



Have a great weekend and, as last week, 'Come on England' (sorry to our Scotland fans!!!)

Mr Lincoln, Mr Etherton & the Senior Leadership Team

1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use office@stnm.org.uk to contact the school with queries – please include your child's class.
- **School Office:** the office will remain closed until further notice. YOU MUST NOT ENTER THE SCHOOL FOYER UNLESS YOU HAVE A PRIOR ARRANGEMENT TO DO SO.
- **Calendar:** Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Letters/Emails sent home this week:** click on the link for past letters:
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
 - Y5 Truleigh Hill 'Make-Up' day
 - Y2 Shoreham Beach visit
 - Y6 Pirates of the Curry Bean
 - Y5 French Cafe

2. UPCOMING EVENTS

- The following dates have been added to the calendar this week:
 - 24th June Y5 Truleigh Hill 'Make-Up' day
 - 12th July Y2 Puffins - Shoreham Beach trip
 - 13th July Y2 Penguins - Shoreham Beach trip
 - 14th July: Y5 French Cafe
- Due to the current lockdown restrictions not being lifted, the following events have had to be cancelled, which we know is really disappointing but unfortunately the situation is out of our control:
 - Y3-Y6 Community Games
 - Y5 Fun Day at Shoreham Academy

3. **WORSHIP & ETHOS:** The newest Awesome Assemblies series 'One Another' (Teach One Another) can be found on the school YouTube site: https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw

4. **PARENT/CARER WORKSHOPS:** We hope that you found the Your Space Therapies workshop 'Boost the Bond' useful. West Sussex Mind are putting on more free workshops that you may be interested in. Please see the leaflet below. <https://www.eventbrite.co.uk/e/behaviours-of-concern-families-carers-tickets-157213113655>

5. **RECRUITING FOR TEACHING ASSISTANTS:** we are currently recruiting for two TAs to work in school from September. For full details and an application form, go to <https://www.westsussex.gov.uk/jobs/school-jobs/> and search for St Nicolas and St Mary. The deadline for applications is 12 noon on Tuesday 22nd June.

6. **WEST SUSSEX PARENT FORUM ONLINE COURSES:** There are two free, online courses available from West Sussex Parent Forum. To register visit their Facebook page or email office@wspcf.org.uk.

Tuesday 15th June – Talking Heads: Looking after yourself

This session is aimed at Parent Carers, enabling them to understand their own stresses and ‘chaos’ that can arise from a caring role. The session will run through supported strategies and also some useful techniques and tips on how to manage daily stresses. The session is held via Zoom and is 10:30 to 11:30

Tuesday 6th July – All Things SEND

This event will be held on zoom, this is a large event where we have numerous providers, services and organisations ‘under one roof’ – virtually! We have Speech and Language therapy service, Carers Support, Springboard, Lodge Hill, Amaze, Reaching Families, SENDIAS and many more signed up to deliver various workshops and information and advice sessions and/or workshops. Sessions run on the hour and last anything between 45 minutes to 1 hour each time. Parent Carers can sign up to a maximum of 3 sessions. The event runs from 10:00 to 13:00.

7. **HEALTH & SAFETY**

- **Be vigilant:** we are aware that a man has been seen hanging around on the Upper Shoreham Road and near Tesco Express. Please be extra-vigilant and if you have concerns contact the Police immediately.

8. **SCHOOL PHOTOGRAPH ORDER CLOSING DATE TUESDAY 22ND JUNE:** Please be advised if you have NOT yet placed your School Photograph order, the order closing date is Tuesday 22nd June. Please visit www.smileYellow.com using the passwords on the Proofcard.

9. **LONG MAY SPORT CONTINUE (BUT MAYBE ON COOLER DAYS!):** This week saw our year 4 team compete against the 7 other Shoreham schools in a Rounders tournament at Shoreham Academy. Having missed so much PE and sport over the last year, year 4 have only recently practised rounders. On a very hot afternoon, our team showed great passion and determination to put their new learnt skills into serious competing and rapidly improved as the afternoon went on. We are very proud of how they performed, not only in their skills but also in good sportsmanship. **Well done Year 4 on coming 3rd - a great result!**



10. **HEALTH & SAFETY – CORONAVIRUS – IMPORTANT INFORMATION**

- **Symptoms:** if you or members of your household have symptoms of coronavirus the whole household must immediately go into self-isolation and children in the household should not attend school. Please arrange a test(s) for anyone with the symptoms urgently. This will help to ensure that in the case of a positive test result, contacts of the person can self isolate promptly to prevent further spread of infection to the wider community.
- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119. If having a home test, please use the test as soon as it arrives and return it in the post the same day using a priority postbox.
- **Positive test result:** we have a dedicated email address to advise us if you receive a positive test result for your child (or yourself if you have been volunteering in school or if you consider that pupils or school staff have been in close contact with you), which will be monitored over weekends and holidays so that prompt action can be taken: positivetest@stnm.org.uk. Please use this address for this purpose only.

