
'For the earth will be filled with the knowledge of the glory of the Lord as the water covers the sea' Habakkuk 2:14

1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use office@stnm.org.uk to contact the school with queries – please include your child's class.
- **School Office:** parents/carers should **not** enter the foyer unless they have a pre-arranged appointment. Please refer to the school website for information or email / phone if you have any queries 01273 454470.
- **Calendar:** term dates, upcoming events etc. This can be filtered by year group to help you find dates relevant to you. Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Letters / Emails 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. INFORMATION ABOUT UPCOMING EVENTS

- **Prayer Week – Coats needed on Wednesday 18th November:** Please can you ensure your child has a coat in school as the weather is turning colder. On Wednesday 18th November we will be doing a reconciliation/sorry activity with the children as part of the Brighton and City Mission's virtual prayer week. For this activity the children need access to a zip and so it would be great if they could use their coat (if it has a zip) or else bring in a zipped top for the purpose! Thank you for your support.

3. HEALTH & SAFETY – CORONAVIRUS – IMPORTANT INFORMATION

- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119.
- **Positive test result:** we have a dedicated email address for you to advise us if you receive a positive test result for your child (or yourself if you have been volunteering in school or if you consider that pupils or school staff have been in close contact with you), which will be monitored over weekends and holidays so that prompt action can be taken: positivetest@stnm.org.uk Please use this address for this purpose only. Emails about all other matters should continue to be sent to office@stnm.org.uk
- **Tracing contacts:** If faced with a race to trace multiple contacts and get messages out, it is likely that the full class of the pupil testing positive would be asked to stay at home for one day. This would mean that any potential risk of transmission, amongst other school members, was stopped instantly whilst contact-tracing took place. This would allow us to work out exactly who needs to self-isolate.
- **Self-isolating and Home Learning:** if your household is self-isolating and your child is absent from school, home learning materials can be found on the class pages on the website.

4. WORSHIP & ETHOS – Awesome Assemblies: next week's assembly is *Fruits of the Spirit: #7 Orange Faithfulness* which will be uploaded soon! https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw

5. VOLUNTEERS: Sadly, due to lockdown, we have had to suspend all volunteer placements until it ends, which will hopefully be by December. This does not include those students who are working through universities and colleges. We would like to thank all of our volunteers for all their hard work this term and also those who were scheduled to start in the coming weeks.

6. SEA LION STAFFING: next Wednesday, **Mrs Christy** will be starting her maternity leave. **Ms Cleaver** will be taking over and teaching the class on a Monday, Tuesday and Wednesday and **Mrs Westcott** will continue teaching the class on Thursday and Friday. We are very fortunate that Ms Cleaver is a very experienced teacher and knows the class exceptionally well as she has been supporting them since September. We are pleased to announce that **Miss Jenkins** will be supporting the class as their TA - Ms Jenkins has been volunteering in their class so already knows the children.

