

1. Dates & Events

Event	Yr	Date	Time
Half-term		Monday 17 th – Friday 21 st Feb	
Ash Wednesday Eucharist Service – parents and carers welcome	Y2 – 6	Wednesday 26 th February	9am
Y3 trip to Drusilla's	Y3	Thursday 27 th February	All day
West Sussex Youth Cabinet Elections	KS2	Friday 28 th February	All day
Book Week	All	Monday 2 nd – Friday 6 th March	All week
Little Fishes parent & carer consultations	LF	Monday 2 nd March	3.20–5.20pm
World Book Day – dress up as favourite book character	All	Thursday 5 th March	All day

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

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

- Y6 Oyster Bollywood Showcase – Thursday 19th March, 9.15am – **CHANGED FROM THURSDAY 12th MARCH**

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>

- ALL – Coronavirus

4. **WORSHIP & ETHOS** 'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the holy spirit' **Romans 15:13**5. **Octopus & Starfish Club & Little Octopus & Little Starfish Clubs:** bookings slots for the 2nd half of the spring term are available on sQuid.6. **REQUESTS & REMINDERS**

- **Football boots:** if you have any football boots that your child has outgrown / no longer needs, we would be grateful if you could donate them to the school as spares for our football teams! Just drop them into the office. Thank you.
- **Junk Modelling:** Thank you for all your contributions to our junk modelling collection. Please note that we are unable to accept toilet rolls, any food boxes which contain nuts (biscuits, cereal boxes) or egg boxes due to allergy reasons.
- **Lost property:** This will be available to view in the Main Hall at pick up today.

7. **FREE TO BE ME – INTERNET SAFETY DAY 2020:** on Tuesday we celebrated Safer Internet Day and talked about the many ways in which the internet can be used to celebrate people's individuality and creativity. This links in with one of our Big Questions this half term which explores what makes each and every one of us special – Why are you thankful to be you? During our internet safety assembly we discussed these top tips with the children but it would be fantastic if parents and carers could reinforce these messages at home. For useful top tips please visit:
Tips for 3-7s: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/safer-internet-day-2020-top-tips/safer-internet-day-2020>
Tips for 7-11s: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/safer-internet-day-2020-top-tips/safer-internet-day-0>8. **LOST BOOKS:** as a school we place great value on the importance of teaching our children to read and enjoy a wide range of books. We have recently invested in a large number of new books for both the library and for the children to use in class and take home, as well as whole school training and resources for the new Read Write Inc phonics scheme. In order to encourage children's love of books and reading we firmly believe in the importance of them regularly taking home a book to read. We are very grateful to all the parents and carers who take the time to share books with their children each evening as this has a big impact on their confidence and growing reading and comprehension skills. Sadly each year we lose a large proportion of books which are not returned

because they have been lost at home. As a school we have never charged for these books because we want families to have access to them. However, due to more recent financial challenges within schools, and the fact that in order to teach effectively we need to keep our new book systems in perfect working order, we are asking for a voluntary contribution from parents and carers to replace any lost books, or that they purchase a like for like replacement. This will come into effect after half-term.

Please do take the opportunity over half-term to have a good look around at home to see if you have any school books that need to be returned. Thank you.

9. HEALTH & SAFETY

- **Hand sanitiser:** could we please ask you not to send your child in with their own hand gel. We have hand sanitiser in every classroom and in other key areas around the school. We also use alcohol-free sanitiser.
- **Coronavirus Update:** All the information that was sent out with the letter earlier in the week is still relevant however Public Health England has changed the advice for individuals who have travelled recently as follows:
 - If you have travelled from Wuhan or Hubei Province to the UK in the last 14 days you should immediately:
 - Stay indoors and avoid contact with other people as you would with the flu.
 - Call NHS 111 to inform them of your recent travel to the area.
 - Please follow this advice even if you do not have symptoms of the virus.
 - If you have returned from the following areas to the UK (Elsewhere in China; Thailand; Japan; Republic of Korea; Hong Kong; Taiwan; Singapore; Malaysia; Macau) in the last 14 days and develop symptoms of cough or fever or shortness of breath, you should immediately:
 - Stay indoors and avoid contact with other people as you would with the flu.
 - Call NHS 111 to inform them of your recent travel to the country.

