

1. Dates & Events

| Event | Yr | Date | Time |
|---|--------|---|-------------|
| Book Week | All | Monday 2 nd – Friday 6 th March | All week |
| Little Fishes parent & carer consultations | LF | Monday 2 nd March | 3.20–5.20pm |
| World Book Day – dress up as favourite book character | All | Thursday 5 th March | All day |
| Y6 Coral Bollywood Showcase – parents & carers welcome | Y6 Cor | Thursday 12 th March | 9.15–9.35am |
| YR visit from Fire Brigade | YR | Thursday 12 th March | 11am–12pm |
| Sport Relief Week | All | Mon 9 th – Fri 13 th March | All week |
| Sport Relief Mile – parents & carers welcome to run too! | All | Friday 13 th March | 2.30pm |

Don't forget to check the dates for the whole term on the website!

2. **NEW DATES / AMENDMENTS TO DATES**

- Happy Tunes Music Makers Assembly – Friday 27th March, 9.15am

3. **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>

- Y5 Terrapin – Applesham Farm Trip (em)
- Y5 Turtle – Applesham Farm Trip (em)
- Y5 – The Great Project (em)
- Y3 Swimming including Water Safety and Personal Survival Skills (em)
- ALL – Book Week 2020

4. **WORSHIP & ETHOS**

'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking. It is not easily angered, it keeps no record of wrongs.'

1 Corinthians 13: 4-55. **Octopus & Starfish Club & Little Octopus & Little Starfish Clubs:** bookings slots for the 2nd half of the spring term are available on sQuid.6. **Congratulations!** For the first half of the school year, we had an attendance of 75,274 out of 77,603 possible sessions (97%) which is fantastic. However there were 250 unauthorised absences and 229 'lates' which we would love to see reduced! If you need any help or advice with absence or getting to school on time, please contact our Home School Link Worker, Mrs Nisbet, via the office or email homeschoollink@stnm.org.uk7. **REQUESTS & REMINDERS**

- **Water Bottles:** Please ensure your child brings a named water bottle into school every day. If a child is thirsty during class time and doesn't have their water bottle we provide water in a cup, but these all then have to put into the dishwasher for hygiene purposes. Therefore it makes sense for each child to use their own bottle instead (we stopped using disposable cups some time ago for environmental reasons). Thank you.
- **Spare uniform and children's underwear request:** We are running extremely low on the amount of spare uniform we have in KSI for when children have wet accidents. If you have any school items at home, please can you wash and return them asap. In addition if you have any clean spare pants (particularly boys'), socks, or spare school trousers, shirts or skirts (aged 4-8 years) we would be very grateful for donations. Please can you bring these to the school office. Many thanks for your support.

8. **HUNGRY LITTLE MINDS:** Parents are set to benefit from new technology to support their children learning at home, with 6 new apps available to improve reading, writing and speaking. Following a competition to find the best educational apps for parents to engage young children in learning at home, a panel of experts has approved 6 with a focus on early literacy, language and communication. These apps cover activities ranging from interactive

story books, handwriting exercises using Artificial Intelligence, and educational video games. The 6 apps – published on the [Hungry Little Minds website](#) – are part of the government’s drive to help parents make informed decisions about the use of technology in creating positive learning environments at home.

9. HEALTH & SAFETY

a. **Parents in the Ark:** We would like to remind all parents that they must **not** go into the ARK building unless they have signed in at the school office and are wearing a school lanyard. This means that if you are dropping off your child at the Year 1 or Year 2 classroom door, you should not go into the classroom. This will enable children to develop independence and get started on their learning as well as the school meeting its health and safety obligations.

b. CORONAVIRUS UPDATE

Please read the following advice carefully and if you are a returning traveller affected by the advice please contact the school if you are thinking about keeping your child at home.

