

1. Dates & Events

Event	Yr	Date	Time
Shoreham Light Parade	All	Saturday 25 th January	5.00 – 6.00pm
Managing Behaviour Workshop	Parents & Carers	Thursday 30 th January	9 – 10.30am
PTA Glow Disco – KS1 & KS2	Y1 – 6	Friday 31 st January	5.30 – 7pm
PTA Glow Disco – Adults Only	Adults only	Friday 31 st January	8 – 11pm
West Sussex Youth Cabinet Elections	KS2	Tuesday 4 th February	All day
Y4 trip to Worthing Mosque	Y4	Tuesday 4 th February	am
YR visit from Guile's Reptiles	YR	Wednesday 5 th February	am
Parent/Carer Consultations	YR – 6	Thursday 6 th February	5.20 – 8pm
YR Maths Games with parents/carers	YR	Friday 7 th February	8.45–9.15am

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

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

- Book week (All): Monday 2nd – Friday 6th March
- Book Day (All): Thursday 5th March
- Sport Relief Week (All): Monday 9th – Friday 13th March
- Dojo Reward Afternoon (All): Thursday 2nd April, 1 – 3pm

Please note that THURSDAY 3rd SEPTEMBER is an Inset Day – children will start school on Friday 4th September.

3. **INFORMATION ABOUT UPCOMING EVENTS**

- **Youth Cabinet Election Roadshow:** on Tues 4th Feb, KS2 children will be involved in a special election, where they will get to vote for members of the local Youth Cabinet. The election team will be bringing ballot papers and a ballot box and we will be setting up a polling station in the Small Hall. We will have an earlier assembly that morning so that everyone knows the process. In doing this we will be able to earn a Democracy award, awarded in London by our local MP, Tim Loughton. The Democracy Award recognises an organisation that takes part in the elections. The school will also be awarded a certificate and trophy to display.
- **YR Maths Games, Friday 7th February:** Reception parents and carers are welcome to come and play Maths games with their children after drop off.

4. **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

- All – Shoreham Light Parade

5. **Worship & Ethos** 'For no word from God will ever fail' Matthew 7

- **Shoreham Herald:** do click on the following link to see our 50th celebrations in the Shoreham Herald! <https://www.shorehamherald.co.uk/education/shoreham-school-blessed-at-start-of-50th-anniversary-celebrations-1-9204741>

6. **Octopus & Starfish Clubs – Information about bookings:** If you have any questions regarding your booking of Octopus & Starfish Club we have set up on the school website a 'frequently asked questions' section. Please follow this link <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Online+Payments&pid=1337>

7. **Marathon Kids:** this week we have launched an exciting challenge for children in Years 3-6!



Who are Kids Run Free? Marathon Kids is organised by a registered charity based in Warwickshire called Kids Run Free. They create free, fun and sustainable outdoor running opportunities for children, from toddlers to teens, igniting their passion for sport and physical activity and encouraging them to become healthier, happier, and more confident. You may have heard of their other exciting programme, Parkrun. Their programmes are accessible to all children, regardless of age or ability and support our belief that every child deserves the opportunity to realise his or her potential through running.



What is Marathon Kids? Marathon Kids is an exciting programme that will give our children the opportunity to run, jog or walk the distance of up to four marathons throughout the school year. The programme emphasises personal achievement and aims to inspire and empower children of all fitness levels to set and achieve goals. The programme will be operated by our newly formed Sports Crew.



How does it work? We will make a special track on the field and the playground for children to run/jog/walk laps during break or lunchtimes. All laps are recorded by the children collecting a lap band (elastic band) per lap and at the end, our Sports Crew will record their distances on a special programme. The daily distances are accumulated until the number of laps run equals the distance of a marathon. In order to track the distances run, data will be held on the Kids Run Free programme. This will be unique pupil number, their name, registration group (class), year group and gender. This information is visible to the school only. Kids Run Free uses anonymised data for research on how active children are.



Celebrating Success. We will have a leaderboard showing the distances run and we will make special awards when they achieve 10.6k, 21.1k, 31.7k and at 42.2k, they will be presented with a special medal to mark for the fantastic achievement of their first marathon!

8. **PARENT/CARER COURSES**

- **Understanding and Managing your child's behaviour:** Thursday 30th January, 9 – 10.30am (see flyer).
- **Your Space Therapies – Boost the Bond: The BEST Relationship with your Child:** a therapeutic parenting course, Wednesday 5th February 2020. This course will be at St Nic's 6-8pm (see flyer).
- **Parentalk – the Primary Years:** six sessions starting on Tuesday 28th January at Shoreham Baptist Church (see flyer).



MAIN EVENT!

COME AND HAVE FUN
WITH FRIENDS!

FUN & FRIENDS!

BRING YOUR FRIENDS!



**SATURDAY 1ST FEBRUARY 2020
4PM-6PM, CITYCOAST CHURCH**

CityCoast
CHURCH

21st Century Kids! © 2020



MAIN EVENT!

AGED 5-11? THEN
COME AND HAVE FUN
WITH ALL YOUR FRIENDS!
THERE WILL BE CRAFT,
GAMES, COMPETITIONS,
MUSIC AND MORE!

