

## I. Dates &amp; Events

Event	Yr	Date	Time
<b>School Census – Special Hot Meal Menu</b> <i>All children entitled to a free school meal will be offered a hot meal on this day.</i>	YR, I&2 and FSM	Thursday 3 <sup>rd</sup> October	12 – 1pm
<b>Winter uniform</b> – to be worn from this date	All	Monday 7 <sup>th</sup> October	
<b>Y5 Terrapin trip to Applesham Farm</b>	Y5 Terr	Tuesday 8 <sup>th</sup> October	9am–1.30pm
<b>NSPCC Day – assembly and workshops</b>	All	Wednesday 9 <sup>th</sup> October	All day
<b>Tour for prospective parents/carers (I)</b>		Wednesday 9 <sup>th</sup> October	1.30–2.30pm
<b>Y5 Turtle trip to Applesham Farm</b>	Y5 Tur	Thursday 10 <sup>th</sup> October	9am–1.30pm
<b>Y4 Showcase</b> – parents & carers welcome	Y4	Friday 11 <sup>th</sup> October	9.15–9.45am

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

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

- **Parent/Carer tour dates** – for parents/carers of children due to start school in September 2020. Please follow link <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=School+Tour+Dates&pid=1366>
- **Y4 Showcase** (parents/cares welcome) – Friday 11<sup>th</sup> October, 9.15am
- **Y2 visit from Fire Brigade** – Monday 14<sup>th</sup> October
- **Y1 Spinner Dolphin trip to library** – Wednesday 23<sup>rd</sup> October
- **Y1 Dusky Dolphin trip to library** – Thursday 24<sup>th</sup> October
- **Chartwells Knife & Fork and Hungry Caterpillar workshops** – 14<sup>th</sup>, 15<sup>th</sup> & 25<sup>th</sup> Nov for YR, Y1 & Y2
- **Y2 Nativity** – Thursday 12<sup>th</sup> December, 2pm and 6pm

**INFORMATION ABOUT UPCOMING EVENTS**

- **Winter uniform:** please ensure all children are wearing winter uniform from Monday 7<sup>th</sup> October. The policy is available on our website (Parents & Carers > Uniform) or click on this link: [http://www.stnicolasmary.w-sussex.sch.uk/\\_site/data/files/policies/E3F400DA8C60E98BE75442A598D1910B.pdf](http://www.stnicolasmary.w-sussex.sch.uk/_site/data/files/policies/E3F400DA8C60E98BE75442A598D1910B.pdf)

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 Autumn trip (e)
- Y5 Turtle – Applesham Farm Autumn Trip (e)
- Y2 Open Box Theatre – Polar Regions (e)
- YR Open Box Theatre – The Gigantic Turnip (e)
- Y1 trip to Shoreham Library (e)

4. **Clubs:** children at after-school clubs will be brought out via the side gate when the club is finished so could parents/carers please wait by the gate when picking up from clubs.5. **PTA Uniform Sale,** Friday 4<sup>th</sup> October in the Palace from 2.45pm till 3.30pm. Come and get a bargain before we go in to Winter Uniform next week!6. **Worship & Ethos:** *'In peace I will lie down and sleep. For you alone, Lord, make me dwell in safety'* **Psalm 4:8**

Next week, the Dream Team will be leading a special assembly on Dining Hall manners and expectations in the hall at lunchtimes. You may want to discuss these rules with your child/children at home to encourage excellent behaviour! Pupils in years R-2 will also be receiving a special workshop from our hot dinner provider, Chartwells, on how to use their knives and forks correctly later in the term. We greatly appreciate your support in this. (see page 4).

7. **Octopus & Starfish Clubs**

- **Octopus Club:** could we please ask parents/carers to wait with their child until they have been registered at the Octopus Club with a member of staff. We have to be careful about numbers due to staffing ratios and are unable to admit children unless they have been booked in. Thank you.

