
We love because he first loved us John 4:19

Dear Parents and Carers

This week has been another wonderful week (with very welcome warm weather), with more children who are eligible to come back in returning in Reception, Year 1 and Year 6. We are acutely aware that many parents in other year groups would welcome the opportunity for their children to return to school and we share your disappointment that based on government guidelines we are unable to change this. Whether the children are in school or at home they are continually in our thoughts and as the words from John's gospel above share, we love everyone in our school community because of Jesus's love for us.

We really look forward to seeing as many children as possible at our upcoming Big Picnic (to say goodbye to their present teacher) and our transition afternoons where they will be able to meet their new teacher for September – details of the children's new class teacher will be sent out in advance of the transition afternoons. Please do refer to the end of term arrangements letter that was sent out earlier this week for all of the relevant dates.

Every blessing

Mr Etherton, Mr Lincoln and team

1. 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.
- **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>
 - All – letter from Chair of Governors
 - All – end of term arrangements and start of autumn term information

2. **IMPORTANT INFORMATION:** Please note that Monday 6th July is the **LAST** day that children in Reception, Year 1 and Year 6 can re-start school before the end of term. For health and safety reasons, we cannot have children cherry-picking special one-off events. The only exception is the Year 6 Leavers' Assembly. Please see letters circulated earlier this week.

3. WORSHIP & ETHOS – Awesome Assemblies

- Thank you Pink Corals for the special Awesome Assembly this week celebrating Mr Badger's birthday!
- Premier of Year 6 Violet Oysters awesome assembly on Thursday 2nd July. Ever wondered what type of music Mr Badger listens to? Find out next week!

4. HEALTH AND SAFETY

- **Coronavirus Symptoms:** *Please do not send your child into school if anyone in your household has symptoms* (a temperature, cough, loss of taste and smell). Please see stay at home government guidelines.
- **2m rule reducing to 1m:** we have had a number of queries about whether we are able to increase the number of children in school as the 2m rule is reduced to 1m+. Unfortunately we still cannot have more than 15 children per 'bubble' so are unable to accept any additional children. We do know that many parents are desperate for their child to return to school – and we would love to see them! Unfortunately we are not permitted to.
- **Sun Safety:** during this hot weather please make sure your child has a sun hat and that you apply sun cream before school. Our Sun Policy is available on the website – see link below.
- **Nut Free school:** Please can we remind parents that children should not bring in food containing nuts or nut products as we have staff and pupils on site with nut allergies. Please check labels for allergens.
- **Updated policies on the website:** First Aid, Accessibility Plan, Acceptable Use, E-Safety, Sun.
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Policies&pid=16>

5. **RAINBOW CLASSES:** as we have an INSET day on Friday 17th July, the Rainbow Classes will be closed on that day, even if people have previously booked their children in for that date. We are sorry for any inconvenience that this may cause.