As of 25 February, advice for returning travellers is as follows:

(1) If you have returned from the following areas since 19 February, call NHS 111 to inform them of your recent travel, stay indoors and avoid contact with other people even if you do not have symptoms:

- Iran
- Specific lockdown areas in Northern Italy* as designated by the Government of Italy
- Daegu or Cheongdo, Republic of Korea)
- Hubei province, China (returned in the past 14 days)
- * Bertinico • Casalpusterlengo • Castelgerundo • Castiglione D'Adda • Codogno • Fombio • Maleo • San Fiorano • Somaglia • Terranova dei Passerini: • Vo

(2) If you have returned from the following areas since February 19th and develop symptoms, however mild, you should stay indoors at home and avoid contact with other people immediately and call NHS 111. You do not need to follow this advice if you have no symptoms.

- Northern Italy (see map overleaf)
- Vietnam
- Cambodia
- Laos
- Myanmar

(3) If you have returned to the UK from any of the following areas in the last 14 days and develop symptoms of cough or fever or shortness of breath, you should immediately stay indoors and avoid contact with other people, call NHS 111 to inform them of your recent travel to the country.

- Other parts of China outside Hubei province
- Thailand
- Japan
- Republic of Korea
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau

This list may change as new outbreaks arise so for updated list and implications go to

<https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas>

What is self-isolation?

Self-isolating is a precaution to provide people with health advice about any symptoms in case they become unwell. These people are being advised to “self-isolate” which means they should stay at home and avoid contact with other people as a precaution. It does not mean they are ill and people who have had contact with these individuals do not need to take action. Those who have been told to ‘self-isolate’ are being asked to avoid other people and stay at home and not go to work or school. During this time, they will be supported by Public Health England, who are monitoring them and will undertake further testing if they show any symptoms of the virus, and provide any further care needed.

Should I send my child to school?

Yes. The safety, welfare and wellbeing of all in our school community is our primary concern and a constant dialogue has, and will continue, to take place with the relevant authorities to ensure that the school acts in accordance with guidance. We are working in collaboration with, and being guided by, the Local Authority and Public Health England to ensure that we are acting consistently with the right medical advice.

The Local Authority has confirmed to us that Public Health England and the office of the Chief Medical Officer are clear in their advice that schools do not need to close. Our school management team and Governing Body have

decided to keep our school open. I will continue to keep you updated with any advice that is passed to us. At this present time, there is low risk for anyone attending our school. On advice from the Chief Medical Officer, the risk has been declared as "moderate" – a level which allows government to plan for all eventualities but that ultimately, that the risk to individuals remains "low".

Where do I get accurate information from?