8. **Music Room Display:** Miss Ellis would like to create a display in the Music Room celebrating the children's musical achievements. If your child has passed a music exam and would like their certificate to be displayed, please send in a photocopy or send in the original which Miss Ellis will photocopy and return. Additionally, if your child has played in a concert and you have a photo of their performance they would like to share, please send in the same way. Thank you.
9. **Jewellery, Hair and Make-up and other accessories:** we have noticed that a number of children are wearing the wrong hair accessories or nail varnish. Please see the extract below from our uniform policy:
- *No jewellery to be worn except small stud earrings or cross on chain, which have to be removed for PE by the child. Covering earrings with micropore tape is not sufficient (this is in accordance with local authority policy and advice).*
  - *Long hair to be tied back with accessories in school colours (eg blue and white), for health and safety reasons, and must not be excessively large. Hair gel must not be worn.*
  - *Make-up, nail varnish or tattoo style transfers must not be worn to school.*
10. **Junk Modelling:** Gray Whales would be very grateful for any donations of SMALL junk modelling items such as pots, small boxes etc. Please pass to the class teacher at pick up or drop off.
11. **Recycling School Badges for Eco Councillors, School Councillors and Dream Team:** we are very grateful for the support of all of the children who helped the school by participating in the School Council, Eco Council and Dream Team last year. As we are an Eco School and also trying to be as cost efficient as possible, we would be very grateful if any councillors from last year could return their badges so that they can be re-used this year. Many thanks for your help with this.
12. **School Census, Thursday 3<sup>rd</sup> October:** 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 3<sup>rd</sup> October and 16<sup>th</sup> 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 on this day. If your child has a dietary requirement that Chartwells are not already aware of please follow the link to read the [West Sussex Special Diet Process](#) which includes a form to return to Chartwells, otherwise you need take no further action (please see the Children's Choice Menu attached to the bulletin).
13. **Hot School Meals – special requests:** A number of parents have requested that their children are served pasta without any sauce. Chartwells are required to serve a balanced diet in line with School Food Standards set by the government. Therefore, they are not able to offer pasta without sauce. Children that don't like this dish can choose an alternative. If your child requires a special diet please follow the link and read the [West Sussex Special Diet Process](#).
14. **Social media:** As a school we completely understand that parents will be conversing with each other on social media platforms such as Facebook. However we would ask that if a parent/carer has an issue that you would want looked into or discussed- **Please** contact the school directly either in person at the school office or on email [office@stnm.org.uk](mailto:office@stnm.org.uk) Many Thanks.
15. **Flu immunisation forms:** Please can all forms be returned to the school by Monday 26<sup>th</sup> September. Otherwise your child will not be able to have the immunisation because all forms are being collected on Tuesday 27<sup>th</sup> September by the School Nurses.
16. **Coats for Kids:** see information on page 3. Any items you can donate should be brought into school on Monday 30<sup>th</sup> September (please do not bring them in before this date as we have no room to store them). Thank you.

17. **Health and Safety**

- **PARKING:** we are extremely concerned about where parents/carers are parking when dropping off/picking up from school. Some people (often the same ones day after day) are parking on the zig zags, in the school bus zone, up on the kerb and in front of residents' drives. **Do not park in these places** – it is dangerous and puts all our children at risk, as well as causing congestion on the road. There is parking available over at Buckingham Park or on nearby roads. **PLEASE PLEASE PLEASE** park carefully and considerately.
- **Reporting bad or inconsiderate parking:** **Anybody** can report bad or inconsiderate parking by going to [www.operationcrackdown.org](http://www.operationcrackdown.org) You just need to include the registration number, make and model of car, location of the incident. We would encourage any parent/carer who witnesses dangerous parking to report it immediately.
- **Staff car park:** we would like to remind you that you **must not** use the staff car park for dropping off or picking up children at any time. The car park is extremely busy with staff arriving/departing, visitors and deliveries. Please make sure you always use the footpath between the hedge and the fence when coming in to the school. Could you also please let any other members of your family know. Thank you.