7. **RECRUITMENT:** After 27 years valuable service to the school **Mrs Colley** is going to be leaving us at Christmas to start her well-earned retirement. We will really miss her and the amazing service she has given to the school over the years. She is looking forward to spending quality time with her grandchildren and spending more time in the garden! We are therefore looking to recruit for two roles: Clerk to the Governors and an Administrative Assistant to start in January 2021. Please see the adverts in this bulletin.
8. **OCTOPUS BREAKFAST CLUB:** please note that children booked into the Breakfast club must arrive by 8.20am if they require a breakfast.
9. **UNIFORM DONATIONS:** thank you very much for all the uniform donations this week – we have enough to keep us going for a while now so please don't bring anymore in as we don't have the space to store it!
10. **REQUEST FROM BLUE AND GRAY WHALE:** if you have any children's football kits or dressing up shoes (for their shoe shop) that you no longer use, Reception would be very grateful! Thank you.
11. **READING**
- **Reading Challenge:** please follow the link below to join an exciting Reading Challenge! From the English Team. <https://readingagency.org.uk/children/news/join-the-winter-mini-challenge-and-become-a-reading-hero.html>
 - **Reluctant Readers:** please see the link below about Reluctant Readers. Why not have a go with your child this weekend? Good luck, *the English Team*. <https://www.lauracandler.com/12-ways-to-motivate-reluctant-readers/>
12. **BLUE PETER on YouTube:** Blue Peter is the longest running kids TV show in the world and it has just launched [Blue Peter on YouTube](#) Videos have been uploaded that are suitable for 5-11 year olds including world record breaking challenges, arts and crafts, environmental videos, cooking and baking how tos, inspirational films, gaming, celebrity appearances, dance routines and music performances. It also features ways of getting a Blue Peter badge, behind the scenes footage and extra content about the presenters Adam, Lindsey, Mwaksy, Richie and Henry the Blue Peter dog. If you are interested in this, please subscribe to <https://www.youtube.com/bluepeter> - (it's completely free to subscribe!) and don't forget to watch the live programme on CBBC at 5.30pm every week, or on BBC iPlayer. The Blue Peter Team!
13. **CHRISTMAS!**
- **PTA Christmas Hampers:** as in previous years, we are asking if you could donate a themed gift, towards the year group Raffle Hamper boxes. These have become a popular prize to receive at our last two fayres and look amazing. Each year group has a box to collect your donations in which are turned into beautiful hampers for the Raffle.
 - **PTA Christmas Raffle:** we already have some fantastic raffle prizes, including cases of wine, cash prizes and gift vouchers for local stores and health and beauty, but do let us know if you, your friends or family are able to donate anything - hairdressing, ironing, gardening, hampers, vouchers, tickets, anything you can think of! Please sell as many tickets as you can and return the stubs, money and unsold tickets to the office by Wednesday 9th December. Of course, if you need more tickets please ask. There will be a lockable box outside the foyer for you to return your ticket stubs and money. See the flyer on page 4 for the wonderful prizes to be won!
 - **Wiston Light Up Trail Poster Competition:** Wiston Estate is running a competition for schools to win £2,500 for their art department. Students just need to design a poster for the Light Up Trail and upload it to their website. The winning student will win a family ticket to the event along with £2,500 for the school's art department. Please see the flyer in this bulletin or click on the links for more information. <https://www.lightuptrails.com/> <https://www.lightuptrails.com/competition>
 - **Chartwells Christmas Dinner – Wednesday 16th December:** if your child is in Years 3, 4, 5 or 6 and they would like to have a Christmas dinner on this day, you need to book a meal for them online (menu on page 5) <https://westsussex.mealselector.co.uk/> The deadline to book is Sunday 6th December.



14. CHARTWELLS – The Super Yummy Kitchen is launching **Series 3 this week!**

- Monday: Brand new child-friendly cook-a-long videos and recipes, with the theme of School Meals! 😊
- Tuesday: **Activity/Informative posts**
- Wednesday: **Wellness Wednesday**
- Thursday: **Planet A/Sustainability**
- Friday: **Food Fact Friday**

School Meals

- The purpose of the school meals theme is to help **reduce stigma of school meals**, show how they have changed over the years to be much healthier, exciting and to bring our love for school meals **into family homes, for children to learn and make themselves.**
- Please share these resources - they are there to be used!
- We encourage all to take photos/video clips, post them on your own social media accounts and TAG **SUPER YUMMY!** There is some really delicious stuff on there.