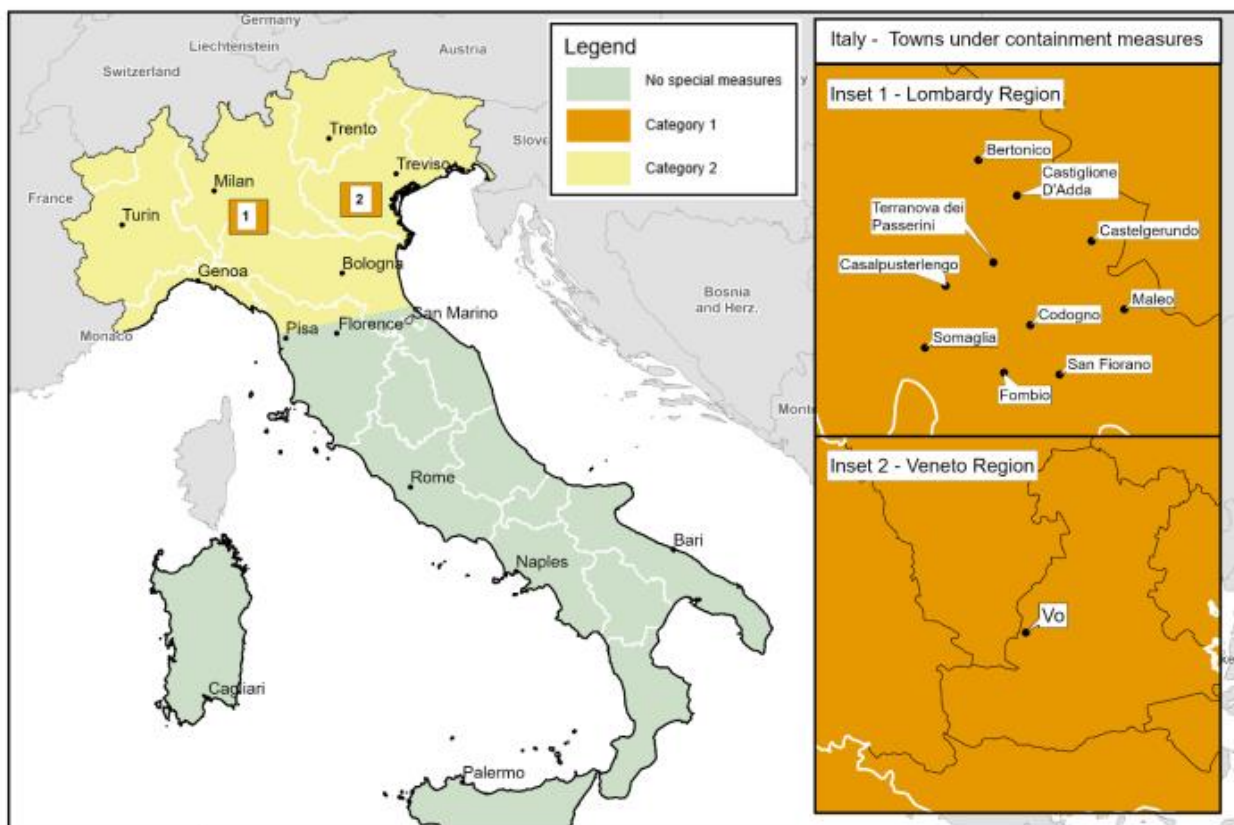
Please also be aware that media speculation is rife about Coronavirus and not everything you read in the newspapers and online is accurate. The release of trusted and accurate information will always be released initially by the Chief Medical Officer. Further guidance will then be issued by Public Health England, the Department for Health and Social Care or the NHS. The Local Authority will also support those messages.

You can find the latest information and advice from Public Health England at www.gov.uk/coronavirus

Everyone is being reminded to follow Public Health England advice: Like with other illnesses, coronavirus infection usually occurs through close contact with a person with novel coronavirus via cough and sneezes or hand contact.

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands with soap and water.
- Wash your hands often with soap and water, especially after using public transport.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

Map showing specified areas of Italy, as of 25 February 2020.



| | | |
|--------------------|--|---|
| Green area | No special measures | |
| Orange area | Category 1 specified towns in the regions of Lombardy and Veneto | In the Lombardy Region: <ul style="list-style-type: none"> • Bertonico • Casalpusterlengo • Castelgerundo • Castiglione D'Adda • Codogno • Fombio • Maleo • San Fiorano • Somaglia • Terranova dei Passerini In the Veneto Region: <ul style="list-style-type: none"> • Vo |
| Yellow area | Category 2 | |



Public Health
England

Advice on the coronavirus for places of education

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



SCHOOL ETC.

On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings gov.uk/government/publications/guidance-to-educational-settings-about-covid-19. Parents can visit NHS.UK to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self isolate, and NOT attend education or work for 14 days.

See NHS.UK for advice on coronavirus.

If there is an emergency, call 999 immediately



GIGS 4 KIDZ
at the Harbour Club, Shoreham Beach
Friday 28th FEBRUARY
From 6pm - 9pm
Open to all and free entry!

Party entertainment for all the family!
An evening of live music, singing & dancing fun!
www.gigs4kidz.co.uk

BOOK SPRING TERM NOW (JANUARY TO APRIL 2020)

FREE
AFTER SCHOOL CLUB SESSION
If we still have space you can
join us for a trial session
Email: info@theoutdoorsproject.co.uk



"MY SON ABSOLUTELY LOVES HIS AFTER SCHOOL CLUB. HE ALWAYS COMES OUT HAPPY & SPENDS THE WHOLE WALK HOME CHATTING ABOUT WHAT HE GOT UP TO"



AFTER SCHOOL CLUB

Fun, exercise, Fresh air and different activities every week
'CHILDREN 100% WASHABLE, TOWEL DRY'

Inspiring Adventure Clubs For Kids

Our mission is to encourage kids to spend time outdoors and gain all the benefits from doing so. Our priority each week is that everyone has fun and is excited to join us for our outdoors adventures. Every week is a different activity and alongside playing games and learning new skills within the club we work on promoting team work, confidence building, leadership and resilience. We encourage children to develop a sense of achievement, an awareness of the environment around them and all the great outdoors has to offer.