**18. School Calendar:** as part of our ongoing efforts to improve how we share information with parents and carers we are investigating using a Google Calendar on our website, which would provide easier access to information about school events. A useful feature of Google Calendar is that parents and carers would also be able to subscribe to the school calendars which means that new dates are automatically sent to your calendar or email. If you currently use Google Calendar you would then be able to see school events on your personal electronic calendar alongside your other commitments.

In order to ensure parents and carers could access relevant dates for their family, we propose setting up separate calendars for each year group as well as a calendar for whole school events and a calendar for clubs. As an example of what we are considering please do follow the link to see how this works at another West Sussex school: <http://www.st-wilfrids-burgesshill.w-sussex.sch.uk/Calendar>. To help us to provide a solution that works for everyone we would welcome some feedback on this idea. We will be emailing out a link to an anonymous survey this afternoon and we would be very grateful if you could follow the link and answer a small number of questions to help us determine the best option.

# OUR DINING RULES



1. Line up sensibly and quietly



2. Only take what you are allowed



3. Show good table manners



4. Never waste food



5. Keep conversation quiet



6. Clear up everything you have used





Dear Parents & Carers

Coats4Kids Shoreham was formed, two years ago, by some community leaders to pass on warm, waterproof and machine washable coats both second hand and new to children who need them most. The group consists of representatives from the Lions International, the Co-op Community Space, one of the local churches and a teacher.

Latest figures from the Child Poverty Action Group state that there were 4.1 million children living in poverty in the UK in 2017-18. That's 30 per cent of children, or nine in a classroom of 30.

We are coming together as a community to help each other. Last year we gave out over 450 coats to families which needed them.

For us to be able to do this we would like to ask for any coats, hats, gloves and scarves that your child/children have grown out of that are **warm, waterproof and machine washable** to be donated to their school. We are collecting these items for 2 to 11 year olds.

The Lions will be collecting these from each school on the **morning of Monday September 30<sup>th</sup>** so please ensure that they are brought into school on that morning.

They will then be taken to a central place to be sorted in age groups, ready to be distributed to families who need them.

We will be sending out details to all schools about where you, as a parent, can get a coat from when they are all ready to be distributed.

Lawrence Caughlin  
Headteacher, Swiss Gardens

Lis Telcs  
Pupil Premium Teacher

Steamplicity

# Childrens Choice Menu

Thursday 3rd October

*Choose a main*

**Beef Burger in a Bun & Chips**

**Veggie Nuggets & Chips**

*on the side...*

**Baked Beans or Salad**  
**Tomato Ketchup**

*for dessert...*

**Chocolate Pastry Parcel**

*for a drink...*

**Blackcurrant Squash,**  
**Milk or Water**

To enjoy our Census Day Menu, please order at [www.mealselector.co.uk](http://www.mealselector.co.uk) by Sunday 22nd September. Please take note ordering is for KS2 children only.

west sussex county council

Chartwells

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).





## 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.



### The **BEST** relationship with your child

Tuesday 12th November 2019 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](mailto:bookings@yourspacetherapies.org)

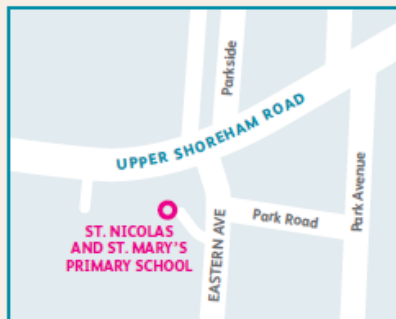
**43% of delegates** who have attended Your Space Therapies trainings have rated them 'excellent'.

"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](mailto:info@yourspacetherapies.org)

Tel: 01903 209991  
[www.yourspacetherapies.org](http://www.yourspacetherapies.org)

# SCREENAGERS



## GROWING UP IN THE DIGITAL AGE

Screenagers is a thought-provoking, award winning film that probes into the vulnerable corners of family life. It depicts our ongoing struggles over screen time, social media and gaming, and includes insights from psychologists, scientists and academics. The film offers solutions about how we and our children can better navigate the digital world.

Following the film, there will be a chance to discuss our thoughts in groups, aided by a team of helpers.

