



# LGS Headlines

## April 2022



Dear Parents

May I start by wishing all the members of our school community who follow the Islamic faith a peaceful and happy Ramadan. For those who are Christian, I wish you a blessed Easter celebration. For all of us, I hope that the next two weeks provide an opportunity for rest and reconnection within all our families and communities.

This half term has seen the continued impact of Covid-19 with staff and student absences. Although we have been more fortunate than many schools, we would once again apologise for the inevitable impact of staff absence in terms of increased numbers of lessons being covered. As we move into the summer term with no restrictions, we hope that rates will stay low and that the impact on school activities and student attendance will reduce further. Later in this newsletter you will find the latest guidance which we will be following in terms of student absence from the start of the summer term.

Over the last week we have been holding celebration assemblies to recognise some of the students' successes and achievements over this term. These have reinforced the value of the wider range of activities we offer at Langley Grammar School; it is good to see so many of our 'normal' activities resuming. In particular we have been pleased to see the resumption of music and drama performances. The production of 'The 25<sup>th</sup> Annual Putnam County Spelling Bee' finally took place two years after it was cancelled just before the first lockdown, with a performance for parents and for Years 7 and 8. This week we held the Spring Concert after a 3-year gap, and heard a range of very high-standard performances from our talented musicians and singers. It has been good to welcome parents back to face to face events once again.

As we look forward to the summer term, we are very aware that our Year 11 and Year 13 students are preparing for public examinations. After two years of grades based on teacher judgement and assessments, this year's grades will be awarded on the basis of examinations once again. There have been some modifications to the examination assessments in many subjects, and we know that the grades will be statistically adjusted across the country by the examination boards so that the grade profile will be about half way between last year's results and those of the last examination year in 2019. Our Year 13 students are of course the group whose GCSE examinations were cancelled by the first lockdown, and we wish them well as they prepare for what are therefore their first set of external examinations.

We now look forward to the summer term, with its opportunities for new activities to support students' personal development alongside their continued academic study and progress. We will also be refocusing students on our expectations of conduct and respect for others, and encouraging them to continually demonstrate those positive attitudes within our school community.

Thank you as always for your continued support.

**Mr J Constable - Headteacher**

**If you have any questions or concerns, please contact us on 01753 598300 or email [school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk).**

***Your query will be passed on to the most appropriate member of staff.***

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Berkshire SL3 7QS  
01753 598300  
[school@lgs.slough.sch.uk](mailto:school@lgs.slough.sch.uk)

Please visit our website at  
**[www.lgs.slough.sch.uk](http://www.lgs.slough.sch.uk)**

**Follow us on Twitter @lgs\_news**

**Ofsted**  
Outstanding  
Provider



## Covid-19 measures in the Summer term

### Covid-19 guidance

There is now **no** specific guidance from the Department for Education for schools on controlling Covid 19 infection. Instead, schools are asked to have regard to the general advice on the GOV.UK, NHS and UKPHA websites, for example:

- ⇒ <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- ⇒ <https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

The general points from this advice include the promotion of vaccination, the importance of fresh air and good hygiene , and wearing a face mask in crowded places.

### *What to do if your child is unwell*

- ⇒ If your child has **symptoms of a respiratory infection**, such as COVID-19, **and** they have a high temperature **or** do not feel well enough to go to school or carry out normal activities, they should stay at home and avoid contact with other people, until they no longer have a high temperature (if they had one) or until they no longer feel unwell.
- ⇒ If your child has a **positive Covid-19 test result**, they should stay at home and avoid contact with other people for a minimum of **3 days** after the day they took their test. After this period they may return to school provided they feel well enough to do so and do not have a high temperature.
- ⇒ For **further advice** please refer to the NHS website at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.
- ⇒ If you are not sure whether to send your child into school or not, please contact Student Support for advice.

### *What about remote learning?*

- ⇒ We are **no longer required to provide remote learning** for students, and now will only do so for those who are isolating following a positive Covid test.
- ⇒ The school **may** provide remote learning, such as setting work via ClassCharts or inviting students to join live lessons, under particular and exceptional circumstances by agreement with parents.



