



The 1st of October has certainly brought with it autumnal weather, so why not take the opportunity this weekend for some well earned rest and relaxation.

Mr Lincoln, Mr Etherton & the senior leadership team

I. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office. Information about the school day, attendance & absence, medical issues, uniform, food & drink can be found under the Parents & Carers tab. Bulletins and letters can be found under Parents & Carers > News & Events
- **Emails:** please use office@stnm.org.uk to contact the school with queries.
- **Calendar:** term dates, upcoming events etc (can be filtered by year group). 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>
 → Y3: Preston Manor Trip
 → Y5: Rainbow Theatre

2. DATES AND UPCOMING EVENTS:

- **Winter uniform:** please ensure all children are wearing winter uniform from Monday 4th October. The policy is available on our website (Parents & Carers > Uniform) or click on this link:
http://www.stnicolasmary.w-sussex.sch.uk/_site/data/files/policies/E3F400DA8C60E98BE75442A598D1910B.pdf
- **Parent/Carer tour dates:** for parents/carers of children due to start school in September 2022. Please follow link <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=School+Tour+Dates&pid=1366>
- **Little Fishes Nursery tour dates:** if your child is preschool age and you would like to tour Little Fishes please visit this page: <https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Admissions&pid=30>

3. **BLACK HISTORY MONTH:** October is Black History Month and in school we will be taking part in various activities to mark the occasion and celebrate diversity in general. On Wednesday 6th October each year group will be taking part in an African workshop (either storytelling or dance). Throughout the month we will be researching many black historical figures and reading books written by black authors/books containing characters from different ethnic backgrounds. On the last day of this half term - Friday 22nd October - we will be supporting the charity Show Racism the Red Card <https://www.theredcard.org/> All children may wear an item of red clothing to school that day (other clothing worn should be school uniform) and we are asking for a suggested £1 donation (which can be given to class teachers on the day) to raise money for the charity.



4. SECONDARY SCHOOL OPEN DAYS

- **Cardinal Newman:** open day, Thursday 7th October. To book go to <https://www.cncs.co.uk/open-day/>
- **Sir Robert Woodard Academy:** open evening, Thursday 7th October. To book go to www.srwa.woodard.co.uk/openevening
- **Attending Open Days:** where possible, please attend these open days outside of school hours to minimise disruption to the children's learning.

5. **RECRUITMENT:** We are seeking to recruit an Administrative Assistant to join the team and continue to provide a welcoming and efficient service to parents/carers, staff, governors, visitors and, most importantly, children who make up our friendly school community. Please see the job advert at the end of the bulletin for all the information.

6. **BRAIN BUILDING LEARNING UPDATE:** This week, the children in KS1/2 have been learning all about 'Brain Shaping'. We learnt that positive and calming experiences make our brains grow stronger and help us to be more resilient. Similarly, stressful or anxiety-provoking situations might stop our brains functioning as well as they can. We learnt that we can 'rewire' our brain to create new, more helpful 'habits' and strengthen areas of the brain which control things we find more difficult. We also discovered that all of our brains are as unique and special as our eyes or hair colour and that some brains work in different ways to other people's.



7. **HOME READING BOOKLETS IN KS1:** KS1 children will soon be bringing home a Home Reading Booklet, where parents can tick when they have read with their child and add in any comments about their child's progress at home. Booklets will contain full instructions and top tips for home reading. When your child has read at home ten times, they will be given a lucky book token - to enter into a prize draw to win a new book.

For more information on phonics and home reading please visit our website, where you will find lots of useful information. <https://www.stnicolasmary.w-sussex.sch.uk/page/?title=English&pid=68> Many thanks for your support - home reading is an important way to help your child make progress.

8. **EARRINGS IN SCHOOL:** Lots of children are missing out on PE lessons at the moment due to them not being able to remove their earrings. Please ensure your child can remove their earrings or do not have them in on PE days. Below is an extract from the uniform policy regarding earrings:

Jewellery, Hair and Make-up and other accessories

- No jewellery to be worn except small stud earrings or cross on chain, which have to be removed for PE by the child. Covering earrings with micropore tape is not sufficient (this is in accordance with local authority policy and advice).
- Members of staff are not permitted to remove or insert earrings and cannot accept responsibility for the safe keeping of such items.

