

I. Dates & Events

Event	Yr	Date	Time
Merry Mince Pies – senior citizens in the local community invited into school for drinks, mince pies and music, Grandparents are welcome too!		Tuesday 17 th December	2 – 3pm
Y1 Christmas Concert	Y1	Tuesday 17 th December	5.30 – 6pm
Y2 Dojo Afternoon (children may bring pyjamas to change into and a teddy bear – a small snack will be provided)	Y2	Wednesday 18 th December	pm
KS2 Carol Service, St Mary de Haura Church – parents/carers welcome. Please collect your children from the church at <u>2.45pm</u> .	Y3 – 6	Wednesday 18 th December	2 – 2.45pm
Christmas 'Jumper' Day £1 donation for <i>Turning Tides</i> – children may wear their own clothes to include something Christmassy eg t-shirt, jumper, trousers (no pyjamas or onesies please).	All	Thursday 19 th December	All day
Chartwells Christmas Dinner	All	Thursday 19 th December	12 – 1pm
Dojo Reward Afternoon (except Y2)	All	Thursday 19 th December	pm
YR & KS1 Candlelit Assembly – parents/carers welcome	YR, I&2	Friday 20 th December	9.15–9.45am
KS2 Candlelit Assembly – parents/carers welcome	Y3-6	Friday 20 th December	2.15–2.45pm
Last day of autumn term	Friday 20 th December		
First day of spring term		Monday 6 th January 2020	

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

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

- **Merry Mince Pies**, Tuesday 17th December, 2-3pm – don't forget we will be opening our doors to our elderly community and offering them hot drinks, mince pies and Christmas Cheer! We would welcome any donations of mince pies or homemade/shop bought cakes/biscuits. If you have any elderly neighbours/relatives who would benefit from this event then please bring them along or tell them about it – we want a full house!
- **Y2 Dojo Afternoon**, Wednesday 18th December – **Y2 children** may bring pyjamas to change into after lunch and a teddy bear. A small snack will be provided.
- **KS2 Carol Service, St Mary de Haura Church**, Wednesday 18th December, 2-2.45pm – Children must be collected from the church at 2.45pm. Any children attending Starfish Club will be walked back to school by staff.
- **Christmas 'Jumper' Day**, Thursday 19th December – children may wear their own clothes to include something Christmassy eg t-shirt, jumper, trousers (**no** pyjamas or onesies please). £1 donation would be appreciated.
- **Chartwells Christmas Dinner**, Thursday 19th December – if your child is not having a hot school meal on this day, you are welcome to put a small treat in their lunch box.
- **Candlelit Assemblies**, Friday 20th December – Parents and friends, please do join us for a very special Christmassy candlelit celebration at 9.15am or 2.15pm on the last day of term. It's a lovely way to end the term and start the holidays!

3. **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>

4. **Clubs:** clubs have now finished for this term and will restart the week beginning Monday 13th January 2020.

5. **Nativities:** we have seen some fabulous nativities this week from our nursery, Reception and Y2 children. It has been a real treat to see their wonderful performances. Our Reception parents enjoyed the shows too:

"I wanted to say a massive thank you to your Early Years team for the wonderful Nativity performance yesterday....I loved how all the children had their moment to shine whilst all working together to sing and dance. There was a real unified celebratory feel and a tremendous sense of pride from the children. Thank you again for a beautiful first Nativity for us at St Nic's."

"I just wanted to pass on my thanks to all the Reception teachers and staff for the wonderful nativity today. The teachers have obviously worked very hard to prepare the children and it was evident that the children enjoyed themselves. My son has been singing all of the songs at home! It was a very inclusive performance where all children were given equal roles and the opportunity to move to the front of the stage and it was educational and informative for them too."

6. **Worship & Ethos**

*So Joseph left Nazareth, a town in Galilee. He went to the town of Bethlehem in Judea. This town was known as the town of David. Joseph went there because he was from the family of David. ⁵Joseph registered with Mary because she was engaged to marry him. **Luke 2: 4-5***

Emmanuel: Do join us for an hour of Christmas fun for all the family! Hilarious characters, nativity story, games, festive snacks, worship and bible teaching. All followed by warm mince pies and mulled wine.... Everyone welcome! 10am @ The Shoreham Centre, Sunday 15th December (see flyer at end of bulletin).