# Year 9 Art

## Year 9 posters on the theme of Climate Change and Equality

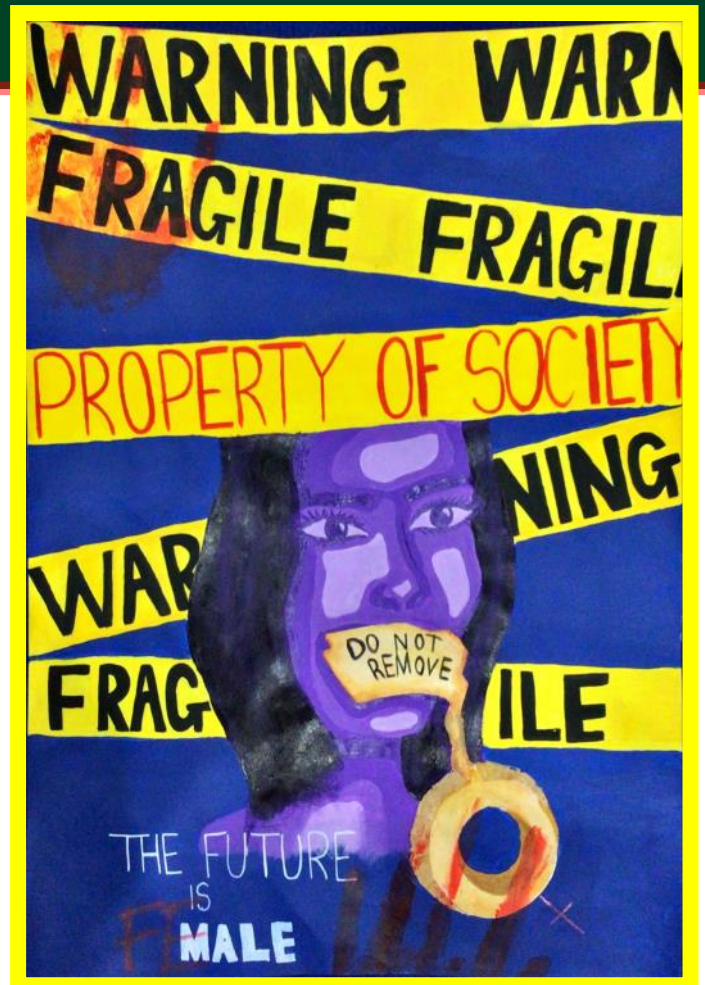
Work by

Andrie Longley, Yusuf Hamid, Hannah Brinton,  
Shaal Younsi, Kierat Johal, Zaynab Khan, Diya  
Obhrai and Rosie Stewart.



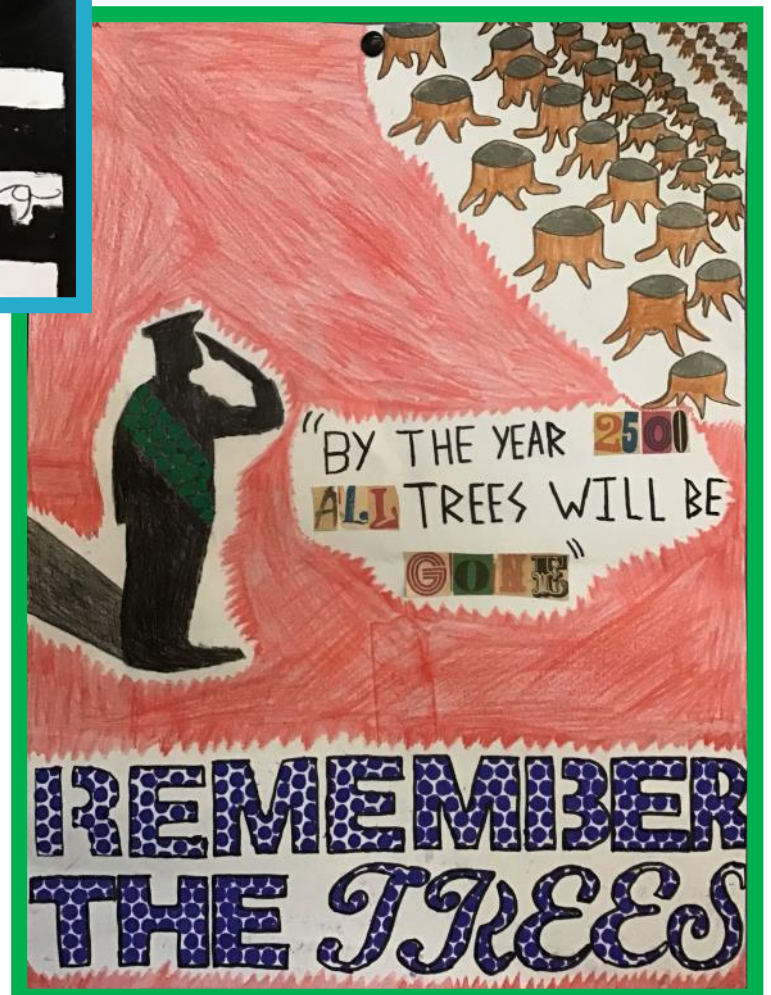


# Year 9 Art





# Year 9 Art





# Student activities

## British Biology Olympiad

The year 13 Biologists were entered for the British Biology Olympiad, organised by the Royal Society for Biology. More than 10,000 students from more than 700 schools worldwide took part, out of whom only the top 5% were awarded Gold, and the next 10% Silver.