Online Links:

- YouTube channel: <https://www.youtube.com/channel/UCyu3gIIGSmMJAqGOGOJr7M>
- Twitter: @TheSYKitchen → <https://twitter.com/TheSYKitchen>
- Instagram: @thesuperyummykitchen → <https://www.instagram.com/thesuperyummykitchen/>
- Facebook: The Super Yummy Kitchen → <https://www.facebook.com/thesuperyummykitchen>

15. ADMISSIONS FOR SEPTEMBER 2021: the deadline for applications for children who will be starting primary school in September 2021 is 15th January 2021. Parents/Carers must apply online at www.westsussex.gov.uk/admissions. If you are applying for a place at St Nicolas & St Mary school you must also complete the Supplementary Information form and Church Form (if relevant) which can be found on our website: [Admissions Information for September 2021](#)

16. OCTOPUS AND STARFISH CLUBS: bookings are available on sQuid for the 2nd half of the Autumn Term.

- 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.
- Four weeks' notice must be given for cancellation of any bookings (this is in line with other providers).
- All bookings for the **whole** of the 2nd half of the Autumn Term must be made by 4pm on **Friday 13th November** as sessions will not be available to be booked after this date.

Christmas Raffle Hamper

Each year group to create a festive hamper
to be won in the PTA Christmas raffle

Year group colour themes (and possible ideas):

YR - Red - Father Christmas

Y1 - Green - nature, trees, holly, mistletoe, etc

Y2 - White - snow, snowflakes, icicles, snowmen

Y3 - Brown & Black - Rudolph, penguins, Christmas pud

Y4 - Yellow - stars

Y5 - Silver - angels

Y6 - Gold - Christmas sparkles, tinsel & baubles

There will be a box outside each classroom
to collect donated items for that year group
until Thursday 3rd Dec



St Nicolas & St Mary school PTA

Christmas Raffle

Draw will take place on Friday 11th December

Prizes include:

£50 cash prize

2 x £25 cash prizes

3 x cases of wine

Bladez Barbers free shave

Hair by Tiffany at The Shoreham Hair Lounge

La Patisserie coffee vouchers

Tropic Skincare voucher

Forever Living product hamper

7 x Christmas themed hampers

**Tickets
£1
each**

**Wednesday 9th December is the last
day to buy tickets & return the stubs**





8th Dec to
3rd Jan

School art competition!

The winner will receive a free family ticket to Light Up Wiston Estate and £2500 for their school's art department!

Enter by making an exciting Light Up Trails poster and upload it onto our website. The more creative the better; use textiles, sparkles, paint... anything you can think of to make the page light up!

www.lightuptrails.com/competition |    



T&Cs apply, see website for more details.



Covid safe
family event!



Taking place from 8th December 2020 until 3rd January 2021 between 4-10pm, there will be a wide variety of interactive light and sound installations, as well as mulled wine, crepes and delicious Christmas treats.

 Creating memories and bringing people together. 

www.lightuptrails.com |    @lightuptrails

T&Cs apply, see website for more details.

Wednesday 16th December

£2.35



Festive Menu

Choose a main meal...

Roast Turkey
with Stuffing, Cocktail Sausage & Gravy

or

Quorn Fillet
with Stuffing Ball & Gravy

on the side...

Roast Potatoes
Peas and Carrots

for dessert...

Chocolate Dipped Shortbread
or

Fruit Salad

for a drink...

Fruit Squash

Milk

Water



*To enjoy our festive-inspired day, please
order at www.measelector.co.uk
no later than Sunday 6th December*

2020





**St Nicolas and St Mary Church of England
Voluntary Aided Primary School**

Eastern Avenue, Shoreham-by-Sea, West Sussex BN43 6PE

Tel: 01273 454470 Email: office@stnm.org.uk

Web: <http://www.stnicolasmary.w-sussex.sch.uk/>

Executive Headteacher Mr D Etherton B Ed Hons. NPQH

Acting Headteacher Mr A Lincoln BA Hons

ADVERT – Clerk to the Governors

St Nicolas and St Mary CE Primary School is an award winning school. We have a very friendly, dedicated staff and Governor team – the school is a great place to work! Ofsted inspected the school in March 2017 and recognised that the school continues to offer a GOOD quality of education and safeguarding is effective. The inspection noted children's good behaviour and excellent attitudes to learning. In December 2016 the school, as a Church of England school in the Diocese of Chichester, received a 'SIAMS' inspection and was judged to be "outstanding".