Bring your children along and watch the film together. Screenagers doesn't promise all the answers, but it's a great conversation starter!

**Buy your tickets today.....**

A group of Shoreham mums brings you

### SCREENAGERS

**Monday and Tuesday, 14th/15th October, 6.30-9.00pm**

Film time 60 mins with time after for discussion (optional)

Sussex Yacht Club, 85/89 Brighton Road  
Shoreham-by-Sea, BN43 6RF  
Bar available.

Tickets £4 adults/£3 (ages 10-18)  
Book tickets via Eventbrite  
(search Screenagers in Shoreham)

**TWO NIGHTS ONLY**



**Gigs 4 Kidz**

**GIGS 4 KIDZ**

**FRIDAY 27<sup>TH</sup> SEPTEMBER**  
 From 6pm  
 at the Harbour Club, Shoreham Beach

Live music, singing, dancing, disco, fun & games.  
 Party Entertainment for the whole family!

**SING WELL**  
 COMMUNITY WELLBEING CHOIR

**COME AND JOIN OUR CHOIR!**

Improve your physical and mental health through singing.  
 Have fun, make friends and learn to sing well together.

We are a supportive and friendly choir for the whole community. There are no auditions and absolutely everyone is welcome regardless of age or ability.

Each session will last an hour and a half and will include a break for refreshments and a chance to connect with one another.

**Julia Daintree** is an experienced choir director with a passion for seeing communities come together through singing. She will draw from a wide range of pop, rock, Gospel and show music and always welcomes suggestions for new songs!

Please join us:

<b>Thursdays</b> 10am–11.30am Cost: £4 per week	<b>Shoreham Baptist Church</b> Western Road Shoreham-by-Sea BN43 5WD
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See website for other local Sing Well groups

[www.SINGWELLCHOIR.COM](http://www.SINGWELLCHOIR.COM)



email: [singwellchoir@gmail.com](mailto:singwellchoir@gmail.com)  
 mobile: 07802 537502





# HARVEST MEAL

3 COURSE



Shoreham Baptist Church  
Western Road, Shoreham-by-Sea, West Sussex BN43 5WD

Tel: 01273 965407  
email: shorehambaptist@uwclub.net  
www.shorehambaptist.co.uk  
Registered charity no. 1148191

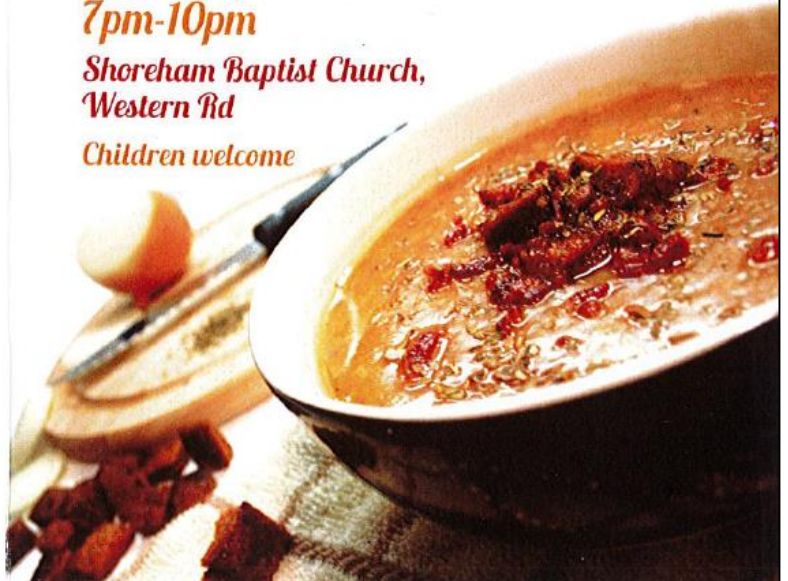
# Your Invitation to a FREE HARVEST MEAL

3 COURSE

Saturday 5th October 2019  
7pm-10pm

Shoreham Baptist Church,  
Western Rd

Children welcome



Come and enjoy a FREE 3 Course

## Harvest Meal



Saturday 5th October 2019  
7pm-10pm

Shoreham Baptist Church, Western Rd  
Children welcome

Please note that for catering purposes  
this is a ticketed event.