NEW ACTIVITIES SPRING TERM '20 INCLUDE:

**POKÉMON STACK ATTACK - EVOLUTION GAME - BUG HUNTING
ECO PLANTING - SHELTER BUILD - CAMP FIRE COOKOUT
TOFFEE APPLE MAKING - GIANT CATAPULT BUILD
SURVIVAL DASH - MEXICAN GODS' EYES
NERF* & LOADS MORE FUN & GAMES**

"My daughter has asked if she can attend the After School Club until she leaves school"

"I've seen my son's confidence grow during his time spent doing The Outdoors Project. Oh the staff are FAB!"

* AT PARTICIPATING SCHOOLS ONLY

AFTER SCHOOL CLUBS WILL RUN ON THE FOLLOWING DAYS AT THE FOLLOWING SCHOOLS:

| | | | |
|---|------|---|-------|
| ARUNDEL COFE SCHOOL, ARUNDEL | MON | SOMPTING VILLAGE PRIMARY, SOMPTING | THURS |
| CHESSWOOD JUNIOR SCHOOL, WORTHING | TUES | STEYNING COFE PRIMARY SCHOOL, STEYNING | MON |
| DOWNSBROOK PRIMARY SCHOOL, WORTHING | WEDS | ST NICOLAS AND ST MARY COFE PRIMARY SCHOOL, | |
| EASTBROOK PRIMARY ACADEMY, SOUTHWICK | WEDS | SHOREHAM-BY-SEA | WEDS |
| ELM GROVE PRIMARY SCHOOL, WORTHING | MON | SWISS GARDENS PRIMARY SCHOOL, SHOREHAM-BY-SEA | FRI |
| GLEBE PRIMARY SCHOOL, SOUTHWICK | FRI | THE GLOBE PRIMARY ACADEMY, LANCING | FRI |
| HANDCROSS PARK SCHOOL, HANDCROSS | MON | THE LAURELS PRIMARY SCHOOL, WORTHING | TUES |
| HEENE COFE PRIMARY SCHOOL, WORTHING | WEDS | THE TOWERS CONVENT SCHOOL, UPPER BEEDING | WEDS |
| SEASIDE PRIMARY SCHOOL, LANCING | FRI | UPPER BEEDING PRIMARY SCHOOL, UPPER BEEDING | THURS |
| SHEDDINGDEAN COMMUNITY PRIMARY SCHOOL, BURGESS HILL | FRI | WATERFIELD PRIMARY SCHOOL, CRAWLEY | THURS |
| | | WEST PARK COFE PRIMARY SCHOOL, WORTHING | TUES |

OFSTED REGISTERED // CHILD CARE VOUCHERS ACCEPTED

MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK

HOLIDAY CLUBS - SAPLING PARENT & TODDLER GROUP - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS



**FRESH AIR.
FRESH ACTIVITIES.
FRESH ATTITUDE.**

A FRESH APPROACH TO CHILDCARE.

BIRTHDAY PARTY VOUCHER
BIRTHDAY CHILD GOES FREE
(MINIMUM QUOTE)
EMAIL OR TEL TO BOOK
QUOTE 'CLUB MEMBER'

FEBRUARY HALF TERM HOLIDAY CLUBS

17TH-21ST FEBRUARY. LOCATIONS: VICTORIA PARK, WORTHING AND BUCKINGHAM PARK, SHOREHAM

The Outdoors Project Ofsted registered clubs provide high quality and hugely fun childcare for 5-12 year olds.

The Outdoors Project mission is to encourage kids to spend quality time outdoors and gain all the benefits from doing so! Fresh air, exercise, developing friendships, learning new skills and above all having FUN! The club activities are a mix of energetic outdoors activities, nature based craft and team build activities.