DANGEROUS PARKING

- **PARKING:** yet again, we find ourselves having to ask all parents and carers to be considerate when dropping off/picking up their children. We are extremely concerned that some parents/carers are repeatedly 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. The school will not hesitate to report such incidents to the police. This includes dropping off/picking up from the Octopus and Starfish clubs and any other after school clubs.
- **Reporting bad or inconsiderate parking:** **Anybody** can report bad or inconsiderate parking by going to 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:** Could we please remind you that parents/carers **must not** use the staff car park unless they have been given prior permission to do so. 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.
- **Tesco:** Please do not use the Tesco car park for dropping off/picking up – Tesco has been very tolerant of this in the past, however some parents/carers are taking advantage and we may find Tesco do not permit this in future.

ST MARY DE HAURA
"IGNITE YOUTH"
9-14

CHAT TOASTIES GAMES

Organized by
St Mary de Haura
Children's, Families and Youth coordinator

February 25th, 5pm to 6.30pm
St Mary de Haura
Church Hall
(25 East St Shoreham)

For more info and to book a place
Email smdh.childrenandfamilies@gmail.com



Messy Church
Church of the Good Shepherd

Love your neighbour

Saturday 15th February 3pm to 5pm

*Craft, games, story, celebration,
family, food*

The Church of the Good Shepherd, Shoreham Beach



£2.35

Pancake Friday

28th February

Choose a main meal...

Fish & Chips
or

Omelette & Chips

on the side...

Baked Beans
or Salad

for dessert...

Pancake with Syrup
or Fruit Salad



Please place orders by Sunday 16th February at www.mealselector.co.uk, where greater details are displayed.

For more information on special diets please contact westsussexspecialdiets@compass-group.co.uk. Please ensure special diet requests are made 2 weeks prior to the event.

Terms and Conditions apply.



MAIN EVENT!

IT'LL
BE A WHALE OF
A TIME!



UNDER THE SEA!

DIVE IN!

FOR
ALL KIDS AGED
5-11!



WEDNESDAY 19TH FEBRUARY 2020
4PM-6PM @ CITYCOAST CHURCH

21st Century Kids! ©2020 (21CK! logo only)



MAIN EVENT!

UNDER THE SEA!

WHEN: WEDNESDAY 19TH FEBRUARY 2020
WHERE: CITYCOAST CHURCH,
NORTH STREET,
PORTSLADE
BN14 1DG
TIME: 4PM-6PM

GET YOUR FREE TICKETS BELOW:

<https://21ck-under-the-sea.eventbrite.co.uk>

www.facebook.com/21ckfun

21st Century Kids! ©2020 (21CK! logo only)





22nd February, 3-5pm

"Rise! Take Your Mat And Walk"

Fun
Worship



Messy Church for the World Day of Prayer

At St Giles' Church,
Upper Shoreham Road



Food
Crafts

WORLD DAY OF PRAYER 2020

Praying with Zimbabwe



FRIDAY 6TH MARCH



**St Nicolas' Church
Old Shoreham**

at 1.30 p.m.

**followed by refreshments
All welcome**

A SERVICE FOR EVERYONE

**Rise! Take Your
Mat and Walk**

www.wwdp.org.uk

Registered Charity Number 233242



YOU CREW

Video Creator Holiday Club

Do you have a 7-12 year old budding YouTube star?

Want to encourage positive screen time?

Send them to YouCrew to learn how to make their own videos in a fun and safe environment, at the first club of its kind in Sussex!