9. **CAULIFLOWER CHRISTMAS CARDS:** Each Child will be bringing home a Christmas card design pack where they can design their own card, gift wrap or labels. Please follow the instructions inside the form. Once your child has designed the card you will need to order your product online and return the form along with the artwork to the school office. Without the artwork we will be unable to complete the order. ***Deadline for returning the artwork is Wednesday 13th October.***

10. **HARMONICA CLUB – WHERE MUSICIANS ARE MADE:** Places are available in the Harmonica Group, which meets for half an hour during Tuesday afternoons. Run by Harp Academy, sessions are fun and include repertoire and instrument skill learning, exploring the musical elements, basic music theory and building towards performances. Newcomers receive a FREE TASTER SESSION and FREE STARTER HARMONICA. If you can breathe in and out, you can play! To register your interest visit www.harpacademy.co.uk and click the Gold Harmonica, or call Richard Taylor on 07525 256954.

11. HEALTH AND SAFETY:

- **Parking:** This week, due to bad parking outside of school, there was an incident which nearly led to a serious accident. **Do not park on the double yellow lines outside of school, the zig zag lines, the bus stop or on street corners.** It is dangerous and illegal. If you see someone parking in such a way, please report them through this website www.operationcrackdown.org You just need to include the registration number, make and model of car, location of the incident.
 - The school senior leadership team will be getting out more regularly to patrol the area around the school (Park Road)| (You will spot us in our brightly fluorescent bibs!)
 - We are looking to contact the local police community support team to make patrols of the area at drop off/pick up times.
- **Dogs:** dogs are not allowed on the school premises, this includes the car park. Dogs should be tied up on the rings which are along the fence outside the school. Please clear up any mess your dog leaves.



12. CORONAVIRUS – IMPORTANT INFORMATION

- **What to do if your child has symptoms:** please do not send in your child if they have symptoms e.g. a persistent cough. Please arrange for your child to have a PCR test as soon as possible. Your child cannot attend school again until they have received a negative test result or they have isolated for 10 days.
- **What to do if your child has a positive PCR test:** please inform the school and keep your child in isolation for 10 days as advised by the NHS.
- **What to do if you or a member of your household has a positive PCR test:** we recommend that you arrange a PCR test for all other members of your household before sending your child into school.
- **West Sussex advice for parents, carers and pupils:** www.westsussex.gov.uk/backtoschool
- **DfE guidance:** the DfE has also produced a leaflet on returning to school: [Return to primary school leaflet](#)

13. **SCHOOL CENSUS, THURSDAY 7th OCTOBER:** It is vital that we secure the full level of funding to which we are entitled for Free School Meals. The government provides funding for each child that has a free school meal on the two census dates in October and January. If your child is entitled to a free school meal (including all children in YR, 1 and 2) they will be offered a hot meal on these dates, therefore they do not need to bring in a packed lunch. If your child has a dietary requirement that Chartwells are not already aware of please follow the link to read the West Sussex Special Diet Process which includes a form to return to Chartwells, otherwise you need take no further action (please see the Children's Choice Menu attached to the bulletin).

£2.33

Lunch Menu

Thursday 7th OCTOBER

Choose a main

Macaroni Cheese

Chicken Fillet Sandwich
& Potatoes

on the side...

Baked Beans or
Salad

for dessert...

****Chocolate Fudge Brownie****

for drink....