Keep an eye on the website for the full 2020 Holiday club Schedule.

"It's childcare during the holidays that they want to go to."

ROAM CLUB T-SHIRTS

Many children wear the T-Shirts over their uniform when they attend the After School Clubs and will now be adding their badges (see below). T-Shirts are available, just add the T-shirt to your basket at time of booking.



LOYALTY STAMP CARD REWARDS

Finally they have arrived. Club attendees have received the first of our super cool new Stamp Card Patch rewards. They can be sewn onto club T-shirts, bags or kept as collectables. These have been uniquely designed for The Outdoors Project. Loyalty Stamps can be collected at After School Clubs, Holiday Clubs, Birthday Parties or school workshops.

AMBASSADORS AWARD

Each term we will be awarding The Outdoors Project Ambassadors award. There are so many positive things to say about all the members who attend our club and it has not been easy for the club leaders to pick their Ambassadors. The chosen children will come home with their certificate and a special patch to recognise their efforts. The Ambassadors are chosen for many different reasons: from growing in confidence, being helpful, polite, particularly supportive to others, a team player...



"The Kids come back full of tales about the activities and the friends made"

"Creative, Energetic, Fun"

"I didn't need to ask whether my son had a good day, his smile said it all!"

"Incredibly motivated and dynamic team"

"The staff are brilliant, great personalities and fantastic with the kids"

NEVER MISS OUT

Be the first to hear when 2020 Clubs go on sale.

JOIN OUR MAILIST

Receive discount offers & be the first to hear when new clubs go on sale and you'll be entered into our monthly prize draw to win a £50 Outdoors Project voucher.

MORE INFO & BOOK WWW.THEOUTDOORSPROJECT.CO.UK

CHELSEA FC FOUNDATION TRANSITION AFTER SCHOOL FOOTBALL CLUB

When: Tuesday 3rd March – Tuesday 31st March

Time: 16.00 - 17.00

Ages: 8-11

Cost: £27.00* *£2 has been added onto final total to ensure each child receives a Chelsea FC medal at the end of the course.

Location: The Sir Robert Woodward Academy, Upper Boundstone Lane, Sompting, Lancing, BN15 9QZ



This Transition After School Club is open to all children between school Years 4-6, that are potentially thinking of attending The Sir Robert Woodard Academy in the future.

This club will give the children opportunity to see the school, use its fantastic facilities give children the opportunity to familiarise themselves with the Chelsea FC Coaching staff who are based and work within the school.

All participants should bring warm waterproof clothing (sports kit), appropriate footwear, shin pads and drink.

Please note that we have a No-Nut policy with all of the sessions we deliver

Due to club policy all children must be collected at the end of the club by a named adult on the collection list

. TO BOOK PLEASE VISIT:

www.chelseasoccerschools.co.uk

Course Code: ASC-TSRWA-X-2

Anyone who is unable to book online you can request a booking form from school reception. Payment can then be made via cash or cheques made payable to 'Chelsea FC Foundation'.

For further details please contact enzo.benn@chelseafc.com or 01932 596147

WORLD DAY OF PRAYER 2020

Praying with Zimbabwe



FRIDAY 6TH MARCH



St Nicolas' Church Old Shoreham

at 1.30 p.m.

followed by refreshments
All welcome

A SERVICE FOR EVERYONE

Rise! Take Your Mat and Walk

www.wwdp.org.uk

Registered Charity Number 233242

Messy
Church

Church of the Good Shepherd

Saturday 21st March, 3pm to 5pm

Getting Ready!

Come and learn about Lent

A time to prepare for Easter

Crafts, games, story, song, celebration and food

Suitable for all the family (children must be accompanied)

The Church of the Good Shepherd, Kings Walk, Shoreham Beach

JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

APPLICATIONS CLOSE
SUNDAY 5th APRIL 2020

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk



Family Assist

Essential information to guide you through pregnancy, birth and beyond.

www.westsussex.gov.uk/familyassist

What is Family Assist?