We are seeking to recruit a Clerk to the Governors to support Governors in fulfilling their responsibilities for the school from January 2021. The Clerk is expected to prepare agendas and associated papers and take minutes at all Full Board and Committee Meetings. These take place both during the school day and in the evenings. The workload is variable and hours to be worked are approximate. Indicative hours, to include preparation for and attendance at between 6 – 8 meetings per term, are 4 hours per week. Access to the internet and the ability to work at home and in school is essential, previous or similar experience is desirable.

Location: St Nicolas and St Mary C.E. Primary School, Shoreham-by-Sea and homeworking

Required from: January 2021

Contract: Part-time, Term time only

Temporary until 23rd July 2021 (*Possibility of becoming permanent*)

Hours per week: Casual (approximately 150 hours per year)

Hours of work: Monday – Friday, school day and evenings

Salary: Grade 4 Point 5, £10.01 per hour

Job Description: Please refer to the Job/Person Specification in your supporting statement.

Relevant qualifications and training are an advantage but not essential.

It is desirable, but not essential, to have experience of:

- Clerking, including minute taking to ensure a high level of grammatical and content accuracy and organisation of agendas and supporting papers.
- Working to deadlines.
- Knowledge of the DFE Governance Handbook, Competency Framework for Governors and Clerking Competency Framework.

The successful candidate(s) will:

- Be enthusiastic, motivated and able to use their initiative.
- Be very organised, self-motivated and flexible.
- Have a good understanding of how a school and school governance works.
- Have excellent interpersonal skills.
- Have excellent minute taking, typing and communication skills (including use of virtual technology).
- Observe the confidential nature of the work.
- Have excellent problem solving skills.
- Be supportive of the Christian ethos of the school.

If this sounds like a good match for you we look forward to hearing from you.

The closing date for all applications is **12 noon Monday 30th November 2020** (email to office@stnm.org.uk or post to above address). Interviews are scheduled to take place **Friday 4th December 2020**.

Please contact the office for an application pack or visit:

www.westsussex.gov.uk/living/jobs/working_for_us/teacher_recruitment/school_job_search.aspx



**St Nicolas and St Mary Church of England
Voluntary Aided Primary School**

Eastern Avenue, Shoreham-by-Sea, West Sussex, BN43 6PE

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Executive Headteacher Mr D Etherton, B.Ed Hons. NPQH

Acting Headteacher Mr A Lincoln BA Hons

ADVERT – Administrative Assistant

St Nicolas and St Mary CE Primary School is an award winning school. We have a very friendly, dedicated staff and Governor team – the school is a great place to work! Ofsted inspected the school in March 2017 and recognised that the school continues to offer a GOOD quality of education and safeguarding is effective. The inspection noted children's good behaviour and excellent attitudes to learning. In December 2016 the school, as a Church of England school in the Diocese of Chichester, received a 'SIAMS' inspection and was judged to be "outstanding".

On the retirement of a long serving member of our school office, we are now seeking to recruit an Administrative Assistant to join the team and continue to provide a welcoming and efficient service to parents/carers, staff, governors, visitors and, most importantly, children who make up our friendly school community.

Location:	St Nicolas and St Mary C.E. Primary School, Shoreham-by-Sea and homeworking
Required from:	January 2021
Contract:	Part-time, Term time only Temporary until 23 rd July 2021 (<i>Possibility of becoming permanent</i>)
Hours of work:	Thursday 8.30am – 4.30pm Friday 8.30am – 3.30pm
Salary:	Grade 3 Point 3, £9.62 per hour
Job Description:	Please refer to the Job/Person Specification in your supporting statement. Relevant qualifications and training are an advantage but not essential.

It is desirable, but not essential, to have experience of:

- Using a range of software and IT tools e.g. SIMS, Word, Excel, Google Docs.
- Writing and proof-reading text to ensure a high level of grammatical accuracy and reader accessibility within tight deadlines.