The Biologists did themselves proud, with half the cohort achieving Bronze, nearly a third of the students getting a Silver award, and special congratulations to Zainab Shaik, who got Gold! This would be an amazing achievement in any year, but especially for this cohort, who have had Covid lockdowns affect a significant proportion of their A level course.

**Well done to everyone who took part!**

## World Book Day

Matt Dickinson, author, photographer and climber visited Langley Grammar on Tuesday 8<sup>th</sup> March and regaled Year 9, 8 and 7 with stories of frostbite and popping candy bars (low altitude on Everest).

He gave tips on setting goals and achieving them. He also discussed how tourism in Nepal can be a mixed blessing. For example they leave litter and the sherpas can be underpaid and forced to carry ridiculous loads.

He also promoted his Young Adult book series "The Everest Files" which are adventure stories which also cover the topics mentioned above.

**Ms C Shine, School Librarian**



## Pacific Aroma

Pacific Aroma, our Young Enterprise company selling Aromatherapy Candle kits have done an amazing job this year.

They have broken even and are in profit already having helped Easter and Mothers Day and Valentine's Day promotions that sold very well. They also represented the school at the Windsor Young Enterprise Trade Fair at Windsor station and the Maidenhead Young Enterprise trade fair. I'm pleased to tell you that they won both events being judged Best Student Company on both occasions. They have just handed in their final yearly report. This is the first time Langley Grammar School have achieved this in our Young Enterprise journey.

The Company programme culminates at the Showcase Final, where they pitch to judges and other schools to be held at the 02 Offices at Bath Road, Slough on the 5<sup>th</sup> May. If you have not got your wonderful product, you can order one by emailing [ye@lgs.slough.sch.uk](mailto:ye@lgs.slough.sch.uk)



**Mr Oakley, Young Enterprise Centre Lead**



# Student activities

## Duke of Edinburgh Awards Presentation



Every year we hold a Duke of Edinburgh Award Ceremony for students at the end of the Autumn term. This year because of Covid restrictions, we held off having our celebration until we could all gather together safely again. On Thursday 17th March we had an assembly with the whole Year 10 and Year 11 Phase with over 360 students in our new hall.

DofE were quick to change their rules because of the pandemic and allowed participants to do only three sections which included volunteering, physical and skills section (they dropped the expedition section).

If they did these three sections then they qualified for a "Certificate of Achievement" in either Bronze or Silver.

We did manage to run an expedition of sorts last summer for the Year 9's which ended up being two day trips and lots of walking so some Year 10's did qualify for the whole Bronze Award – well done to them.

It was great to see 54 students being awarded a certificate for Bronze or Silver and the photo attached shows some of them with their certificate. The main message in the assembly was about resilience. Resilience is typically defined as the capacity to recover from difficult life events, "it's your ability to withstand adversity and bounce back and grow despite life's downturns."

It is a real testament to our young people, that even through such difficult times so many still managed to get their three sections done and to get their Certificate of Achievement. A real achievement indeed - well done to them!

***Mr Pascal, DofE Award Manager***





# Student activities

Gold DofE sounds hard enough and after our experience on the practice expedition we found out exactly what to expect for the assessed one so we can be better prepared and ready to face it with little to worry about.

In the weeks leading up to our practice expedition, the groups had to plan out what we wanted to eat for breakfast, lunch and dinner and who would carry each piece of equipment etc. We had also taken part in a first aid course led by a wonderful instructor, Matt, who taught us everything we needed to know to stay safe and protect each other out in the wild.

The early 9am start to Wales on a Sunday morning was a struggle for all of us that rely on our beauty sleep, but that was just the beginning of the longest, most invaluable week of our lives. Whether we had previously done bronze DofE or not, we knew it was going to be a challenge. Luckily we had the best weather all week, sun shining, clear skies and not a single drop of rain.