7. **Octopus & Starfish Clubs**

- Bookings can be made for the 1st half of the spring term via sQuid. Please click on the 'Bookings' menu and navigate to 'Available Bookings' to select and book as required.
- Parents & carers of children who are new to the school can book and pay for sessions on sQuid, as above.
- Little Octopus & Little Starfish Club bookings for the 1st half of the spring term are available via sQuid. Please click on the 'Bookings' menu and navigate to 'Available Bookings' to select and book as required.

8. **Requests & Reminders**

- **Drop off and pick up:** please can we ask to make sure your child is in class in good time, there are an increasing number of children running in just as the gate is shutting which means they miss 15 mins of learning time/group work time. In addition, please make sure you pick up your children on time – EY and KS1 children finish at 3.10pm and KS2 children finish at 3.15pm.
- **Y6 Cooking Helpers:** In the Spring term, Year 6 will be doing some Indian cooking for DT as part of their India topic. If any parents, especially Year 6, would like to help with this on Thursday mornings we would be very grateful. All recipes and ingredients will be provided for small group sessions in the Rainbow room. If you are interested, please let the office know and Mrs Channon will contact you with further details nearer the time. Many thanks.
- **Swimming:** If anyone has any spare swimming costumes or swimming trunks and would like to donate them to school we would be very grateful. Age 7-11 years of age only please.
- **Little Fishes Nursery Extended Funding:** in order for your child to access Extended FE in the spring term your 30 hr code must be issued/renewed by HMRC by **31st December 2019**. To renew log in to your childcare account to check the details are up to date, and reconfirm eligibility to ensure you continue to be eligible for Extended FE: gov.uk/sign-in-childcare-account For any queries please em free.entitlement@westsussex.gov.uk

9. **Census Day – Children's choice menu Thursday 16th January 2020:** 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 of 3rd October and 16th 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, even if they do not normally have a hot meal; 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 for more information [Special Diet Process](#), otherwise you need take no further action. Chartwells are doing a special menu in order to help support this (see end of the bulletin). Thank you.

10. **Your Space Therapies – Boost the Bond course:** are running a therapeutic parenting course 'BOOST THE BOND – The BEST Relationship with your Child' on Wednesday 5th February 2020. They have had amazing feedback for this course with 93% of parents who have attended rating it 'Excellent'. This course is being held here at St Nic's 6-8pm (see flyer at the end of this bulletin).

11. New Year's Wellness Resolutions:

- **Yoga class:** Join Danielle to build strength and flexibility in your body and calm your mind with a new Vinyasa flow yoga class starting on Wednesdays 7.30-8.30pm from the 8th January at St Nics. First class free (to be used in January, please email to book your free space – see flyer attached).
- **Boxercise Circuits:** Head to St Nics to take part in Boxercise Circuits Mondays 7pm – 8pm. This class combines a traditional boxercise class with conditioning circuits. The class is great fun and you are guaranteed a good workout! See Gemma Fitness website for more details <https://www.gemmafitness.co.uk/>

12. Compass Card: Have you heard about Compass Card WSx, the free leisure card that provides discounts and freebies for 0 to 25s with additional needs? Run by Sussex-based charity Amaze and funded by West Sussex County Council, there are around 300 venues in and around Sussex that provide a Compass Card deal – to find out more visit their website: <https://www.compasscard.org.uk/>.

13. Applying for a school place for September 2020: parents & carers applying for a place need to:

- Complete the County Admissions Form (online) by Wednesday 15th January 2020 (compulsory). www.westsussex.gov.uk/admissions
- Complete and return the Supplementary Information Form to school by 4pm on Wednesday 15th January 2020. and the Church Support Form, if relevant.

SPONSORED BY

Tuesday 17 December 2019
2-3pm

**MERRY MINCE
PIES**

Join us for an afternoon of
Christmas Joy with Hot
Drinks, Mince Pies & Carols

**ST NICOLAS & ST MARY'S CE
PRIMARY SCHOOL EASTERN AVENUE
SHOREHAM BY SEA**

LP CREATIVES PRESENTS:
SNOW WHITE AND THE 7 DWARFS
at the Ropetackle Theatre, Shoreham

£5 children's tickets available for these shows only - please call the Box Office to book - 01273 464440 -
Open 10-4pm.