Tickets will be allocated on a 'first come,  
first served' basis.

If you would like tickets, please fill in the form  
opposite and hand in to the Church Office  
or send to: 'Harvest Booking',  
Church Office, Shoreham Baptist Church,  
Western Road, Shoreham-by-Sea,

Alternatively please email:  
shorehambaptist@uwclub.net

Please put 'Harvest Booking' as the subject and  
include your information from the form opposite

We will confirm your booking asap

RSVP by 25th September

## Harvest Booking Form

Please provide us with the information below, whether you  
are booking by post or by email – thank you!

Name .....

Address .....

Tel/mobile .....

email .....

No of adults ..... No of children under 12 .....

Details of any food allergies: .....

No of vegetarians.....

Names of friends (who have booked separately)  
that you would like to ideally sit with: \*

Please keep me updated with  
future events

\* We will try to satisfy your  
seating request, however due  
to the restricted numbers  
around tables, this may  
not always be possible.





## King's School Open Events 2019

King's School is holding a range of Open Events this September/October which we hope you will be able to join us for.

Our **OPEN EVENING** is on Thursday 3<sup>rd</sup> October from 5-8pm. Headteacher's talks will be at 5:30pm, 6:15pm and 7:00pm. There is no need to book to attend this event.

We are running **Open Mornings** on Monday 7<sup>th</sup>, Tuesday 8<sup>th</sup>, Wednesday 9<sup>th</sup> and Thursday 10<sup>th</sup> October. Sessions will run at 9:15am and 11:15am and can be booked through our website: [www.kingsschoolhove.org.uk/opendays.php](http://www.kingsschoolhove.org.uk/opendays.php)



## Celebration or party?

### A venue for a club or meeting?

We have two lovely halls available to hire in the Parish of Kingston Buci

on Saturdays, and on Sundays from 12pm

Very reasonable rates

For details contact:

St Julian's 07731860041 or email

[hallsadmin@parishofkingstonbuci.org.uk](mailto:hallsadmin@parishofkingstonbuci.org.uk)

St Giles 01273 462100 or email

[stgileshall@parishofkingstonbuci.org.uk](mailto:stgileshall@parishofkingstonbuci.org.uk)

<https://parishofkingstonbuci.wordpress.com>

Some availability at other times during the week



### PhD Research: Is modern technology effecting children's posture and muscles?

The University of Salford is conducting some research looking at children between 7-17 and their usage of personal electronic devices (including smart phones, tablets, laptops and desktop computer) and the effects on postural, physical and musculoskeletal systems. The aim of the PhD is to understand the usage of PEDs in schoolchildren and explore whether this usage is a risk factor to musculoskeletal symptoms (MSK), postural and physiological changes over time. What does these mean for industry in the future? The research is looking to see if there is a link between musculoskeletal symptoms and the use of PEDs; how children use the devices, length of time on the device and how they are sat/stood when using the device.

The student's participation in this research project will involve following the link provided below, which will take them to an online questionnaire. Participation in this research project is voluntary, and their anonymity and confidentiality will be ensured and respected.

Link to online questionnaire on: <https://salford.onlinesurveys.ac.uk/a-questionnaire-to-investigate-the-postural-physical-and>

Participating in the questionnaire the children are eligible to be entered into a randomised draw to win an iPad.