The first two days were spent travelling, learning the basics for setting up tents, using Trangias and getting used to navigating on the mountainous terrain. Each group was also assigned a mountain leader who was an expert in navigating through the Welsh mountains: Kevin, Kelvin, Becky, Paul and Felicity. Staying at the hostel for two nights allowed all of us to take advantage of the comfort of a real bed and the last few hot meals cooks in a kitchen we would get for the next few days.

On day three, the expedition began. This was when it all started to get real as we began settling into our own specific positions within our groups. Some of us were better at navigating, others at cooking or setting up the tents. Whatever our skills, we all worked together as a team to make this a memorable experience. Day four was by far the hardest day as we climbed Cadair Idris, the second tallest mountain in Snowdonia National Park, North Wales, which has an elevation of almost 900m! Having seen the mountain in the distance during the previous days, the thought of



climbing it seemed impossible and nerve-wracking. Despite the huge challenge, all 23 of us made it through, as the first group of LGS students in the history of the school, to reach the peak and see one of the most breathtaking views imaginable. If we thought the ascent was difficult we were nowhere near ready for the descent. By being careful about foot placement, having patience and sticking together as a group we all slowly made it down the mountain. The final two days felt like a breeze compared to day four, however, our bags were still heavy, muscles still sore, and feet aching with blisters, but we had definitely become stronger and were able to endure more.

Beating other groups to reach the campsite first was always an aim as we could pick the best spot for our tents and cook our food whilst there was still daylight, plus of course, the bragging rights. No matter how hard anyone says the expedition was, it didn't come close to being the worst part unlike the early mornings at the campsite, in fact it was one of the best and most rewarding. Waking up every morning in the cold, having to pack up our bags and cook breakfast was the part everyone looked forward to the least, but this made us more resilient and paid off as it allowed us to get to the next campsite early enough to make the most of it. The last morning was the most difficult as a layer of ice had formed over our tents so water had begun to sleep through in the morning. This had put most of us in a bad mood as we rushed to put on hats and gloves, ready to get out and walking so the blood flow would thaw our frozen toes. Sleeping in the tent was something I found particularly difficult at first as I

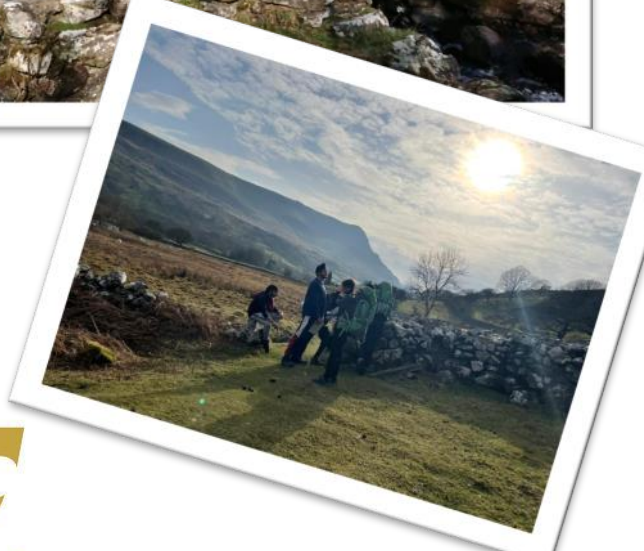
missed the comfort and warmth of my bed back at home, so I had to try my best to curl up into my sleeping bag to not let any cold air in. However, once we realised how to pick the best place to pitch our tents, the nights got better which meant we were better rested for the next day. As much as I missed having my phone on me to pull out to play games, call my friends or parents, or even just scroll through social media, the time away felt refreshing and made me realise how much we rely on them when there's so much more around us. Despite this, being reunited with it was relieving for everyone, as we all immediately made calls to our family to let them know that we were on our way back and ready for a dinner that doesn't come out of a bag. Spending 24/7 with the same few people caused some obvious bickering, as we all just wanted to reach our end goal, but I can truly say my group was supportive and motivating throughout. Whether it was overcoming navigational challenges or encouraging each other to go on a little further the six of us were there for each other, checking to make sure we were all well fed and hydrated. One of the best parts was finding a nice place to sit down and eat lunch; on one of the days, my group ate next to a stream which had the clearest water flowing through which some of us started skipping stones on. Another highlight was the student led campfire on the last night where many of us sat around the fire listening to music, talking and laughing. The most satisfying and fulfilling part was when we saw Miss Du Preez jumping up and down excited at the finish point on the last day as our entire group ran towards her, half an hour early than the expected finishing time.

