

After his (Jesus) suffering, he presented himself to them and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. *Acts chapter 1*

Dear Parents and Carers

As a new term begins, we would like to thank all of our fabulous parents and carers for doing such a great job in facilitating our home learning over the past few weeks. We hope you have all managed to have a relaxing Easter break too.

Mr Etherton, Mr Lincoln and all the staff at St Nic's.

1. COMMUNICATION

- **Keep in touch:** do keep in touch with the school about significant highs and lows that you and your family may be facing. We may be able to, help, point you in the direction of help or at least 'walk' with you in our thoughts and prayers. Email office@stnm.org.uk
- **Emails:** please use the office@stnm.org.uk to contact the school with any queries. Email is currently our main form of communication so we are receiving a huge amount – we will endeavour to respond as soon as possible!
- **Dates & Events:** all events have been cancelled until further notice.
- **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
 - 'Virtual' Sussex School Games 2020 (em)
 - Letter to children – 24th April (em)

2. WORSHIP & ETHOS:

- **Letter to children:** Please read the weekly letter with your child!
- **Awesome Assemblies:** Next week we will be looking at **Tough Tortoise, Team Ant, Sensible Squirrel** and **Wise Owl** (and Mr Badger of course!)
 - Our four learning characters are an important part of our 'teaching and learning' so please do watch them with your children and discuss what it means to be a Tough Tortoise (etc) whilst trying to work at home.
 - Next week our assemblies will touch on local wildlife rescue charity, so you may wish to look up the following: <http://www.rogerswildliferescue.co.uk/about-us/4525774752>
 - Do also let your child(ren) catch up with any other assemblies they may have missed: https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw?safe=true

3. RAINBOW CLUB – childcare

- **Numbers:** Parents are reminded that children should only be booked into Rainbow Club if there really is no other option re childcare. Government advice has not changed and we should be restricting (sadly) social interactions as much as possible. The school also has limited capacity for any more children as we take into account availability of staff, social distancing and cleaning regimes! If demand does rise then we will have to discuss with individual parents about which children we prioritise to be in Rainbow Club.
- **Charges:** whilst we have not made any charges for Rainbow Club, we will have to start charging, and ask parents to book up, for the Octopus Breakfast Club and Starfish Rainbow Club so that we can deploy the right number of staff and at least cover the cost of breakfasts and snacks. We will send out more information about this shortly. If any key worker is facing challenging financial circumstances then, of course, let us know.
- **Opening dates:** as things stand we do not intend to run Rainbow Club on Friday 8th May (VE Day Bank Holiday) or Monday 25th May Spring Bank Holiday). However, we hope to run Rainbow Club during half term (excluding the Bank holiday) from Tuesday 26th to Friday 29th (unless the lockdown requirements are eased).
- **Future Bookings** for the Rainbow Club for Keyworker & Vulnerable children is now available on sQuid OFFERS for week commencing Monday 11th May. Please make your bookings as soon as possible or by 12 noon the day before. This will help us make appropriate staffing arrangements. Thank you.

4. GOVERNMENT ADVICE

- The guidance for parents & carers on the closure of educational settings has been updated with additional information on the resources and support available to help parents educate their children at home. The guidance can be found here: <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>
- West Sussex has written a letter to all parents and carers [2020.04.22 Learning during Covid-19 Letter to Parents.pdf](#) and also produced a very handy guidance sheet which has a huge number of website links to help with learning at home: [Learning during Covid19 - Guidance for Parents.pdf](#)

5. CURRICULUM

- **On-line learning:** BBC Bitesize <https://www.bbc.co.uk/bitesize/articles/zn9447h> and Oak National Academy <https://www.thenational.academy/> are now providing online lessons. We anticipate giving further advice to parents once they have firmed up their longer term plans – particularly with maths. We want the use of on-line learning to dovetail what we are already doing rather than to overlap. We also want to avoid children sitting in front of a computer all day and every day! Further info to follow