FUN & FRIENDS!

**WHEN: SATURDAY 1ST FEBRUARY 2020
WHERE: CITYCOAST CHURCH,
NORTH STREET,
PORTSLADE,
BN41 1DG
TIME: 4pm-6pm**

GET FREE TICKETS FROM LINK BELOW!

<https://21ck-fun-and-friends.eventbrite.co.uk>

CityCoast
CHURCH

www.facebook.com/21ckfun

21st Century Kids! © 2020





West Sussex Chartwells Newsletter

January/ February 2020



£2.35

Pancake Friday

28th February

Choose a main meal...
Fish & Chips
or
Omelette & Chips

on the side...
Baked Beans
or Salad

for dessert...
Pancake with Syrup
or Fruit Salad

**Pancake Day orders
now being taken!**



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Did you know?

We should be eating 5 fruits and vegetables every day...

Yet, according to the most recent Health Survey for England, the average number of fruits and vegetable portions eaten by children aged 5-15 were 3.2 a day!

Fortunately, *Chartwells meals offer a variety of fruits, vegetables and fruit based desserts*- which all count (and taste great)!

Do you try new, colourful fruits and vegetables?

St Nicolas and St Marys, and London Meed do!

Look out for our Food Superhero banners by Nyewood Infants and St Margaret's in Littlehampton!

If you'd like to have these on your school gates, give us a shout on the email below!

Reception and Year 1 in these schools got stuck into the story 'The Very Hungry Caterpillar' where they learnt how to work out what '1 of their 5-a-day' is, why we need fruit and veg, and tasted new things! We had a plate full of fun.

'We liked it didn't we guys?' – Year 1

'We ate it aaaaaall up!' - Year 1

'I liked making caterpillars' – Reception

WANT TO FEATURE IN THE NEXT NEWSLETTER?

If you have something food related you want Chartwells to shout about, tell us!

Ellie Townsend –West Sussex Nutritionist and Engagement Lead:

Eleanor.townend@compass-group.co.uk



KS1 & KS2 (Not for YR)

GLOW DISCO

Friday 31st January
5:30 - 7:00pm



£5 to include neon face
paints & a surprise gift

Tickets on sale at pta-events.co.uk/stnicspta

TICKETS AVAILABLE NOW ON
PTA--EVENTS.CO.UK/STNICSPTA

READY, SET,

GLOW

A FUNKY 90'S NEON ADULTS DANCE
PARTY

JAN 31ST

8PM ONWARDS
SCHOOL MAIN HALL
TICKETS £10 EACH OR BUY 2
FOR £16
BRING A BOTTLE
TUCK SHOP



St Mary de Haura Ignite Youth 9-14

28th Jan
(every
4th Tues
of the
month)

5-6.30pm

"Chat
Toasties
and
Games"

In St Mary's Church Hall (opp Church)

Email for more info
smdh.childrenandfamilies@gmail.com

A great course that covers essential topics for parents of children in the primary years

A new course is starting at Shoreham Baptist Church on Tuesday mornings in the New Year starting from January 28th, February 4th and 11th, then February 25th, March 3rd and 10th. Starting at 9.15 to 10.45.

Parentalk THE PRIMARY YEARS

A fun 6-week course to help you to be an even better parent

Contact: Marion Harding
on 07753 418 022

for dates, times and venue of the next course



www.careforthefamily.org.uk

Discover



Understanding and managing your child's behaviour

Find out what works for you and your child

Why do children behave as they do?
Encouraging good behaviour
Strategies to manage misbehaviour
Choices and consequences

Thursday 30th January 2020

9.00am to 10.30am

St Nicolas and St Mary CE Primary School

Eastern Ave, Shoreham-by-Sea,

BN43 6PE

No booking required, just come along.

Please note we are unable to provide childcare and to enable everyone to get the most out of the sessions we respectfully ask you to find alternative childcare for young children.



**Sure Start
Children's Centres**

Your Space

Secure attachments
Robust learners • Building futures



Your Space Therapies are pleased to present a Therapeutic Parenting Course in Sussex.

We are a counselling and play therapy service that work holistically with schools, parents and professionals supporting vulnerable children. We help children and their communities to have good mental health, resilience to learn and be the best they can be.



Boosting the Bond for the BEST relationship with your child



Wednesday 5th february 2020 6-8pm

£20 per ticket. Capacity 40.



Your Space Therapies are offering a unique and down-to-earth course for parents and carers providing practical ways to have the best relationship with their children. The course will offer an overview of children's emotional brain development and offer practical strategies and therapy games to develop strong emotional bonds and help parents therapeutically manage children's anxiety or challenging behaviours.

To book please email bookings@yourspacetherapies.org

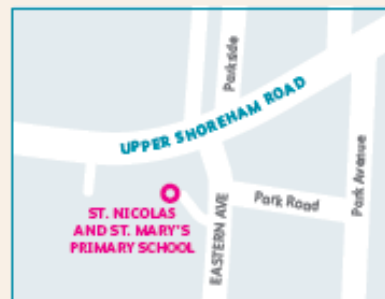
43% of delegates who have attended Your Space Therapies trainings have rated them 'excellent'.