Through the ups and downs, laughs and petty arguments, we all made it to the end in one piece as the best version of ourselves who can persevere through anything. Thank you to all the mountain leaders, Mr Podbury, Mrs Curtlin and Miss Du Preez for organising the expedition and motivating us throughout this experience.

**Anishka Nayak 12H**



# Student activities





# From the Governors

Dear Parents

As governors we find it both a duty and a pleasure to be able to visit the school during normal school hours and see the school in operation.

Such visits are not at random but with the support of Mr. Constable are usually focussed around the opportunity to learn about a particular facet of school life in more detail. Regrettably during the last two years such visits have been all but impossible to arrange; firstly due to the operation of the site during the school re-building work and secondly due to the Coronavirus pandemic and its attendant risk mitigation. Thankfully the completion of the building project and the relaxation of covid rules have allowed us to resume.

Therefore earlier in the Spring term we visited to learn more about the Sixth form. Governors were particularly keen to understand the effects of the pandemic on the two year groups, not least year 13 who missed their GCSE external examinations in 2020 and for whom A levels this year therefore present a particularly challenging experience.

The Director of Sixth Form, Ms Makowski, explained in detail the support the school provides in terms of career choices and, by inference, A level choices for students and gave an excellent account of the ways in which the school prepares students for choices after Langley Grammar School. These include University choices, including Oxbridge for which the omens for the school seem very good this year, and subject choices leading to the various professions, opportunities in business and industry and apprenticeship schemes. Later in discussion with students we were able to learn about the extent to which aspects of the school ethos translate into the decisions students make about their own futures and how they feel about the wider development opportunities available at school.

The school's long history of IT excellence including its iPad provision, proved to be an excellent asset during lockdown. Although some students found the covid situation particularly challenging, we learned that the vast majority of students were able to take things in their stride during the pandemic from the initial move to remote learning followed by the transition to 'hybrid' learning as pandemic measures evolved.

Our tour of Sixth form lessons provided an unexpected opportunity to witness this for ourselves. In Chemistry, a lesson was underway, all seemingly unremarkable. Only at the end was it revealed that the lesson was simultaneously in-school and remote, as some students were under covid home isolation yet taking part in the lesson.

The high levels of engagement, interest, and excellent behaviour which were commented on during the recent OFSTED visit were much in evidence in the English and Sociology lessons we attended which were notable for the lively discussions and participative interplay between teachers and students. Overall we were struck by the strong levels of student engagement, teacher capabilities and general motivation which feed in to the teaching and learning environment.

Many thanks to all the students we met, especially those on discussion panels, to the staff whose lessons we invaded, and to Ms Makowski and Mr. Aplin for their warm welcome and excellent arrangements.

***Jack Kirk, Chair of Governors.***



# Year 11 Art

Year 11 art work by Rishita Rallabandi, Krishna Shingaria, Darya Shestakova, Pranav Ganesh, Mysha Ali, Haneet Gill.





# Year 11 Art





# Year 11 Art





# Year 11 Art





# Student activities

## LGS Biology Society

The LGS Biology Society has indeed been very busy this half-term! Not only were we cracking cases using our DNA fingerprint lifting skills, but we were also lucky enough to be joined by Dr Rachael Morris – a student researcher on the cardiovascular system (and in particular venous blockages) at Kings College London.

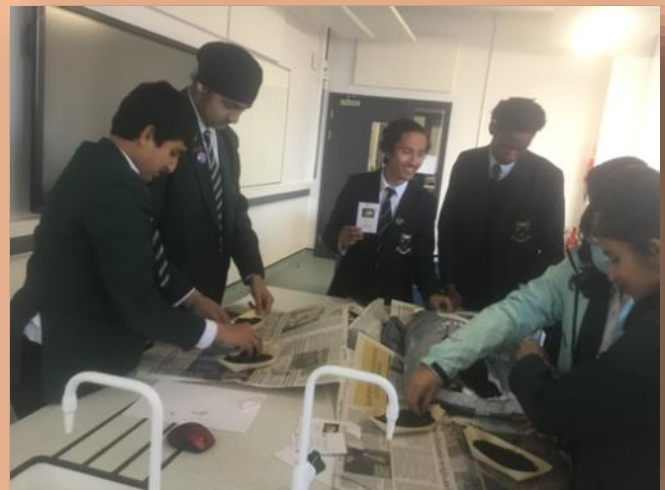
She gave us a wonderfully enriching talk; ranging from an in-depth analysis of her research and the practical way in which it was carried out to alternative biomedical careers at university and his research can be conducted in parallel to Medical degrees (a path that many of our sixth formers are keen to explore).

