
I can do all this through him who gives me strength
Philippians 4:13

I. COMMUNICATION

- **Emails:** please use office@stnm.org.uk to contact the school with queries. Email remains our main form of communication and we continue to receive a huge amount – we will endeavour to respond as soon as possible.
- **Phone:** the school phone line is now open between 8.30am and 3.30pm.
- **Calendar:** term dates, inset days, upcoming events etc can be found on our calendar which can be filtered by year group to help you find the dates that are relevant to you. Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **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>

2. WORSHIP & ETHOS – Awesome Assemblies :

Rainbow Class Awesome Assembly: Mrs Bishop and the Rainbow Class teachers have recently got together to create a special Awesome Assembly which is full of fun learning activities and suggestions which children can try over the Summer Holidays. This was shown on Thursday and if you haven't seen it, please do try to watch it over the holidays with your child. Please visit the link here to watch <https://youtu.be/Om-vw7u58yk> Don't miss the amazing singing and dancing by the children at the end!

The assembly is linked to a new page of the website called **Fun Summer Home Learning**, where there are lots of tips on what to do to keep children engaged in a relaxed and engaging way over the holidays. We do hope that you take the time to explore this with your child and that they discover something exciting which will keep their brain or body active.

<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=FUN+SUMMER+HOME+LEARNING&pid=1526>

Although we recognise that many families will be looking forward to taking a well earned break from the structured home learning we have set in recent weeks over the summer, practising key skills in this less formal and fun way really will have a positive impact on children's progress and confidence when returning to school in September. We hope that you find it fun and useful. Please also check the usual class home learning pages to find out if your child has been set any transition activities linked to their new classes.

Collective Worship – Awesome Assemblies: Next term all children will be in school and so we will not be doing daily 'Awesome Assemblies' as we can do some class assemblies and 'live' broadcasts within school. Mr Badger still hopes to do one Awesome Assembly a week! As we will no longer need to text links to our assemblies, please 'subscribe' (and allow notifications) if you still want to watch them at home. If you have missed some, do check out: https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw?safe=true

- 3. TRANSITION:** on each year group page on the website there are details about your child's new class eg where the classroom is, the teacher, TAs who will be working in that class etc. For those classes who have two teachers over the week, there is a separate document which shows who is in on which days! We hope this will help your children familiarise themselves with their new class ready for September. Don't forget to go to your child's NEW year group page, not their current one! <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Pupils&pid=9>

4. LITTLE FISHES NURSERY

- **Little Fishes Nursery Extended Funding:** Please can we remind you that in order for your child to access Extended FE in the Autumn term their 30 hour code must be issued or renewed by HMRC by 31st August 2020. To renew log in to their childcare account to check their details are up to date, and reconfirm their eligibility to ensure they continue to be eligible for Extended FE: gov.uk/sign-in-childcare-account For any queries please email free.entitlement@westsussex.gov.uk

5. OCTOPUS AND STARFISH CLUBS from September

- Regrettably, we are not able to offer Little Octopus and Little Starfish clubs until further notice.

- Clubs are booked on a first come first served basis but at present we reserve the right to cancel your booking with a full refund if the place is required for a vulnerable child or for children of critical workers.
 - Clubs are not available to book on an ad hoc basis, this is to ensure we can continue to keep children in year group bubbles during this time – this is not manageable if numbers in year groups fluctuate greatly. Please only book for regular days e.g. every Monday in Starfish Club.
 - Once bookings are made, four weeks' notice must be given for cancellation. We are making this substantial increase in the cancellation period as the amount of changes taking place prior to lockdown was becoming unmanageable. The longer cancellation period is in line with other providers.
 - All bookings for the first half of the Autumn Term must be made by the end of Thursday 10th September and sessions will not be available to book after this date.
 - Sessions for the first half of the Autumn Term will be available to book via the Bookings menu on sQuid next week, we will send out a text when the bookings goes live. Please make bookings promptly to avoid disappointment.
6. **PTA Summer Newsletter** available to read on the website [PTA Summer Newsletter](#)
7. **UNIFORM SUPPLIERS:** we have a new uniform supplier to add to our supplier's list, Felix Schoolwear, who are linked to one of our parents. They are offering a special discount for St Nic's uniform – for more details please go to the uniform section on the website Parents & Carers > Uniform or click on the link: <https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Uniform&pid=21>
8. **HOT SCHOOL MEALS:** information about Chartwells hot school meals for new starters is on our website: <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Hot+School+Meals+%2D+Chartwells&pid=1317>. You will also find their menu for the autumn term on there.
9. **FREE SCHOOL MEAL VOUCHERS:** eVouchers for the last week of term will be sent out on Sunday 12th July for those children that have not returned to school. eVouchers for £105 per eligible child for the summer holiday period will be emailed to you on Tuesday 14th July. Please contact the school urgently if you do not receive your voucher on this date. These will be the last vouchers sent out as all children are due to return to school in September. Please exchange your vouchers promptly for eGift cards as evouchers expire after 1 month. eGift cards do not have to be redeemed in a single shopping trip – they can be used repeatedly until the vouchers's balance reaches £0. The supermarket's customer services team can check how much money is left on the card.
10. **HEALTH AND SAFETY: Message from Shoreham Port** – following increased cycling on Basin Road South, near Shoreham Port, cyclists are being asked to please be aware of busy port traffic and HGVs. Drivers are also asked, when overtaking cyclists, to please allow plenty of space. Thank you.
11. **USEFUL HOME LEARNING LINKS AND RESOURCES**
[Useful Home Learning Links and Resources](#) (click on link) or go to Pupils > Useful home learning links & resources.
Fun Summer Home Learning page:
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=FUN+SUMMER+HOME+LEARNING&pid=1526>
12. **Sussex Academy of Music – plans for September:** After digesting the government's recent guidance, SAM has decided to 'stay online' until the November/December half-term. We believe that this is in the best interest for the safety of pupils and tutors. Our lessons will remain outside of the school day at the students home via our online platform.
Remote music lessons via Zoom over the summer holidays – learn to play the guitar, drums, keyboard or to sing one-to-one from home! [Watch this short video about online lessons](#) The summer is an ideal time to learn an instrument, whether you already play or are looking to start! Lessons take place online via Zoom with devices such as laptop, tablet, iPad or smartphone, meaning your child can have lessons from the comfort of your home. The times are very flexible, don't worry about committing to a lesson every week if you are away at certain points. You can book a one-off taster lesson if you would like to try before booking a block of lessons. Lessons are affordable at £16.50 per 30 minute individual lesson. Childcare vouchers are accepted! To enquire, just complete the short enquiry box on [SAM's website](#), and they'll be in touch soon.

