

This week we have written a letter to the children which will be sent out separately to the bulletin. Please do share this with your child/children either by having them read it to you or reading it to them.

*Mr Lincoln and the staff team.*

## 1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with queries – please include your child's class.
- **Positive Test Email:** please only use the email [positivetest@stnm.org.uk](mailto:positivetest@stnm.org.uk) to report a positive COVID test result.
- **School Office:** the office is currently closed. Please refer to the school website for information or email [office@stnm.org.uk](mailto:office@stnm.org.uk) if you have any queries.
- **Calendar:** term dates, upcoming events etc. This can be filtered by year group to help you find dates relevant to you. 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.stnicolasmarty.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
  - Rainbow Class Numbers
  - Letter to Children

## 2. WORSHIP & ETHOS: *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as Christ God forgave you. Ephesians 4:31-32*

The Fruits of the Spirit assemblies are still available to view on YouTube in case you missed any! [https://www.youtube.com/channel/UCVs\\_954b4yEOTi5sAhKhGKw](https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw)

## 3. RAINBOW CLUB If your child is in Early Years or KSI, please send them in with a healthy snack.

## 4. GOOGLE CLASSROOM Please do look on our school website Home Learning section for updated information on how to support your child with google classrooms. This includes information about how to upload work. <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Home+Learning&pid=1569>

## 5. HOME LEARNING

- **Useful Links and Resources:** please do look at the Useful Links and Resources section on our Home Learning section of the school website for additional resources to use alongside Google Classroom. <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Useful+Links+and+Resources&pid=1415>
- **Increasing data allowances on mobile devices to support disadvantaged children:** <https://get-help-with-tech.education.gov.uk/about-increasing-mobile-data>
- **Blue Peter:** Blue Peter have launched Blue Peter on YouTube, where they are uploading videos that are suitable for 5-11 year olds. You can watch the videos here: <https://www.youtube.com/bluepeter>

## 6. STAFF NEWS

- **Farewell:** at the end of last term we said farewell to Mrs Colley who, after 27 years of working at St Nic's decided to retire! Mrs Culver, a huge asset in the nursery has returned to work for the NHS and Miss White has also moved on to pastures new - we wish them every happiness as they embark on the next part of their journeys.
- **Congratulations** to Mrs MacDonald who is expecting a baby in April! This is really exciting news and we wish her all the best over the coming few months! We are in the process of recruiting a replacement for Mrs MacDonald for when she starts her maternity cover. As soon as we have more information on this we will be writing to our Year 2 Penguin parents and children.
- **Welcome!** We are delighted to welcome Mrs Leversuch (Administration Assistant), Mrs Davies (Clerk to Governors), Miss Garcia (EY Practitioner, Reception) and Mrs Greenhead (EY Practitioner, Nursery). We

also welcome back Miss Coward (Nursery) who has been a familiar face over the last few years with the younger children. We are fortunate to have such a great team at St Nic's and hope they all settle in well.