Blackcurrant Squash,
Milk or Water



Orders must be placed by
SUNDAY 26th SEPTEMBER 2021

Special diet requests no later than Monday 13th SEPTEMBER 2021

www.mealselector.co.uk / 01243 836130





**St Nicolas and St Mary Church of England
Voluntary Aided Primary School**
Eastern Avenue, Shoreham-by-Sea, West Sussex BN43 6PE
Tel: 01273 454470 Email: office@stnm.org.uk
Web: <http://www.stnicolasmary.w-sussex.sch.uk/>

Executive Headteacher Mr D Etherton B.Ed Hons. NPQH
Acting Headteacher Mr A Lincoln BA Hons

ADVERT – Administration Assistant

We are seeking to recruit an Administrative Assistant to join the team and continue to provide a welcoming and efficient service to parents/carers, staff, governors, visitors and, most importantly, children who make up our friendly school community. This role will involve supporting the Executive Headteacher and other members of the Senior Leadership Team as necessary.

Location: St Nicolas and St Mary C.E. Primary School, Shoreham-by-Sea
Required from: 1st November 2021
Contract: Part-time, Term time only
Temporary until 31st March (*Possibility of becoming permanent*)
Hours of work: Thursday 9am – 3pm
Friday 9am – 3pm
Salary: Grade 3 Point 3, £9.62 per hour
Job Description: Please refer to the Job/Person Specification in your supporting statement.
Relevant qualifications and training are an advantage but not essential.

It is essential that the candidate is an experienced user of Microsoft Office and has experience of working in a busy reception/office environment and it is desirable, but not essential, to have experience of:

- Working within a school context.
- Knowledge of SIMS (school information management system).
- Writing and proof reading text to high levels of grammatical accuracy.

The successful candidate(s) will:

- Be enthusiastic, motivated and able to use their initiative.
- Be very organised, flexible and able to work under pressure.
- Have a good understanding of how a school works.
- Have excellent interpersonal skills.
- Be an outstanding team player.
- Have excellent IT, numeracy and literacy skills.
- Have excellent problem solving skills.
- Be supportive of the Christian ethos of the school.

If this sounds like a good match for you we look forward to hearing from you.

The closing date for all applications is 12 noon **Monday 11th October 2021** (email to office@stnm.org.uk or post to above address).

Interviews are scheduled to take place **Friday 15th October 2021**

Please contact the office for an application pack or visit:
www.westsussex.gov.uk/living/jobs/working_for_us/teacher_recruitment/school_job_search.aspx

Journey together * guided by God * to do the best we can



SAM Online
www.sammusicservice.com
0800 756 9411



Content for ParentMail + Newsletter + School Website + Social Media:

Does your child wish to learn an instrument or sing? Try a free, no-commitment taster lesson!

Click the link below to watch a video about SAM's online instrument lessons

<https://sammusicservice.com/>

- Free, no-commitment taster lesson, try an instrument, nothing to lose!
- Playback videos of your lessons, helpful for practice
- Progress through Grade exams, also available online
- Performance opportunities in-school
- Online weekly 30 minute 1:1 lessons from home Mon-Fri after school and Sats 9-5
- Learn to play Guitar / Drum Kit / Piano (Keyboard) / Vocals
- Enquire by visiting www.sammusicservice.com or calling 0800 756 9411

"I can't recommend the team at SAM highly enough. They are very friendly and helpful and my daughter found Ollie (her guitar tutor) fantastic. She has really enjoyed her lessons with him as he made them so much fun."

SAM Music Service provides 30 minute 1:1 online music lessons, allowing your child the opportunity of learning to play the guitar, drum kit, piano / keyboard or to sing.

Lessons are on a weekly basis, and available until 8pm on weekdays and 9am to 5pm on Saturdays.

SAM teach adults too, for any parents / carers that are budding musicians!

Lessons are affordable at £16.50 per 30 minute 1:1 lesson, suitable for both children and adults.

To enquire, complete the short contact form on SAM's website (www.sammusicservice.com), and they'll be in touch soon, or you can email lessons@sammusicservice.com, or call 0800 756 9411 to speak to one of their friendly team. Or reach out on social media with [@sammusicservice](#)

October
Half-Term

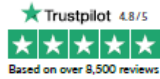
Multi-activity Holiday Camps for your children!

Each session is delivered by our fully qualified Activity Professionals, who make sure that every child has tonnes of fun, stays safe, and goes home with another happy memory!

