

Have you seen the rainbows?

And God said, "This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come.... Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth." Genesis Chapter 9 v 12 and 16

Dear Parents and Carers

What extraordinary times we live in! Sometimes it feels like we are living in a movie set – and at other times nothing seems different. But, the supermarket queues, empty streets and lack of school reminds us that life is different at the moment. There are moments of hope: residents clapping and banging pans at 8pm on a Thursday night, the rainbows children are drawing and sticking up in windows and the dedication of school staff to serve other key workers and their children by providing care. One of our Christian values is that of hope. The bible doesn't promise that life will be easy (which is why we talk about being a Tough Tortoise!) but that God is with us. We just need to put our hands into his.

Mr Etherton, Mr Lincoln and all the staff at St Nic's.

1. COMMUNICATION

- **Emails:** please use the office@stnm.org.uk to contact the school with any queries. Email is now our main form of communication and due to the high volume we are receiving please be aware that you may not get an immediate response!
- **Dates & Events:** all events have been cancelled until further notice.
- **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:** if you have missed any of the Awesome Assemblies over the last few week you can view them at https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw?safe=true Mr Badger is now on holiday for two weeks but hopes to upload assemblies on Palm Sunday and over the Easter Weekend. We've had nearly 8,000 views including pupils' relatives in Europe and a couple of our ex-pupils in Brazil watching it!
- **Church of England:**
Click on the following to find a church near year live streaming a service
https://www.achurchnearyou.com/live-stream/?tags=Live_stream



- **We Are Emmanuel:** Join us online every Sunday at 10.30am for our 'live-streamed' Sunday services, including worship, teaching & prayer weareemmanuel.com/live
- **Shoreham Baptist Church:** we are looking to introduce a live stream of our Sunday service – before then do take a look at the website <https://www.shorehambaptist.co.uk/>



3. **Rainbow Club and Easter Holidays:** this will be running over the Easter Holidays (except Good Friday and Easter Monday) for our key/critical worker families and families with vulnerable children. The club will reflect the change in home learning set for the Easter holidays – the day will revolve around a range of activities that reflect the wider areas of learning: art/craft, sport, science and forest schools.
4. **HOME LEARNING – Easter Holidays:** for the next two 'Easter Holiday' weeks the home learning will reflect more of what would have traditionally been given at this time of year ie a topic based project, reading and online learning. This is now available on the school website. During the Easter Holidays, staff will **not** be checking the Seesaw or 2Simple App (they, like the children, deserve a break!). They will be back online from Monday 20th April.
5. **USEFUL HOME LEARNING LINKS AND RESOURCES – additions this week**
 - [Useful Home Learning Links and Resources](#) (click on link) or go to our website Pupils > Useful home learning links and resources.
 - Free Daily Resources for Children (on main page of Useful Home Learning Links section)
 - West Sussex – Music on the Menu 2 (Art & Design, French and Music page)
 - Exercise – Football Skills Coaching Week 2 Session 2: <https://youtu.be/DvuxsTr6lq4>
 - Well-being page: Foodbank information, Through My Window, Advice on looking after your mental health.

6. EASTER COMPETITIONS

- **PTA Easter Bonnet competition:** see flyer below.
- **Turning Tides:** write a poem or draw a picture, for more information go to: <https://www.turning-tides.org.uk/how-to-help/educational-resources/>

7. HEALTH & SAFETY

- **Online safety: The DfE have advised:** Parents and carers may choose to supplement the school or college online offer with support from online companies and in some cases individual tutors. (We would therefore like to) emphasise the importance of securing online support from a reputable organisation/individual who can provide evidence that they are safe and can be trusted to have access to children. Support for parents and carers to keep their children safe online includes:
 - ❖ [Internet matters](#) - for support for parents and carers to keep their children safe online
 - ❖ [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
 - ❖ [Net-aware](#) - for support for parents and careers from the NSPCC
 - ❖ [Parent info](#) - for support for parents and carers to keep their children safe online
 - ❖ [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
 - ❖ [UK Safer Internet Centre](#) - advice for parents and carers



Hello schools, parents and carers.

Welcome to our second edition of **Music on the Menu**. We hope you enjoyed exploring last week's ideas. Here are some more ideas for how to include and enjoy high quality music experiences with your children/young people each day. Once again, these ideas are suitable for primary school, secondary school and home settings, so please do pass the information on to your parents and carers.



LISTENING

Why not start the day by listening to beautiful music? Here is a piece of classical music that will help to calm and focus the mind.

'Vocalise'

(Composer – Sergei Rachmaninoff)

<https://www.youtube.com/watch?v=-DqIFBXwPPI>



SINGING/ COMPOSITION

For a great selection of pulse & rhythm and pitch & singing activities, please visit <http://www.westsussexmusic.co.uk>.

- Click on Staff Zone
- Click on School Zone
- Username: Schools
- Password: SchoolsAccess1
- Go to 'Pulse and Rhythm' folder
- Go to 'Pitch and Singing' folder

Thrive 365 #10

Did you know?

Researchers at Korea University in Seoul have conducted studies that reveal that teens addicted to smart phones are more likely to suffer with mental health conditions. This is because the natural balance of the brain is affected by the dopamine flood caused by social media and this chemical change makes natural rewards seem less and less satisfying which can trigger anxiety, depression, compulsion and impulsivity.

What can you try?

1. Set screen-free time

Set screen-free time in your day to focus on offline activities and face-to-face interaction with people you live with. It's easy to get used to communicating digitally and so important to make non-digital human connection a regular habit. Rather than focus on what you won't be doing, focus on what you will be doing.

2. Make your bedroom screen-free

Restrict screens in your bedroom as this usage will impact your sleep and also impact your mental health. If possible, get into the routine of plugging your phone in downstairs. People will soon get used to the fact you are not contactable during certain hours.

3. Be kind and do good

Try to use your phone to be kind and do good. Think less about what people are saying to you on social media, and more about what you can do to improve their day. Set yourself a target of 5 ways you will help someone else via your phone. This might be a kind comment, retweeting a charity tweet, posting an inspirational comment etc.

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