7. **HOT MEALS** All children currently in school can have a hot school meal during this period of lockdown. Even if you usually pay for your children's meals, these are currently being provided free of charge. If your child hasn't previously had hot meals in school and they have a special diet, please follow this [link](#) to the school website for guidance and to find out how to notify Chartwells.
8. **FREE SCHOOL MEALS (FSM)** The government has confirmed that they have appointed Edenred to provide supermarket vouchers for children eligible for free school meals who are not attending school during the current lockdown. FSM eligible children attending school should continue to eat meals in school, and will not get the voucher as well as school meal provision. Our school will move to the national Edenred FSM voucher scheme from week commencing 18 January, therefore from next week we will no longer be providing hampers to families.
9. **LITTLE FISHES NURSERY** We are relieved to advise you that we can continue to claim funding for all children who have registered for a place at our nursery for this Spring Term, including where parents wish to keep their children at home until February half-term (based on the current lockdown timescales). This means that your child can take up their place when the lockdown ends.
10. **OCTOPUS BREAKFAST & STARFISH AFTER SCHOOL CLUBS**
  - **Booking Refunds:** We have started the process of refunding the Octopus and Starfish sessions booked for children who are not attending due to the current lockdown but we are extremely busy so please be patient.
11. **POP UP CYCLE LANE AND BIKEABILITY**
  - **Pop Up Cycle Lane:** the removal of the pop up cycle lanes on the Upper Shoreham Road was scheduled to begin on Monday 11<sup>th</sup> January. The work is due to take two to three weeks.
  - **Bikeability:** Bikeability have put together a series of short films to help families cycle more confidently together. Each film focuses on different stages of a cycling journey and features the four core functions used in Bikeability training: <https://bikeability.org.uk/cycle-more/family-cycling/essential-cycling-skills-for-families/>
  - **Bikeability Competition:** Design your dream cycling jersey and win a Frog bike! You will be able to enter the challenge from 4 January until 29 January – the winner will be chosen by judges from the Bikeability Trust and Frog Bikes teams. You can find a template to use here: <https://bikeability.org.uk/download/3786>
12. **FAMILY FIRST** The next addition of the Family First e-newsletter is now available. It is packed full of information to help keep children happy, learning & entertained at home during lockdown. You can view the newsletter here: [https://issuu.com/sevenstarmedia/docs/ff\\_issue\\_7\\_digital211220](https://issuu.com/sevenstarmedia/docs/ff_issue_7_digital211220)
13. **LIVE 6 HOUR WORKOUT:** one of our parents, Mrs Linger, will be hosting a 6 hour live workout on Sunday 17<sup>th</sup> January for the charity Neuroendocrine Cancer UK, in memory of her Mum. You can follow live on her Facebook page: <https://www.facebook.com/sophfitpersonaltrainer/posts/215886733545082>

# HOW TO ACCESS GOGGLE CLASSROOM FROM AN XBOX AND PS4

## PS4

1. Turn on PS4
2. Use your controller to scroll to the far right of the bar with games to *Library*
3. Select *Library* application
4. Within the library use the search bar to type in *Internet*
5. Select the *Internet Browser* app
6. Start Internet Browser and press the triangle button on the controller to search
7. Once on the internet, type in the search box *Google Classroom* and select the first link that comes up:  
Classroom: manage teaching and learning Google for Education - link below'  
<https://edu.google.com/products/classroom>
8. Select *Go to Classroom*. Then log in using student email and password.

## XBOX

1. Go to Home Menu
2. Select *My Games and Apps*
3. Scroll down to Apps
4. Go to *Microsoft Edge* application
5. Type in a search for Google Classroom
6. Select *Go to Classroom*
7. You will need to log in using your student email address and password.



# Thrive 365

2021 #1

## Professional Wellbeing

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

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

### Did you know?

Statistics from the HSE in 2017 showed more than 15.4 million working days lost due to work related stress, with staff being signed off as a result of stress, anxiety or depression. The HSE defines stress as 'the adverse reaction people have to excessive pressure or other types of demand placed on them'. This makes an important distinction between pressure, which can be positive if managed correctly, and stress, which is likely to be detrimental to physical or mental health if it is prolonged.

### What can you try?

#### 1. Have 1 list!

Professor Cooper, cited on the NHS website, says that "feeling loss of control is one of the main causes of stress and lack of wellbeing". Focusing on the things we CAN control and doing something about them is therefore an important part of managing our stress. However, having too many lists, actions, and things going on can be counter-productive, so combine all of your lists into one and keep it in one place, where you'll always have access to it. Lots of people choose their phone for this reason. Each day highlight the urgent things on the list that absolutely need to be done that day, and one thing that would be 'nice to do'.

#### 2. Use the 4 Ds

We often refer to our 'Getting Things Done' system, based on the book by David Allen. On the NHS site, Occupational Psychologist Emma Donaldson Fielder offers very similar advice! -

**Delete** – if it's not relevant, delete it! This especially applies to emails – your time is valuable so be ruthless!

**Do** – if it's something that you can do in under 2 minutes, do it straightaway.

**Delegate** – if it's better dealt with by someone else, delegate it upwards or downwards.

**Defer** – if it's something you need to do but will take some time, defer it to a regular block of time you've set aside at the start/end of the day.

#### 3. Know your internal clock

There will be times when you can 'get into the zone' and really focus, and other times when you can spend 2 hours marking half a set of books. Know when your most effective concentration times are and use them wisely. Save emails and other straightforward tasks to the times you know you'll be less productive.

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

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