Essential information written or approved by local midwives and health visitors, to guide you through pregnancy, birth and your child's development up to age 3. Receive bitesize information directly to your email inbox at the time most relevant to you and your child's development. Don't worry; we won't share your personal details with anyone so you will never receive any junk mail as a result of registering to Family Assist!

How do I sign up?

Speak to your health professional who can help you do this or visit our website www.westsussex.gov.uk/familyassist.

When your account has been created and confirmed, you will receive an email explaining how you can invite family and friends to register including dads, partners, grandparents or anyone else you would like to receive the same information and resources that Family Assist has to offer.

What will I get from Family Assist?

- Emails containing important information on topics from pregnancy through to age 3, sent to you and your nominated family and friends, at the time you need to see it.
- Access to our 'Ask a question' facility and an answer within 2 working days.
- (Coming soon) Live Chat, so you can speak directly to a local Midwife, Health Visitor or other healthcare professional.
- Access to a wealth of information written to help guide you through pregnancy and beyond, from your first scan and parent education, to healthy eating for your child, child development, plus much more!

WS32352(D) 11.19



www.westsussex.gov.uk/familyassist

Thrive 365 #2

Did you know?

When the Mental Health Foundation went onto the streets and asked people 'how are you feeling?'- the vast majority of people answered with 'I'm fine'. But how were they really feeling? Talking is proven to improve mental health, but for lots of reasons many people feel like they can't open to others. How can we help that change?

What can you try?

1. Ask Twice

The first time you ask, a person is likely to give the standard response. Sometimes it feels more like a social etiquette than a real question. However, if you ask again once the conversation is established, you are more likely to get the real answer.

2. Model the Behaviour

Be as open as you can when you are answering that question. Acknowledge your own emotions and accept that not all days are the same – but that's OK. Talking about it helps.

3. Really Listen

Often when we are busy we don't really listen to the answer people give us to a question. We are already thinking what we are going to say next or what it is we should be doing. This is Level 1 listening. If we practise, we can achieve Level 2 or 3 listening which is more likely to encourage someone to open up to us.

Level 1: Internal Listening — Listening to your inner voice.

Level 2: Focused Listening — Listening intently to another person.

Level 3: Global Listening — Listening to others in the context of their entire surroundings.

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

TALKS

www.dragonflyimpact.co.uk

TRAINING

[@dragonflyimpact](https://twitter.com/dragonflyimpact)

CONSULTANCY

info@dragonflyimpact.co.uk

Neither the Governors nor West Sussex County Council support or recommend the advice, products or services offered nor the organisations offering them. Individuals should satisfy themselves on the suitability of any of the advice, products or services and on the nature and standing of these organisations (or any mentioned in this bulletin or any other publication).

Thrive 365 #3

Did you know?

There are 5 separate stages in a complete sleep cycle and a full cycle can take about 1.5 hours! On average, adults need 4-5 complete cycles a night to stay physically and mentally healthy. It's recommended that 7-12 year olds have 10-11 hours, and 12-18 year olds 8-10 hours...but what are the best ways to get a good night's sleep?

What you can try:

1. Routine

Aim to get up at the same time everyday...yes even the weekends! It helps your body get into a regular rhythm of sleep and ensures you get that last complete cycle in before the alarm.

2. Store Anxious Thoughts

If your mind buzzes at bedtime, try to 'brain-dump' everything onto paper about half an hour before bed.

Use a notepad, or for children a worry-box (where they post their worries to talk through later). Bedtime is not the time to start talking about worries and getting them onto paper means you don't have to hold them in your head – they're 'stored' until the next day.

3. Eat for Sleep

Think about what you eat in the few hours before bedtime. Some foods (bacon, ham, pepperoni, tomatoes and some cheeses like brie & stilton) contain Tyramine. This is an amino acid that triggers the brain to release a stimulant hormone to boost brain activity and so could keep you awake. Time to rethink the pepperoni pizzas just before bed!

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

TALKS

www.dragonflyimpact.co.uk

TRAINING

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CONSULTANCY

info@dragonflyimpact.co.uk