Friday 13th December - 2pm
Thursday 19th December - 10.30am or 2pm
Friday 20th December - 10.30am or 2pm

We would like to offer you the chance to book tickets for your little ones for just £5 per child ticket. Please just call the box office and explain you would like the children's tickets with the **My First Panto** discount and we will do the rest. Please bear in mind that children under 18 months already go free - this is just for the toddlers!

As a small and intimate theatre, this is a great way to introduce your children to the wonders of pantomime. The Show is 2 hours in total, with a break of 20 minutes halfway through.

To find out more about the show and to see available seating, please click on the link below:

<https://ropetacklecentre.co.uk/events/snow-white-panto/>

'Snow doubt about it, Shoreham Panto is the best around!



Celebrate Christmas at Emmanuel

Family Service
15 Dec

A fun morning with carols,
festive drinks, mince pies
and the Nativity story.

#WeAreEmmanuel/TheGift

Family Christmas At St Mary De Haura

Dates For Your Diary

🎄 **30th Nov - 1st Dec 10-4pm Christmas Tree Festival**

🎄 **1st Dec 3pm Christmas Teatime Worship**

🎄 **8th Dec 10am Sunday Shine**

🎄 **13th Dec 4-7pm Light Up Shoreham Lantern Making**

🎄 **15th Dec 10am "Pop Up Nativity"**

🎄 **15th Dec 4pm Christingle**

🎄 **22nd Dec 10am Sunday Shine**

🎄 **24th Dec 11am Family Crib Service**

🎄 **10am Christmas Day Service**



ACTIVE MUSIC CLASSES FOR KIDS

Flute, Clarinet & Junior Sax. Toots and Doods.

New Term begins 13th January 2020. Monday & Friday.
Enrol before Christmas to get ONE LESSON FREE!

<http://www.happytunesmusic.co.uk/purchase/>

Come see our performance at LIGHT UP SHOREHAM. 4.15pm

Learn to make and play music in group lessons full of movement and games to fire up young brains and foster all round learning. All Instruments and resources are provided.

"We love Lisa...her lessons are brilliant!" -parent to 5yr old Toof



Enroll today or book a place at our next taster session. Please contact:

T: 07874668706

E: lisa@happytunesmusic.co.uk

www.happytunesmusic.co.uk





GIGS 4 KIDZ

Christmas party!




FRIDAY 13th DECEMBER
From 6pm
at the Harbour Club, Shoreham Beach

An evening of live music, singing, dancing & festive fun for the whole family!

www.gigs4kidz.co.uk

Open to all and free entry!




Church of the Good Shepherd
Kings Walk, Shoreham Beach
invite you on
Saturday 21st December
3pm make your own Christingle
and join in the fun and games
4pm service in church
followed by a tea party

Donations to The Children's Society



www.christingle.org
Charity No 221124



The Children's Society runs local projects, helping children and young people when they are at their most vulnerable and have nowhere else to turn. They listen.

By attending Christingle for The Children's Society, you'll be helping children have a better chance in life.

The Church of the Good Shepherd also invites you to their **Crib Service** on Christmas Eve 24th December at 4.00pm.





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

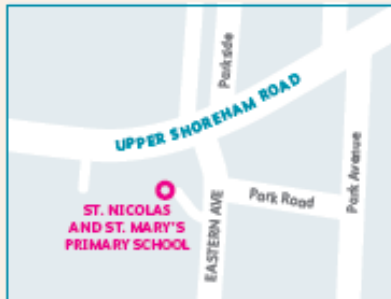
43% of delegates who have attended Your Space Therapies trainings have rated them 'excellent'.

"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

£2.35

Childrens Choice Menu

Thursday 16th January

Choose a main

Beef Burger in a Bun & Chips

Veggie Nuggets & Chips

on the side...

Baked Beans or Salad

Tomato Ketchup

for dessert...

Jammy Jack

(flapjack)

for a drink...

Blackcurrant Squash,

Milk or Water



To enjoy our Census Day Menu, please order at www.mealselector.co.uk by Sunday 5th January.

Please take note ordering is for KS2 children only.



JOIN ME ON THE MAT AS WE FLOW THROUGH A
DYNAMIC YOGA PRACTISE. IMPROVING
STRENGTH, FLEXIBILITY AND CALMING THE
MIND

CLASS SCHEDULE

MONDAY

11am-12noon Quayside youth
centre, Southwick

WEDNESDAY

5-6pm St Marys primary
school, Portslade.