6. ACTIVITIES TO DO

- **Make your own Time Capsule:** see letter to children sent out today!
- **'Virtual' Sussex School Games 2020:** don't forget to sign up at <https://www.activesussex.org/virtual/> and get ready for the first challenge at 9.15 on Monday 27th April (*em sent on Wednesday 22nd*). Every Monday, a new sport will be launched which can be done from the living room, garden, or school. Throughout the week you can practice, train and improve, before submitting your best scores on www.sussexschoolgames.co.uk by 12pm each Friday. Your score will be added to the school total, meaning that you can be part of your school team, and compete against all of the other schools in the county.
- **Visit a museum:** click here: <https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/>
- **Eco Art project:** with BIG prizes: <https://www.southdownstrust.org.uk/clean-up/>
- **WSCC Library – Read all about it:** you can access the eLibrary 24/7 so while you're at home you can still enjoy a good book. [Explore our selection.](#)

7. USEFUL HOME LEARNING LINKS AND RESOURCES – NEW ADDITIONS

- [Useful Home Learning Links and Resources](#) (click on link) or go to our website Pupils > Useful home learning links and resources. Do check out all the resources and links we have!
- **Accelerated Reader:** there is a link to the log in page and also instructions on how to take the quizzes under the English section.
- **Coding:** Learning to code (see the Science, ICT & Stem page).
- **Chartwells brand new Youtube Channel – *The Super Yummy Kitchen!*** We have created some short, snappy cook-along videos for children, where they can create fun, nutritious snacks using store-cupboard ingredients. Who doesn't love the sound of **unicorn hummus**, or **sunshine toast**? Subscribe to our channel <https://www.youtube.com/channel/UCyu3glIGSmMJAqGOGOjr7MA?safe=true> **POST a picture of your children's creations** online, and we will choose a winner of the week in The Super Yummy Kitchen! (**Don't forget to @Chartwells in!**) You can also visit our Love School Meals website <https://loveschoolmeals.co.uk> to download home-schooling activities, or visit our Facebook page (Chartwells UK) for other fun things to entertain and educate kids!

8. HARP ACADEMY

- **Online harmonica lessons (YouTube):** from Monday 27th April, subscribers will receive a weekly link to our half-hour YouTube lesson. Each lesson is pre-recorded and can be used whenever parents wish. There are 10 lessons in total, creating complete courses for KSI (Folks Songs of the British Isles) and KS2 (Introductory Jazz & Blues). Subscribers also have access to the learning support pages and information on our website. Newcomers are welcome to sign up at any time; we can forward them our links retrospectively.
- **Weekly harmonica tutorials (Zoom):** each Thursday we will host a 45 minute tutorial via Zoom, where children and parents can ask questions about their lesson and anything else they need. The tutorial is optional and Harp Academy insists that a responsible adult is present at all times.
- **How to sign up:** anyone who is interested can visit our homepage at www.harpacademy.co.uk, click the Gold Harmonica and register their details. We will follow up the enquiry by email and a personal call, before organising payment and any kit requirements.

9. HEALTH, SAFETY & WELL BEING *(all these are on our website under Pupils > Useful home learning links and resources > Well-being – Parent & Carer Support)*

- **Communication with teachers and pupils:** Some parents have been querying whether teachers can communicate with their classes via Zoom chats, Facebook or similar. Although this is becoming the norm between many families and friends, we do have to consider the security and safeguarding of children. Nationally, concerns have been expressed about these platforms and we do have to take into account guidance from the DfE and WSCC. So regrettably we are not able to get involved in this type of online activity at the moment. Some teachers may choose to upload a story or learning message via Seesaw or 2Simple but it may not be possible for all teachers. It is fantastic that our teachers can also communicate with pupils via these two programmes and we thank everyone for supporting their children in engaging in this way. However, as this is an open forum for the class, it is not appropriate to give specific teaching feedback for pupils in terms of their work but instead to offer encouragement and praise for the fabulous work which is happening at home.