Dragonfly: Impact Education

Thrive 365

2021 #24

Well Young Minds

Book our First Aid for Mental Health (Learners) course [here](#)

<https://www.dragonflyimpact.com/link-tree>

Did you know?

The classic children's book 'We're Going On A Bear Hunt' actually gives some good guidance for helping children navigate anxious feelings – the way out is through. Young people naturally want to avoid anything connected to anxiety, but while this gives immediate temporary relief it only makes the anxiety grow. Rather than help them avoid or escape, it's our job to help them learn to tolerate the feeling of anxiety so that they can do what they want to do or need to do. Don't leap to fix things but help them learn to cope. When they've experienced these feelings and come out the other side, they build their self-efficacy – their belief in their own capabilities when facing and overcoming challenges – which in turn helps them to manage feelings of anxiety in the future.

What can you try?

1. Rehearse

Anxiety often revolves around 'what ifs' and focuses on things beyond our control. This can be addressed by having a plan for what to do if things do go wrong, which offers a sense of predictability and control; for example, if x happens, I will do y. This makes it easier to face new situations. Once responses to different scenarios have been planned, then implement – and practise, practise, practise. For example, if phone conversations cause anxiety, plan what can be said and rehearse together before practising on the phone.

2. Graded Exposure

Intermediate steps can help if there is a particular trigger for feelings of fear or anxiety. For example, if a child is scared of clowns, you could look at images of clowns together, then look at costumes and dress up, then practise walking past a clown at a distance and working up to eventually standing near one. This is called graded exposure and the aim at each step is to stay in the situation until it's no longer scary¹.

3. Build a Portfolio of Evidence

If a child is persistently anxious, help them to put together a folder of evidence of times they've managed to overcome challenges. It might be that they used to be very anxious about going into the dining hall at lunchtime but now they do. They could write about what steps they took to move through the uncomfortable feelings, what made it better or easier for them and what strategies worked for them. You could also help them to include photos or pictures. Each piece of evidence can be on its own page and when a new challenge is faced, you can look through together to consider if it's similar to any challenges faced before, or if any of their strategies for making things easier will help them again this time.

¹ Lebowitz, E. & Omer, H. (2013) *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* NJ: Wiley

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.



First Aid for Mental Health; Safeguarding Level 3; Coaching in Healthy Schools; First Aid for Mental Health (Learners)
www.dragonflyimpact.co.uk
[@dragonflyimpact](https://twitter.com/dragonflyimpact)
info@dragonflyimpact.co.uk

**Free online
workshops for
families this
summer!**



Behaviours of Concern

**Anxiety, Low Mood and
Building Resilience in
Adolescents**

**Exploring Wellbeing and
Self-Care**



**West Sussex
Mind**



**SUMMER
NETBALL
CAMP**

**DATES: WEDNESDAY
4TH AUGUST &
THURSDAY 5TH
AUGUST**

TIME: 9AM-12PM

**@ SHOREHAM
ACADEMY**



**CONTACT
HAZEL / TANYA
SHOREHAM.NETBALL.CLUB@GMAIL.COM
07977971937**

AGES: 7-11

**£15 PER
SESSION**



CHELSEA FC



U6
FREE Talent ID Event

Date: Thursday 1st July

Time: 17.00 – 18.00

Age: Year 1

Venue: Lancing Football Club, Culver Road, BN15 9AX

The Talent ID Event is a great opportunity for your son/daughter to showcase their skills and talents in a fun and safe environment. The session will focus on a key topic and finish with small sided games for all players. All participants should bring sports clothing (sports kit), appropriate footwear, shin pads and a non-fizzy drink.

TO BOOK SEE BELOW:

www.chelseasoccerschools.co.uk

Course Code: TALID-LCR-X-1

[CLICK HERE TO BOOK](#)

**Limited spaces available on this course **

Please note that you cannot book online on the day of the course

For further details, please contact Dominic.taylor@chelseafc.com or call 07710095639



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Times: 9am - 3pm

Price: £45 for 3 day course

Ages: 5 - 12

Additional info:

FA Qualified Coaches

Professional Club Academy Coaches

Sports Tutor and Assessor Monitoring Quality

Camp visits by FA Talent ID Scout



Please bring

- A packed lunch
- Plenty of water
- Suitable clothing for weather
- Loads of energy!

Taking every precaution

Our Activity Professionals have been undergoing additional training in order to provide the best care to the children under their supervision, specifically the Transcend Level 2 Award in infection Prevention, Mitigation and Management.

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