If you have any questions regarding the research project or the online questionnaire, please contact: Researcher – Anna Clark, [a.clark23@edu.salford.ac.uk](mailto:a.clark23@edu.salford.ac.uk) or Research Supervisor – Anna Cooper-Ryan, [A.M.Cooper-Ryan@salford.ac.uk](mailto:A.M.Cooper-Ryan@salford.ac.uk)



### The Childcare Club

Buckingham Park Primary, Buckingham Road,  
Shoreham, BN43 5UD  
Tel: 07551062186  
Ofsted reg: EY548960



## October half term is Pumpkin Week at Buckingham Park Primary

### Children aged 3 to 12 years from any school welcome

We are a Playwork based setting allowing all children to have a choice in what they do, while they are in our company. Every day we provide a wide and varied range of resources, equipment and activities for them to choose from and actively encourage them to make new friends and participate in any planned activities. The daily timetables are clearly displayed in the setting each day, but we are flexible in our planning; as our aim is that the children have non-stop FUN all day, every day. Therefore, we may change/adjust plans to suit their needs and their play ideas. Older children have their own supervised dedicated area (YR4+) whilst younger children (nursery age and YrR) have their own keyworker.



### Really Important Information

We will be having lots of fun and this might be messy ... so please don't wear your best clothes. You can bring DSs, iPads and gadgets but please name them and be responsible for them. (There will be set times when children can use them at each session.)

Mobile phones must be put into flight mode and only be used for games and music within the set times.

There are two big rooms: The main room is for children aged 3 years and over and the other is a room for children in Yrs4 and above. The older children can go between both rooms.

Children staying all day need to bring a packed lunch (healthy please). Please keep lunch nut, sweet and fizzy drink free and pop an ice pack in so that it keeps fresh. Lunch is at 12.40pm, so if you go at 1pm you can choose whether or not to bring a lunch.

We will provide a healthy snack and drink in the morning and toast in the afternoon. Water is available at all times.

For full terms, conditions and important information about our holiday club please go to our website.

[www.thechildcareclubworthing.co.uk](http://www.thechildcareclubworthing.co.uk)

**The Childcare Club** At Buckingham Park Primary School, Buckingham Road,  
Shoreham, BN43 5UD. Email: [buckinghamparkchildcareclub@gmail.com](mailto:buckinghamparkchildcareclub@gmail.com)  
Tel: 07551 062186 [www.thechildcareclubworthing.co.uk](http://www.thechildcareclubworthing.co.uk)

Child's name .....D.O.B.....Age.....Yr at school.....  
Home address.....  
Post code ..... Child's School.....  
Home Tel.....Mobile.....  
Email Address..... tick to be on mailing list ( )  
**Emergency contact name, relationship, Tel:**

1.....  
2.....

Medical information/illnesses/allergies/individual needs

I give consent for the staff to administer first aid to my child. Signed .....

I give consent for the staff to take my child to the local park. Signed.....

I give permission for my child to be photographed whilst at The Childcare Club.

Photos will be used for display boards, photo albums, certificates etc and stay on the property of THE CHILDCARE CLUB

Signed.....

I have read and understood the "Important information" and "Privacy notice" information that is displayed on the club website. TICK ( )

Signed ..... Print name.....Date.....

### PLEASE TICK THE DAYS AND TIMES REQUIRED

DATE	Mon 28/10	Tues 29/10	Wed 30/10	Thu 31/10	Fri 01/11
£25 8.30-5.30					
£2.50 8.30-9am					
£11 9.00-1.00					
£11 1pm-5pm					
£2.50 5pm-5.30					
£4.50 hr 1pm-2pm					



**COME AND JOIN THE FUN !!**  
We look forward to seeing you soon.

We accept all VOUCHER providers for payments, below are the main voucher providers we are registered to. If you have alternative ones and need SPECIFIC codes, please CONTACT us to assist.

Accor -P21144351  
Sodexo- 878792  
Care4 55492165

We will do park trips on different days during the holiday (Weather permitting) these will be free, and only children with the above consent signed can be taken.

### PAYMENTS

\*Payment must accompany your booking.

\*If paying by childcare vouchers proof of transaction must accompany booking.

Please make cheques payable to

"The Childcare Club"

BACS: NATWEST, THE CHILDCARE CLUB

ACC: 13141465

SORT CODE: 60-24-32

REF: "HOLBP" followed by child's initial and surname

### Payment Made By (Tick)

- BACS.
- Cheque.
- Cash.
- Voucher.

Date:.....

Amount £.....