We were so lucky to have such an experienced lecturer and all year groups enjoyed it thoroughly – whether it be the science behind the direction of blood flow or how to use control variables in an experiment!

We have also been busy transforming our school community – recently we planted the preparation kits for 9S' project where the aim is for each form to responsibly nurture their plant until they are large enough to plant in our school garden (soon coming!).

Ajay Sadasivan helped leading the session where we covered our primrose and magnolia seeds with soil in approximately 50 Biodegradable wooden Bamboo boats. We, both the younger years and sixth formers, had fun in distributing them in form rooms across the school – braving the strong winds and mini-blizzards of snow!

We hope they will soon liven up our classrooms (even more) and that students take pride in growing their own form's plant!



**Ishir Sharma 12A**



# Student activities

## LGS Junior Dance Troupe

Members of our Junior Dance Troupe (Years 7, 8 and 9) have been exploring some lift work and contemporary style earlier in the term.

They have then started on some of the dance numbers they will be leading in during our Summer Production *Greased Lightning*.

Well done troupe – you have shown strong commitment and creativity throughout your rehearsals and weekly sessions!



## The 25<sup>th</sup> Annual Putnam County Spelling Bee: LGS Senior School Production 2022!

After two years of waiting *The 25<sup>th</sup> Annual Putnam County Spelling Bee* has finally hit the LGS theatre. This was our first in-house full scale show since 2019's *We Will Rock You* and the talented GCSE and A Level students involved did a wonderful job of bringing their characters to life on stage in what was a very short but non-the-less sweet and comical musical.

Well done to all cast and crew involved and thank you to all our audience members who have supported the return of live theatre at LGS – now it's the turn of our year 7, 8 & 9 students for our summer production...





# Student activities

## Spring Concert

After a gap of three years we saw the return of the annual Spring Concert just before the end of term. The event showcased our singers and musicians, both solo and in ensembles, and included pieces composed and led by students.

Congratulations to everyone involved for putting on performances of such a high standard, and to the Music staff team for all their hard work.





# Student activities

## The Murder of Leon

The Biology Society has been up to some great fun this half term, with the murder mystery of Leon attracting one of our greatest turn outs.

Students were asked to act as detectives and take part in a variety of activities during this murder mystery, including both looking for clues, and lifting fingerprints to find who the culprit of the murder was.

We had hidden clues all around one of the biology classrooms, and students were asked to find them, solve them and finally rearrange the letters collected to find the key word (it was “cell phone”).

After solving this anagram, the students were then asked to lift fingerprint's and match them to the fingerprints of suspects and finally decide who they thought the murderer was. Little did they know that this was in fact a suicide case, with Leon wanting to frame his friends for his murder.

Everyone had great fun coming up with new ideas as to how Leon had died and predicting who the murder was. We hope to see such enthusiastic participants in our future Biology Society activities!

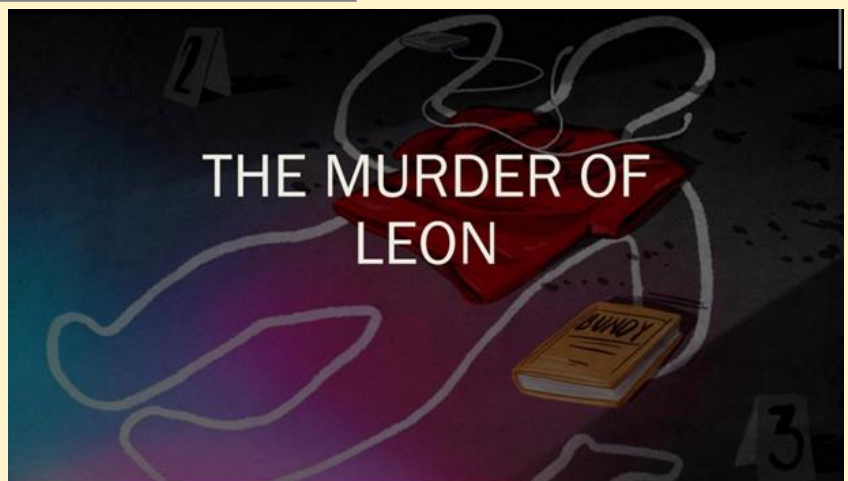
*By Srinidhi Sathishbabu*

### Fingerprint analysis

- On your tables you will have a slide with a fingerprint found on one of the suspect's cell phone
- Your task is to lift the fingerprint and match the fingerprint with one of the suspect's