The successful candidate(s) will:

- Be enthusiastic, motivated and able to use their initiative.
- Be very organised, flexible and able to work under pressure.
- Have a good understanding of how a school works.
- Have excellent interpersonal skills.
- Be an outstanding team player.
- Have excellent IT, numeracy and literacy skills.
- Have excellent problem solving skills.
- Be supportive of the Christian ethos of the school.

If this sounds like a good match for you we look forward to hearing from you.

The closing date for all applications is **12 noon Monday 30th November 2020** (email to office@stnm.org.uk or post to above address).

Interviews are scheduled to take place **Thursday 3rd December 2020**

Please contact the office for an application pack or visit:

www.westsussex.gov.uk/living/jobs/working_for_us/teacher_recruitment/school_job_search.aspx

The successful applicant will need to undertake an Enhanced Disclosure via the Disclosure and Barring Service (DBS) and references will be checked prior to interview. This school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.

Dragonfly: Impact Education

Thrive 365 #43

Professional Wellbeing

Book our First Aid for Mental Health Course [here](https://www.dragonflyimpact.com/link-tree)
<https://www.dragonflyimpact.com/link-tree>

Did you know?

In their 2019 report, Ofsted cited research from the UK's Health and Safety Executive, stating that teaching staff and education professionals report the highest rates of work-related stress, depression and anxiety in Britain.

However, the picture behind this is more nuanced and complex than just 'workload'. In his 2020 article, Chase Mielke explored how his own actions and attitudes added to his problems and discusses how people can take back some control and avoid burnout (his 2019 book: 'The Burnout Cure – Learning to Love Teaching Again' is currently top of my reading list!)

What can you try?

1. Own your time!

'There just aren't enough hours in a day' is a phrase probably heard echoing through the corridors of schools up and down the country. However, it's also a phrase that positions us as powerless and puts time-management outside of our control. It's important to realise that the choices we make over what we do with our time are within our control because this decreases burnout. Set a timer for particular tasks, accept imperfection and acknowledge that sometimes 'good enough' will have to be – well – good enough.

2. Monitor your resources

We all have finite resources at our disposal. Take notice of what depletes your energy resources and limit those things. Say no whenever possible. Save your resources for the things that are truly important to you. There will also be things that increase your energy reserves – notice what makes you feel energised, motivated and able to do more and build some of those things into each day. It might be a walk in the autumn sunshine, lighting a scented candle, or just 5 minutes of quiet, but be aware of what works for you.

3. Mind out for the empathy trap

People who work with children and young people care deeply about them, and it shouldn't be any other way. However, taking their feelings and burdens on as your own is a slippery slope towards burnout. Instead, aim for compassion over empathy. Compassion means taking action to help someone, and that might mean signposting them to a member of staff who has dedicated time to listen, or to professional help and/or websites.

Mielke, C. (2020) 'Reining in the Super-Teacher Complex: In our quest to be heroes, we sometimes forget to save ourselves', *Educational Leadership*, 77(9), pp. 26–29. Available at: <https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=eax&AN=144249453&site=ehost-live> (Accessed: 9th November 2020).
We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

We take a 4-winged approach to supporting those who work with children. Our 4 courses are: First Aid for Mental Health, Safeguarding Level 3, Coaching in Healthy Schools, Healthy Young Minds

www.dragonflyimpact.co.uk

[@dragonflyimpact](https://www.instagram.com/dragonflyimpact)

info@dragonflyimpact.co.uk



Was your child born between 1 September 2016 and 31 August 2017?

If so they are eligible to start
school in September 2021.

Apply online!

It's simple, convenient
and timesaving. If your
application is received after
the deadline of Friday 15
January 2021 your chance
of securing a place at one of
your preference schools could
be seriously affected.

You can apply online from Monday
5 October 2020. If you would like
further advice or information contact:

03330 142 903

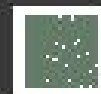
Free internet access to apply
online is available at all:

- West Sussex libraries
- Children and Family Centres



www.westsussex.gov.uk

Apply online at:
www.westsussex.gov.uk/admissions
Deadline: Friday 15 January 2021



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