6. **PHONE CALLS HOME:** Many thanks to parents and carers who have been facilitating teachers phoning children in their homes to touch base about their learning and well being. Calls will continue on a weekly basis up until the planned transition activities. If your child is unable to take part in these activities for any reason then both old and new teachers will try to make contact via phone call before the end of term.
7. **KS2 SUMMER MUSIC CELEBRATION:** At this time of year we would usually be inviting the children to think about whether they would like to perform their instrument, either individually or in a band, or put a singing piece together for the Summer Concert. Although this is sadly not possible in the usual way this year, we would nonetheless like to celebrate the work and creativity of all of our talented musicians and singers. If your child is interested in performing the instrument they are learning to others, or singing a practiced piece, we would like to invite them to upload a short video of their performance onto Seesaw during week commencing 29th June. Children can then enjoy watching each other's performances within the class. Teachers will be selecting some of the highlights from each year group and these will form a special Awesome Assembly Music Celebration which will be aired before the end of term. We will contact parents to ensure we have permission for the performance to be shown via YouTube. Unfortunately we will not have the capacity to show every performance uploaded to Seesaw but hope to create a special show which everyone will enjoy. Many thanks, Mrs Bishop and Mr MacAllister.
8. **FREE SCHOOL MEAL VOUCHERS:** Through the Covid Summer Food Fund, schools can support eligible families with a free school meal voucher to cover the holiday period. We are awaiting further guidance from the Department for Education as to whether the school holiday period is classed as 6 weeks excluding inset days, in which case the voucher will be for £90, or 7 weeks including inset days in which case the vouchers will be for £105 for each eligible child. We will provide an update on this next week. The vouchers will be sent out week commencing 13th July. Please can we remind you to exchange your vouchers promptly for eGift cards as eGift cards have a much longer period of validity. This is particularly important as we approach the end of term so that any issues can be resolved prior to the start of the holidays. Some supermarkets have a maximum limit of £200 for each eGift card, so separate eCodes will be issued for each child. 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.
9. **BLACK LIVES MATTER:** Many of us are using lockdown to reflect on our personal values and take a meaningful look at the structure of the society we live in. Sparked by the treatment and injustice towards George Floyd, Breonna Taylor and many other black people in the UK, US and across the world, this is a time when many people are saying enough is enough and are campaigning for change, for example through the Black Lives Matter cause. It is everyone's responsibility to come together and stand for equality, diversity and inclusion and as a school we are currently looking at how we can address this through the PSHE and History curriculum next year. We would love to hear from you if you have any ideas on how we can develop this. As parents/carers you also have an important role to play and this guide provides lots of useful information on how to open up valuable discussions at home. There is also an excellent reading list and selection of films (suitable for all ages) which could be explored together as a family. Please do take the time to read through the document and talk through things with your child in an age appropriate way. <https://yoopies.co.uk/c/press-releases/blacklivesmatter>
10. **HOME LEARNING:** We have had a few more requests for 'live' lessons eg via Zoom. As previously written to parents and carers, this is not going to happen this term. We are simply at full stretch delivering what we are. The simple maths is that we have over half of children in school but have to have double the staff/pupil ratio as well as providing online learning. Staff cannot teach a group in school and provide live online lessons at the same time. This has been a big discussion point amongst local headteachers and, in fact, we are all doing very similar in terms of home learning provision.
11. **SCHOOL UNIFORM:** Children who are currently attending school are wearing school uniform. We hope, and expect, that children who attend end of term transition events will also wear school uniform. We appreciate that some children will have grown out of shoes(etc) but we would ask that children keep to our uniform policy as much as possible. Now that shops are returning to 'normal' we expect that from September all children will wear proper school uniform, including proper shoes and hair accessories in school colours in line with our school policy.
 - The PTA have been working hard to make second hand uniform available (See item below)
 - If you are facing specific financial hardship at this time, please be in contact with the school, in confidence.
 - The government has not said that school uniform needs to be washed every day (due to coronavirus). How often you wash your children's clothes is up to you!
 - Children in Little Fishes do not need to wear uniform. The yellow tops are optional.

- For further information about our school uniform suppliers and policy, please visit <https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Uniform&pid=21>

12. PTA

- **Amazon Smile:** The PTA is now registered to receive charitable donations through Amazon smile – they no longer donate through easyfundraising & are using their own platform to do the same thing. Amazon Smile will donate a percentage of the purchase price, on orders made with Amazon, to a charity of your choice. If you would like to support our PTA all you have to do is select “St Nicolas & St Mary Church of England School Parent Teacher Association” as your chosen charity on your Amazon account.
- **Second Hand Uniform:** the second hand uniform shop is in the Palace and will be open on Tuesdays and Fridays at pick up and drop off. Please remember:
 - We are only allowing 2 people in at a time – if there are 2 people inside, wait outside until 1 comes out.
 - To use the hand sanitiser by the door before you enter.
 - To bring your own shopping bag and some change – you will need to put the correct money into a pot to avoid us handling money. General uniform items are £1; Fleeces, shoes & bookbags £2; Coats £3.
 - The clothes have already been washed but we advise you wash them again as an extra precaution.
 - There will be a box outside for unwanted uniform donations. These **must be** in good condition, washed, names removed and left in the box inside a carrier bag. Please **DO NOT** take uniform donations into the school office as they will not accept them.