8 of 12

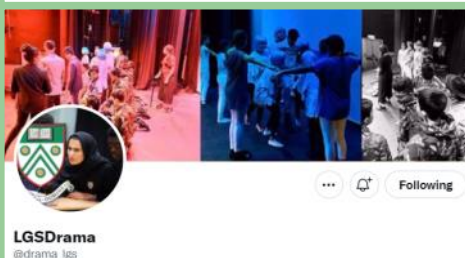
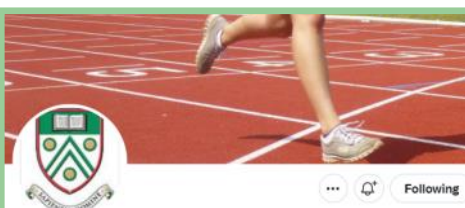




# From Twitter

These pages showcase a small sample of the school activities which are publicised through Twitter. We now have accounts for PE, Art and Drama in addition to the main account **@lgs\_news**

***To find out more and keep up with what is happening in school from day to day, please follow our Twitter accounts.***



**@lgs\_news**

**@lgsartists**

**@drama\_lgs**

**@LGSPE**



**Langley Grammar School @lgs\_news** · Mar 9

Year 8 students enjoyed the Macbeth performance and workshop from @CleverTheatre last week: an excellent opportunity for students to explore the themes of the story using accessible language and engaging storytelling!



**Langley Grammar School @lgs\_news** · Mar 10

Year 7 braving the giant swing



**Langley Grammar PE @LGSPE** · Mar 9

Some year 9 and 10 girls got the opportunity today to attend the Barclay's Empowerment Event at Slough Town's Arbour Park today to celebrate International Women's Day.

A fantastic and inspirational day had by all #letgirlsplay #getgirlsinvolved



**Langley Grammar School @lgs\_news** · Mar 11

It was Focus Day on Thursday: Year 11 took part in a Speed Networking event as part of their Careers program - an opportunity to engage with a very wide range of people from different spheres of employment!





# From Twitter

Langley Grammar School Retweeted  
**Digital Schoolhouse** @DigSchoolhouse · Mar 16  
 That's a wrap!! Congratulations @lgs\_news & @NSE\_NCS who are going on to compete in our GRAND FINAL! 🏆👏 Congrats also to our best shoutcaster @Gildredge\_House & well done to all players & shoutcasters 🌟  
 #DSHesports @NintendoUK



Staffordshire University London Digital Institute and 3 others

**Langley Grammar School** @lgs\_news · Mar 16  
 It doesn't always rain - beautiful sunshine for the same trip on Focus Day last week - contrasting flood management between the Thames Flood Barrier and the soft engineering that characterises the Olympic Park



**Langley Grammar PE** @LGSPE · Mar 17  
 KS4 Badminton 🏸

A big congratulations to our year 10's and 11's who competed in the Slough Schools Badminton Championships today.

Well done to our medalists:

Y10 Boys - Dhruv 🏆

Y10 Girls - Sharvari 🏆

Y11 Boys - Rudhresh 🏆



**Langley Grammar School** @lgs\_news · Mar 23  
 #LGS Caring 11V girls did a great job last week organising a Bake Sale to raise funds for @BritishRedCross DEC Appeal for Ukraine - we're very pleased to tell you that £615.94 was contributed. Thank you to everyone involved!



**Langley Grammar PE** @LGSPE · Mar 22  
 What a win in the glorious sunshine! ☀️

A big well done to the 6th Form Netball team who put in an excellent performance to win 13-12 in a very tightly contested game this afternoon!

Well done girls! 🏆



**lgsartists** @lgsartists · Mar 23  
 #LGS Creative Year 8 students have produced some great title pages for the Portraiture project





# From Twitter





# ***Slough Holiday Activity & Food Programme***

## **Slough Easter Holiday Activity and Food programme launches**

This Easter, Slough Borough Council is continuing the Holiday Activity and Food programme.

Eligible children across the borough can access four-hour sessions, for four days over the Easter break at no cost to parents/guardians (children are eligible if they receive benefits related free school meal). This programme is funded by the Department for Education.

The holiday clubs are also available to any children not eligible for free school meals, who can pay to attend.