"This course really helped me think about why my children behave the way they do and now I have practical ways to help"

"Now I have helpful ways to respond when my children are angry or upset"

"I loved learning the therapeutic games"

"Learning about children's emotional brain development was fascinating"



Venue:

**St. Nicolas and St. Mary's Primary School,
Eastern Avenue, Shoreham-by-Sea,
West Sussex, BN43 6PE**

Did you know . . . Your Space Therapies can also provide bespoke parenting consultations as well as various therapies? To enquire please contact

info@yourspacetherapies.org

Tel: **01903 209991**
www.yourspacetherapies.org



Messy
Church

**Church of the
Good Shepherd**

Love your neighbour

Saturday 15th February 3pm to 5pm

Craft, games, story, celebration,

family, food

The Church of the Good Shepherd, Shoreham Beach



Pancake Friday

£2.35

28th February

Choose a main meal...

Fish & Chips
or

Omelette & Chips

on the side...

Baked Beans

or Salad

for dessert...

Pancake with Syrup
or Fruit Salad




Please place orders by Sunday 16th February at www.mealselector.co.uk, where greater details are displayed.

For more information on special diets please contact westsussexspecialdiets@compass-group.co.uk. Please ensure special diet requests are made 2 weeks prior to the event.

Terms and Conditions apply.



HALF TERM ACTIVITY CLUBS AT LODGE HILL



- Drop your child off at 8:30am for a full day of exciting outdoor activities!

- Pick up at 5pm



- These days are for 8-14 year olds and will include lunch and refreshments



- NEW PRICE £25 per child per day

- Spaces are limited



- Booking closes Wednesday 12th February

TUESDAY 18TH FEBRUARY

THURSDAY 20TH FEBRUARY

EMAIL ADMIN@LODGEHILL.ORG.UK

TO BOOK

⇒We are unable to store or administer medication

⇒We can only secure your booking once we have received payment AND the completed consent form

⇒No half day bookings

⇒Please make us aware of any dietary requirements

⇒Please wear outdoor appropriate clothing

⇒Lodge Hill Centre, Watersfield, Nr Pulborough, West Sussex, RH20 1LZ

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).

Be On A Show!



Step Up To The Plate is back!

Hit CBBC show **Step Up To The Plate** is back and **you** could join Fred and Allegra in running your own restaurant.

We are looking for kids in **years 5 – 9** to join the Restaurant Crew and come up with the restaurant theme and décor, customise the look of the menu, welcome and serve guests as well as dealing with customer complaints: if selected you will be mentored and judged by *First Dates* star and Maitre D' **Fred Sirieix**.

Or maybe joining the Kitchen Crew is more your thing? You will be tasked with creating a delicious menu and cooking to a high standard for multiple guests: if selected you will be mentored and judged by celebrity chef **Allegra McEvedy**.

If you think you have what it takes to make it in the high pressure world of a real restaurant, then we want to hear from you. To apply please fill out the attached application form with your parent or guardian and have them send it to this address:

stepuptotheplate@liontv.co.uk

YOU MUST HAVE PERMISSION FROM A PARENT OR LEGAL GUARDIAN TO APPLY

Apply ASAP!

Application Deadline: February 7th 2020

The application form can be found on our website with this bulletin – Parents & Carers > News & Events > Weekly Bulletin



Robin's Garth Swimming Offer

Due to lesson expansion we have a number of classes with immediate availability at our beautiful, warm private pool in Small Dole. With a maximum of 6 in each class, and teachers in the pool our swim school is highly successful and recommended, see our recommendations on Facebook www.facebook.com/crestswimschool. Our pool in Small Dole is easily reachable from Henfield, Steyning, Hurstpierpoint, Hassock, Burgess Hill, Shoreham, Woodmancote, Poynings, Sayers Common, Partridge Green, Ashurst, Lancing, Southwick, Hove, Portslade and many more. There is a free carpark onsite and a bus stop at the end of the driveway.

I would like to extend an offer to the parent of children who attend your setting of £10.00 per swimmer on bookings made by end of January while spaces last. Currently we have the following availability, some classes only have 1 space so if you are looking for lessons. Please Quote JANRG10 to receive your discount.

Lesson Availability

Parent and Baby class. 4m – 18m – Tuesday afternoon

Parent and Toddler classes. 18m – 3yrs – Tuesday and Thursdays afternoons

Preschool beginners without parents (age 3/4yrs happy in the pool and confident) Tuesday and Thursday afternoons

Age 4+ beginner swimmers – Wednesday, Thursday and Friday afterschool

Age 4+ Confident Beginners (able to swim a few strokes unaided) – Monday, Tuesday, Thursday and Friday

Age 4+ improvers (able to swim 10m) – Monday, Wednesday, Thursday, Friday

Age 4+ Improvers (able to swim 20m) – Monday, Wednesday, Thursday, Friday

Kelly Illingworth Tel: 07557 374013 E-mail: Kelly@crestswimschool.co.uk www.crestswimschool.co.uk