7.30-8.30pm St Nicolas and St
Marys School, Shoreham

Term time only

£8 PER CLASS.
BLOCK CLASS PASS AVAILABLE
ALL LEVELS WELCOME

FIRST CLASS FREE

PLEASE CONTACT ME VIA EMAIL OR INSTAGRAM TO BOOK ON YOUR FREE CLASS

Instagram-yoga_girl_brighton

Email- yoga_girl_brighton@outlook.com

www.westsussex.gov.uk/admissions



Was your child born between
1 September 2015 and 31 August 2016?

If so they are eligible to start
school in September 2020.

Apply online!

It's simple, convenient
and timesaving. If your
application is received after
the deadline of Wednesday
15 January 2020 your chance
of securing a place at one of
your preference schools could
be seriously affected.

You can apply online from Monday
7 October 2019. 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



Apply online at:

☐ www.westsussex.gov.uk/admissions

Deadline: Wednesday 15 January 2020



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).



When is a toy not a toy?

With Christmas fast approaching please share these important safety messages with parents and carers to promote a safe and happy Christmas for all children.

When is a toy not a toy? When the toy is meant for an older child

- Age warning symbols show that a toy is not safe for a child under three years, usually because they contain small parts that may choke a baby
- Clear up burst balloons as they are a choking hazard for small children
- Avoid mixing old and new batteries in toys as the old one may overheat
- Most accidents with toys happen when children and adults trip over them, serious accidents happen when toys are left on the stairs.



When is a toy not a toy? When it is a Christmas novelty

- Toys are governed by regulations to protect young children from choking; however Christmas novelties such as tree decorations are not toys and are therefore not governed by the strict toy regulations
- Children under 36 months are at greatest risk, as the Christmas novelty may have parts a child could easily pull off and be at risk of choking.



When is a toy not a toy? When it contains an unsecured battery

- Batteries in children's toys are covered by safety regulations and should be securely enclosed
- **Button batteries** are found in everyday items including keys, animated Christmas decorations and musical greeting cards. If a button battery is swallowed, the electrical charge creates caustic soda inside the body which can burn a hole through the throat and major blood vessels with catastrophic results
- **How to keep children safe?**
 - ✓ Keep products with button batteries out of reach if the battery compartment isn't secured with a screw
 - ✓ Keep batteries out of children's reach and sight, ideally in a high-up, lockable cupboard
 - ✓ Buy toys from reputable retailers
 - ✓ Teach older children that button batteries are dangerous and not to play with them or give them to younger brothers and sisters.
- **If you suspect a child has swallowed a button battery, act fast.**
- Take them straight to the A&E department or dial 999 for an ambulance
- Tell the doctor that you think the child has swallowed a button battery
- Do not let them eat or drink
- Do not make them sick
- Do not wait to see if any symptoms develop.



Resources:

- [Family Assist - Toys and equipment – Information including links](#)
- [ROSPA](#) Keeping kids safe – Information and advice
- [ROSPA - toy safety advice](#)
- [ROSPA- Christmas novelties](#)
- [Child Accident Prevention Trust](#) Information and advice
- [Health4Families Programme - Resource list, key messages.](#)

References to support evidenced based practice:

- NICE. (2010). [Unintentional injuries: prevention strategies for under15s](#)
- NICE. (2010). [Unintentional injuries in the home: interventions for under 15s](#)
- NICE. (2010). [Unintentional injuries on the road: interventions for under 15s](#)
- PHE. (2014). [Reducing unintentional injuries in and around the home among children under five years.pdf](#)
- PHE. (2016). [Road Injury Prevention. Resources to support schools to promote safe active travel](#)
- PHE. (2017). [Preventing unintentional injuries: A guide to all staff working with children under five years.unintentional-injuries-prevention-in-children-under-5-years](#)

Learning and development:

- Growing up with safety: Key information linking child developmental stages with potential safety issues.



Growing up with
safety checklist Sep 1

- [iHV e-learning Child Accident Prevention](#)
Two e-learning modules developed by the Institute of Health Visiting and Child Accident Prevention Trust. The modules are designed for Health Visitors however the modules may be useful to other Children's Workforce members.