- **Winston's Wish:** Some subjects can be really difficult to talk about with children. Winston's Wish provide excellent advice on a range of difficult issues (click on the following) :
 - [Telling a child someone is seriously ill](#)
 - [Ways to manage your anxiety about coronavirus](#)
 - [Telling a child someone has died from coronavirus](#)
 - [Managing grief in self-isolation](#)
 If you face challenges, do be in touch with us and visit <https://www.winstonswish.org/coronavirus/>
- **NSPCC:** the NSPCC has also created a number of resources to support parents and carers during this difficult time. Topics include:
 - Talking to a child worried about coronavirus
 - Parents working from home
 - Children staying home alone
 - Lockdown and separated parents
 - How to cope with tantrums and other difficult behaviour
 The advice can be found here: [NSPCC website](#)
- **General Advice:** with the majority of us spending prolonged periods of time at home, taking care of your mind as well as your body has never been more important. The [Every Mind Matters website](#) from the NHS has guidance, tips and advice on looking after your mental health and wellbeing at this challenging time. If you are unsure about the advice then take a look at the government website for guidance on [what you can and cannot do](#). There is also a really helpful blog from Public Health England which is regularly updated to answer many [frequently asked questions](#). Please follow the [NHS advice](#)
- **Text Your School Nurse – ChatHealth Messaging Service (NHS):** During these unsettling times, as a parent of child aged between 5-19 years old you may be worried about your child's health and wellbeing and be unsure about how to get the help you need. Our school nurses are still there to help – you can text them for confidential advice and support on a wide range of issues. Parent/carers of a child aged 5-19 can send a text to: 07480 635424 They can help with all kinds of things like:
 - Behaviour
 - Continence
 - Emotional health
 - Self-harm
 - Bullying
 - Minor accidents and illnesses
 Your ChatHealth messaging service is run by the Healthy Child Programme 5-19 School Nursing Service and is available from 9am to 4.30pm Monday – Friday (excluding Bank Holidays). They aim to reply to you within one working day and you should get an immediate bounce-back to confirm they have received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from them, contact you GP, NHS 111 or dial 999 if it is an emergency.

Thrive 365 #11

Did you know?

In a 2019 survey, 16% of people in the UK said they didn't have anyone they felt they could rely on if they had a serious problem. The issue of loneliness is huge in our society and a study conducted by Cigna suggested that it has the same impact as smoking 15 cigarettes a day. But what can we do to combat loneliness, especially when some people say they feel lonely even when they are with other people?

What can you try?

1. Share feelings

We often feel lonely when we don't share feelings with people. Make it a priority to share your feelings with someone every day as this will encourage them to do the same. This connection will ward off feelings of loneliness.

2. Work out the 'why?'

Loneliness is not the same as being alone, so if you feel lonely, ask yourself whether it's due to lack of contact or lack of close contact. If it's the latter, consider who you could open up to and make an effort to make a closer connection.

3. Connect with nature

If you are spending a lot of time alone, prioritise going for a walk in nature. It sounds counter-intuitive, but sometimes experiencing the sights and sounds of the natural world - even by ourselves - can make us feel part of something greater and therefore less lonely.

Thrive 365 #12

Did you know?

Frustration has two types - internal and external. Internal sources of frustration include difficulty achieving what we want to achieve or not fulfilling our perception of what we want to achieve. External frustration comes from situations outside of our control. For some people, frustration is the catalyst to propel them to make greater effort. For others, they may become angry or aggressive. So how do we achieve the former rather than the latter?

What can you try?

1. Identify

Identify the source of your frustration. This sounds obvious, but sometimes we just feel the resulting emotion such as anger or annoyance. Trace it back to its source and deal with that rather than what it may have left in its wake!

2. Assess

If the source is external, really consider whether it is something that is within your control or influence. If so, work out your options and take an action. If it's out of your control, let it go by visualising it disappearing over the horizon or a similar image that works for you.

3. Connect with nature

If the source of the frustration is internal, spend some time journaling to work out any patterns to your thoughts and feelings. Really challenge your internal voice and ask questions such as 'Is this true?' or 'What evidence have I got for this opinion of myself?'