BOOK NOW AT:
premier-education.com/holiday-camps

Follow us on social:

@PremEducationUK



Holiday camps near you

Venue: St Nicolas & St Mary C of E Primary School

Dates: Mon 25th October - Wed 27th October

Times: 09:00-15:30

Price: £30 (2 days) £45 (3 days)

Ages: 5 - 12

Additional info:

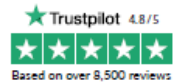
Our Activity Professionals have additional training in order to provide the best care to the children under their supervision, specifically the Transcend Level 2 Award in Infection Prevention, Mitigation and Management.

In the event these courses are canceled, we will issue a full refund within 7 days.

BOOK NOW AT:
premier-education.com/holiday-camps

Follow us on social:

@PremEducationUK



Please bring

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

Did you know?

Children aged 6-12 need nine to twelve hours sleep each night and those aged 13-18 need between eight and ten hours a night. Having an appropriate amount of sleep means that they can pay attention better in school, remember what they've learned, feel good about themselves, have a healthy weight and make good choices. Those who are sleep deprived are more likely to feel sad, anxious or hopeless, become overweight, or use cigarettes, drugs or alcohol.

What can you try?

1. Teach them!

Sleep is a skill and for some children, it doesn't come naturally! Teaching them about the benefits of sleep can help but it's also important to teach them HOW to get to sleep. Explain the importance of winding down (by having a bath to relax muscles, or deep breathing), limiting blue light (from screens) on the run up to bedtime, and that certain smells (like lavender) can be soothing and help sleep. It's also good for them to know that it's NORMAL to take up to 40 minutes or longer for some people to get to sleep. The important thing is to stay in bed so their body and mind can rest. Emphasise rest over sleep.

2. Allow them some control

Some children – for example older children, or those with autism – benefit from having input into their own routine. For example, banning screens completely might cause more issues than it solves! An alternative could be suggesting that they put it into night mode, so they don't have the blue light (that tricks their brain into thinking it's daytime) and deciding together an appropriate time to put technology away. Enforcing a rule that has been agreed leads to much less conflict than enforcing one that has suddenly been imposed!

3. Watch what they eat

Some foods and drinks are well known for containing stimulants that keep people awake – coffee, tea, fizzy drinks. However, foods containing tyramine triggers the release of a brain stimulant and is found in a range of foods such as cheese, ham, pepperoni – so that pizza late at night might be a bad idea! Foods like bread or cereal are better choices as they trigger the release of a chemical that make people feel sleepy.

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



Lamb's Tales

A group for parents/carers with children under 4 years

Fridays 9.15am - 10.45am

For details email: cogssundayschool10@gmail.com

creative play



storytelling



music



hens



reflection



gardening



Donations welcome


Church of the Good Shepherd
Kings Walk, Shoreham Beach, BN43 5LG


Church of the Good Shepherd



Harvest crafts, games, story, reflection, song and family fun

With a tea party to finish!
Saturday 16th October 3pm-5pm
All ages welcome

Church of the Good Shepherd, Kings Walk, Shoreham Beach. Please book by emailing: cogssundayschool10@gmail.com



Sea Lights

Every week we have Sea Lights, our fun Sunday school at 10am in the church hall.

The first Sunday of each month there's an all age service.

New children always welcome!

If you'd like to know more email: cogssundayschool10@gmail.com


Church of the Good Shepherd

Church of the Good Shepherd, Kings Walk, Shoreham Beach

ADUR

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0333 340 7100

info@adurcentre.org.uk

www.adurcentre.org.uk



Was your child born between 1 September 2017 and 31 August 2018?

If so they are eligible to start school
in September 2022.

Apply online!

It's simple, convenient
and timesaving. If your
application is received after
the deadline of Saturday 15
January 2022 your chance
of securing a place at one of
your preference schools could
be seriously affected.

You can apply online from Monday
4 October 2021. If you would like
further advice or information contact:

03330 142 903

Free internet access to apply
online is available at all:

- West Sussex libraries
- Children and Family Centres



WS110/M/08.2021

Apply online at:
www.westsussex.gov.uk/admissions
Deadline: Saturday 15 January 2022



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