRATE



We were very lucky to have Helen Dean visit us to offer support and guidance on their energy and water bills to many of our families. Helen will be visiting again in the Summer term!



We have raised £350 from our pre-loved clothing sale. All of your donations are helping towards raise money for our Visual Impairment Centre!

**THANK YOU!**



Ms Probert, Miss Prober and Miss Samuel completed a half Marathon walk to school to raise money for our new environmental centre.