- ## 13. SUMMER HOLIDAY CLUB AT QUAYSIDE:
- Southeast Kids Camps are running summer holidays club at Quayside Youth Centre Southwick from 23rd July until the 28th August. They plan to split the children in two different groups and rotate them around throughout the day. They will be keeping up with the Government Guidelines and all social distancing rules will apply to parents and guardians as well as children. For more information, see flyer at end of bulletin.

14. USEFUL HOME LEARNING LINKS AND RESOURCES

[Useful Home Learning Links and Resources](#) (click on link) or go to Pupils>Useful home learning links & resources.



Secure Attachments – Robust Learners- Building Futures

Your Space Therapies are pleased to present an online Therapeutic Parenting Course.

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.

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For the BEST relationship with your child

Thursday 9th July, 6-8pm

Ticket price: £20

Training online via Zoom (details to follow on booking)

**To book your place, please email:
bookings@yourspacetherapies.org**

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 offers practical strategies and theraplay games to develop strong emotional bonds and help parents therapeutically manage children's anxiety or challenging behaviours. Strategies will be tailored to think about particular responses that are needed during COVID-19 and lockdown.

93% of parents or carers who have attended this course rated in 'Excellent'

About the trainer: Emma Connor is a Child Psychotherapist, MA, UKCP, Director, Consultant and Trainer for Your Space Therapies. Emma is a senior lecturer at the Institute for Arts and Therapy in Education as well as working in various schools providing therapy for children and therapeutic support for families.

For more information regarding Your Space Therapies counselling services, consultancy and training please visit: www.yourspacetherapies.org

Thrive 365 #21

Did you know?

Having a sense of purpose in life is hugely important to our wellbeing. As well as being good for our mental health, research has shown that a sense of purpose can reduce the risks of heart attack, stroke and even offers a protective factor against Alzheimer's! But how can you help young people develop a sense of purpose?

What can you try?

1. Teach them empathy

Empathy is a cornerstone for having a sense of purpose. Talk about your feelings to them; give names to the feelings; have conversations about how other people might feel - people in books, on TV, or friends and relatives; praise them when they show consideration for other people's feelings and point out examples of other people's empathy.

2. Point out inspirational people

People aren't usually inspirational by accident – chances are they have a strong sense of purpose! Talk about what makes them inspirational - what qualities and skills do they have? Point out the qualities and skills that your young person has and give examples of when they've demonstrated them. Ask them if there are any skills they'd like to develop.

3. Make sure they do what they say they will

Give them responsibilities and make sure that when they've committed to something, they keep their word. Whether it's bringing the dirty glasses and cups down from their room, walking the dog or phoning their gran - let them know that it matters.

Thrive 365 #22

Did you know?

Motivation comes from seeing the small successes you have along the way. They build your confidence and your self-belief. These small 'wins' are also referred to as 'success markers' and are really important to our sense of wellbeing because they help us to feel a sense of progress and achievement. So, how do we use success markers to keep children motivated and boost their self-belief?

What can you try?

1. Decide on the destination

Identify what problem or task you/your child is trying to make progress towards. For example: sitting and concentrating for 20 minutes without getting up for a drink or looking at a phone or becoming distracted. Being clear about exactly what you want to achieve helps you to know when you've been successful.

2. Plan the route

It can help to literally draw this out like a route map between where they are now and where they want to get to. Create 4-5 steps or checkpoints between where they are now and their end-goal. For example, maybe step 1 is to sit and focus for 5 minutes, step 2 for 10 minutes, step 3 for 15 minutes etc. Talk with them about how they can tell if they've succeeded in reaching their step - for instance they can set a timer. The time between each 'step' will vary depending on the individual. It might be a couple of weeks, a couple of days or a couple of hours!

3. Focus on the journey

When they get to each checkpoint, make time to talk to them about how their journey is going. Make this non-judgemental – it's normal for obstacles and distractions to crop up along the way. You can add to your route map pictures of mountains, hurdles, or icy paths that they might slide back down to show this. Stress to them that not going forward or even slipping backwards a little bit doesn't mean they've not made progress overall. Keep them focused on their successes to keep them motivated!

SCHOOL HOLIDAYS ACTIVITIES CLUB

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If the lockdown is having an effect on your mental health and wellbeing we can provide you with short term affordable counselling to support you during these times*

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