Slough Borough Council is working with a range of providers (private, voluntary, independent, and charities) to offer places where children will be able to eat healthy nutritious meals over the school holidays; be more active and be safe and have fun. Our providers for the Easter programme are: Get Active, Art Classes, Slough Music Service, Antz Kidz, Kidz Enterprise Ltd, Scrumys, Monksfield and Chalvey Grove CC, Sport 4 Kids, Tree Tops Clubs, Sports Collective, Computer Xplorers, Sports Inc, Little Musketeers, Aik Saath, Britwell Youth and Community Project and Fit for Sports. [Visit our webpage](#) for activities offered by each provider as this information is being updated daily.

Dayo Williams, HAF programme manager, Children and Families, said: "The Easter HAF programme is free for children who receive benefits-related free school meals. Letters have gone out with a unique code to enable each child to book a place with a club of their choice. If you feel your child is eligible, please register for Free School meal (FSM) on the SBC website. Eligible children can choose to attend a range of activities in different venues across the town and places are also available for paying parents too. We can't wait to see the borough's children joining in the exciting activities offered, with the bonus of cost not being a barrier to fun and nutrition during the school holidays."

For more information [visit the HAF website](#) or please call Slough Family Information Service on 01753 476589.





# ***Easter Holiday Activity & Food Programme***

## **Slough Holiday Activities and Food (HAF) programme 2022 - Easter holidays**

The Holiday Activities and Food (HAF) programme provides free enjoyable activities and nutritious meals for primary and secondary school aged children who are in receipt of benefits related free school meals.

Slough Borough Council is working with local schools, voluntary and community organisations, and childcare providers to provide the HAF programme, which covers all major school holidays in 2022. The **national programme offering free places are funded by the Department for Education.**

Children will be able to access:

- 4 sessions (4 hours per session) a week during Easter and Christmas and
- 4 sessions (4 hours per session) for 4 weeks during the summer holidays.

All activities are inclusive at no cost to you. The sessions will include a variety of fun activities, including sports, music, arts, hairdressing, robotics, and other exciting opportunities to learn and develop skills, alongside a nutritious meal each day.

Letters will be sent out to all families with eligible children with a unique code for each child to use. Information of providers offering the programme will be available soon. Parents would need to contact their preferred providers directly to book a place.

If you have any queries regarding the HAF programme, call Slough Family Information Service on 01753 476589.

In addition to this programme, families who are eligible for Universal Credit may be able to claim back up to 85% of their childcare costs. Please visit **Help paying for your childcare on Childcare Choices website** to find out more.

**HAF timetable.** The timetable is being updated daily with more dates and providers.  
**Providers offering the programme.**

Slough Family Information Service

**Telephone** - 01753 476589

**Email** - [\*\*fis@slough.gov.uk\*\*](mailto:fis@slough.gov.uk)

Date Details - 11 - 22 April 2022

Free for 4 hours for primary and secondary school aged children who are in receipt of benefits related free school meals.





# Easter Holiday Activity & Food Programme

As a school we have supported Slough Food Bank over a number of years by organising collections in school.

The Food Bank will always be happy to accept donations at other times, and some families may wish to donate directly to them. Their latest 'wish list' of goods is shown below together with contact details. **Please support this good cause if you feel able to.**

## March Wish List



### FOOD

#### URGENT

Tinned fruit  
Long-life fruit juice  
Long-life milk  
Long-life custard  
Instant mash  
Tinned meat (stewed steak, mince, chicken in sauce)  
Coffee (small jars)

#### ALWAYS REQUIRED

Tinned carrots/mixed veg  
Pasta sauce  
Long-life rice pudding

### TOILETRIES & BASIC ITEMS

#### URGENT

Shampoo  
Deodorant  
Washing up liquid

#### ALWAYS REQUIRED

Razors  
Toothpaste  
Shaving foam/gel  
Strong carrier bags

If you would like to provide toiletries we have created a [wish list with Common Good](https://www.forcommongood.co.uk/apps/giftregistry/registry/128413?rsid=1) (<https://www.forcommongood.co.uk/apps/giftregistry/registry/128413?rsid=1>), which enables you to buy online.

**Our warehouse is open for donations at the following times:**  
Mondays 1-3pm, Wednesdays and Fridays 10am - 12noon.  
411 Montrose Avenue, Slough SL1 4TJ, UK

**Please only donate these items that we currently need.**  
Due to generous donations, we are overstocked and have 12 months supply of pasta and baked beans and **DO NOT NEED THEM.**