13. **Live Chat Video with Dean Beadle, Autistic Speaker:** Dean Beadle, highly popular Autistic Speaker, will be presenting an interactive LIVE CHAT VIDEO on the Reaching Families Facebook Group on Thursday 16th July at 8pm. Dean will be sharing his experiences of lockdown and the pandemic and will also be answering questions from members live during the session. For any families who have a child with special educational needs and/or disabilities and would like to be part of this session, then they need to join the Reaching Families Facebook Group here to take part in this event: <https://www.facebook.com/groups/132463616830248> Reaching Families is a charity that supports families who have a child or young person with special educational needs and disabilities. You can find out about the services and support they can offer here www.reachingfamilies.org.uk

Dragonfly: Impact Education

Thrive 365 #25

Did you know?

Larry Squires conducted research into memory and habits which led to the development of the Squire's Model in 1987. This model proposed that there are two forms of long-term memory - declarative and procedural. Our declarative memory functions in the part of the brain called the hippocampus and is a conscious memory. However, the procedural memory relates to the basal ganglia at the back of the brain and contains skills or sequences of behaviour that cannot be consciously accessed. By making activities habitual, we can store memories in our procedural memory which makes them more automatic.

What can you try?

1. Keep up your habits!

On average you have to do something 66 times to create a procedural memory. This is far more than the widely reported 21 so keep up with those habits! It also varies widely from person to person and depends on what sort of habit you are trying to form. Unfortunately, quick fixes and unhealthy coping strategies seem to become habitual more easily.

2. Try to find the joy

It goes without saying that things that you enjoy are much easier to make habitual. Try to find joy in healthy habits and they will become much easier to achieve. You can also bundle a healthy habit in with an enjoyable one – for instance watch your favourite TV show whilst you're doing exercise or listen to your favourite audio book whilst organising your workspace!

3. Reframe negatives

Sometimes we have to do things we don't enjoy. However, remembering that our thoughts drive our feelings is really important. Try to reframe negative thoughts and see the positives. Challenge your thoughts about not liking something – is there an aspect of it that you do like? Find that positive and ask yourself 'so what?'. For instance, I like getting fresh air on my run... so that I have a break from the four walls... so that I see the park at different times of day... so that I feel calmer for the rest of the day.

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 #24

Did you know?

Certain types of thinking are unhelpful and are sometimes referred to as 'Thinking Traps'. They can result in us feeling down and even becoming depressed, so it's important to notice when we fall into one of these traps. Some examples are:

Catastrophising (jumping to the worst possible conclusion or going straight to the worst-case scenario, however unlikely).

Overgeneralising (turning one negative thing into something bigger).

Ignoring the positive (focusing on only the bad things that happen).

Taking things personally (believing things are about you, even when they're not).

Mind reading or fortune telling (imagining what someone is thinking about you or what is going to happen).

What can you try?

1. Double column technique

Each time you notice an unhelpful or negative thought, write it down in the first column. In the second column, write a balancing thought to give a different perspective. For example: column 1 'I didn't finish my to do list today - I'm useless', column 2 'I achieved 4 of the 6 things on my list for today. I've achieved a lot even though I haven't finished everything'.

2. Remember details

When people are down or depressed, they tend to focus on and remember negative things. It can help to make a note of achievements or positive experiences as you go through the day. If something good happens, or you enjoy an experience, try to jot down as many details about it as possible because this will help you call the memory to mind more easily in the future.

3. Mindfulness

It's important to notice our thinking patterns, but not judge ourselves for having negative thoughts. It can help to sit straight up in a chair, push your feet into the floor and just focus on your breathing. There's no need to change your breathing or take deep breaths, just notice the natural rhythm of your breaths. Notice the thoughts in your mind and notice physical sensations in your body - for example, a clenched jaw or tense shoulders. Each time you notice a thought or sensation, simply bring your attention back to your breathing.