7yrs - 12yrs • 18-21 Feb • Heene Community Centre, Worthing



Stop Motion | Green Screen | Slime Videos | Minecraft Gaming



This half term in the studios we'll be:

- Directing and starring in our own videos in our mini iPad studios
- Taking part in YouTube-style games and activities
- Learning how to edit and add special effects, titles, music and more
- Making friends and building confidence!

Get in touch to book!

Hello@CrookedTreeEvents.com

CrookedTreeEvents.com

CHELSEA FC FOUNDATION TRANSITION AFTER SCHOOL FOOTBALL CLUB

When: Tuesday 3rd March – Tuesday 31st March

Time: 16.00 - 17.00

Ages: 8-11

Cost: £27.00* *£2 has been added onto final total to ensure each child receives a Chelsea FC medal at the end of the course.

Location: The Sir Robert Woodward Academy, Upper Boundstone Lane, Sompting, Lancing, BN15 9QZ



FOUNDATION

This Transition After School Club is open to all children between school Years 4-6, that are potentially thinking of attending The Sir Robert Woodard Academy in the future.

This club will give the children opportunity to see the school, use its fantastic facilities give children the opportunity to familiarise themselves with the Chelsea FC Coaching staff who are based and work within the school.

All participants should bring warm waterproof clothing (sports kit), appropriate footwear, shin pads and drink.

Please note that we have a No-Nut policy with all of the sessions we deliver

Due to club policy all children must be collected at the end of the club by a named adult on the collection list

TO BOOK PLEASE VISIT:

www.chelseasoccerschools.co.uk

Course Code: ASC-TSRWA-X-2

Anyone who is unable to book online you can request a booking form from school reception. Payment can then be made via cash or cheques made payable to 'Chelsea FC Foundation'.

For further details please contact enzo.benn@chelseafc.com or 01932 596147

BOYS & GIRLS MULTI-SPORTS CAMP

AGES
6 - 12



FEBRUARY HALF-TERM

INDIVIDUAL DAY: £16 / FULL TWO DAYS: £30

MONDAY 17TH - TUESDAY 18TH
09:30AM - 15:30PM



VENUE:
SWISS GARDENS PRIMARY SCHOOL
SHOREHAM-BY-SEA,
BN43 5WH



BOOK NOW AT
WWW.ELITECOACHINGSOCCERACADEMY.CO.UK

BOYS & GIRLS SOCCER SKILLS CAMP

AGES
6 - 12



FEBRUARY HALF-TERM

INDIVIDUAL DAY: £16 / FULL TWO DAYS: £30

WEDNESDAY 19TH - THURSDAY 20TH
09:30AM - 15:30PM



VENUE:
SWISS GARDENS PRIMARY SCHOOL
SHOREHAM-BY-SEA,
BN43 5WH



BOOK NOW AT
WWW.ELITECOACHINGSOCCERACADEMY.CO.UK



Chartwells Catering has a kitchen Team Leader vacancy at St Nicolas and St Mary CE Primary School, Shoreham

Are you interested in school catering that fits around your family life?
If yes, why not join our friendly, professional team?

Position is term time only 17½ hours per week, 10.15am-1.45pm, 5 days a week.
Appropriate training will be given and uniform will be provided.

For more information please contact
Nicola Eves, Area Manager via email at
nicola.eves@compass-group.co.uk



Did you know?

Harvard Medical school research refers to the 90 second emotional rule. This is how long a 'dose' of cortisol lasts. Our stress response and the initial release of the hormone is automatic, we have no control, but after this it becomes a CHOICE – something we can control. Our THOUGHTS determine whether or not we continue to release these hormones. The body always reacts first, but messages from the mind determine whether this response is maintained or not.

What can you try?

1. A 90 second hug (set your timer!).

This releases oxytocin, which works to help reverse the effect of the stress hormones.

2. Count backwards from at least ten.

Counting forwards is pretty automatic for most of us but counting backwards means we have to interrupt whatever else our brain is doing at the time.

3. Give to others – especially in person so you see their face and make eye contact.

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

Scientists believe that altruistic behaviour releases endorphins in the brain – the 'helper's high'.