

God of all wisdom,
We can't always understand what is happening around us,
Or see you at work in difficult times,
But we choose to trust in you.
Please grant us understanding.

Dear Parents and Carers

We've never quite had a start to a summer term like this one. We appreciate that it has been very challenging for everyone, in many different ways.

- Some have seen incomes massively reduced, others are doing more hours than ever.
- Some want to get out more, other want to stay in more.
- Some would vote for more home learning, others less.
- Some would like schools to open ASAP, others are not so sure.

As we look ahead, we can't wait to see more children – but we are mindful that safety comes first. It is really important for parents to know that although we are PREPARING detailed PLANS for a phased re-opening of the school FROM 1st June, it does not mean that we will IMPLEMENT PLANS if we do not feel confident that we can provide a safe learning environment for staff and pupils.

Next week we have two days of training for staff (half at a time) when we will be sharing and developing our reopening plans. We are also waiting for further advice and reassurances from the DfE, Local Authority and others as well as liaising and sharing good practice with other local schools. When we are confident with our plans and timetables, we will share these with parents.

Whilst we are desperate to see ALL of our pupils, we will have no hesitation in delaying plans to re-open!

Every blessing in this difficult time,

Mr Etherton, Mr Lincoln and team

1. COMMUNICATION

- **Keep in touch:** do keep in touch with the school and share significant highs and lows that you and your family may be facing. We may be able to help, point you in the direction of help or at least 'walk' with you in our thoughts and prayers. Email office@stnm.org.uk
- **Emails:** please use the office@stnm.org.uk to contact the school with any queries. Email is currently our main form of communication so we are receiving a huge amount – we will endeavour to respond as soon as possible!
- **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>
 - School Re-opening Update 1 – 11th May
 - School Re-opening Update 2 – 12th May
 - School Re-opening Update 3 – 13th May
 - Letter to Children – 15th May

2. WORSHIP & ETHOS:

- **Superheroes:** More superhero fun looking at Joseph, Moses and Joshua, including contributions from Rev Ann Waizeneker and Brighton and Hove City Mission. There will not be any Awesome Assemblies over the half term 'break' – so do take this opportunity to catch up on any you may have missed!

3. RAINBOW CLUB – childcare

- **Bookings for the Rainbow Club for Keyworker & Vulnerable children:** this is available on sQuid via Offers. YOU MUST MAKE SURE YOUR CHILD IS BOOKED IN BY 12 NOON THE PREVIOUS DAY OR WE WILL NOT BE ABLE TO ACCEPT THEM. We have very strict guidelines on how we operate the Rainbow Club and staffing is arranged according to the bookings. Therefore, to avoid disappointment and confusion please book sessions in good time. If you have any queries please email office@stnm.org.uk

- **Opening dates:** we do not intend to run Rainbow Club on Monday 25th May, Spring Bank Holiday but will run it during the half term 'break' from Tuesday 26th to Friday 29th
- **Bookings for the Rainbow Club week commencing 1st June are available on sQuid Offers – FOR KEY WORKER AND VULNERABLE CHILDREN ONLY:**
 - If your child is in Years 2-5 **you must** book your child into Rainbow Club until further notice.
 - If your child is in Nursery, Reception, Year 1 or year 6, **you must continue** to book your child into Rainbow Club because we are not 100% certain that the school will be fully open for these year groups at this stage.
- **Tasty Treats!** We would like to thank Tides Pizzeria and La Patisserie for sending in pizzas and pastries for us to enjoy last week. They were absolutely delicious and a very welcome treat for both staff and children!



4. **OCTOPUS CLUB & STARFISH CLUB:** Parents can now make bookings for these clubs for the 2nd half of the summer term. The bookings slots can be found under **bookings** in your sQuid account. Please only book your child into these clubs if they are due to attend school or the Rainbow Club.

LITTLE OCTOPUS CLUB & LITTLE STARFISH CLUB: Parents can now make bookings for these clubs for the 2nd half of the summer term. The bookings slots can be found under **bookings** in your sQuid account. Please only book your child into these clubs if they are due to attend nursery or the Rainbow Club.

5. **ACTIVITIES TO DO**

- **Essay Competition:** [The Queen's Commonwealth Essay Competition](#), the world's oldest international schools' writing competition, asks young writers to consider how the Commonwealth can address global challenges and work to create a better future for all its citizens. HRH The Duchess of Cornwall launched the 2020 Competition in New Zealand on the theme of *Climate Action and the Commonwealth*; drawing on the increasing youth movement across the Commonwealth and the ongoing climate crisis. Young people are called upon to use any form of creative writing to consider their position and power in bringing about change, and how the Commonwealth can be used as a tool for positive action ([flyer with information](#)). Full details are available [on the RCS website](#). Entries will be [accepted through the online platform](#) until 30th June 2020.

6. **SHOREHAM FOOD BANK** – Don't forget the Shoreham Food Bank is available for those in need of food parcels. It is open each **Tuesday and Friday from 10am – 12noon** at Huntingdon Church Hall, Shoreham Free Church, Buckingham Road, Shoreham-By-Sea, BN43 6WF. Mrs Nisbet is currently assisting at the Shoreham Foodbank and she would be happy to welcome any school families. It is operated safely with social distancing taking place, and as well as food, other items may be available for example nappies, toilet rolls and cleaning products. There is also some small stock of cat and dog food for pets. At the moment, the Foodbank is also making deliveries of food parcels. To arrange for a delivery all that is needed is an email to: info@shoreham.foodbank.org.uk

7. **USEFUL HOME LEARNING LINKS AND RESOURCES – NEW ADDITIONS**

- [Useful Home Learning Links and Resources](#) (click on link) or go to Pupils>Useful home learning links & resources.
- [Support for vulnerable residents](#) – Adur & Worthing Councils
- The following two links look at different feelings that children may have during the lockdown period:
 - <https://www.youtube.com/watch?v=VW6wlEp-M4tg&safe=true>
 - [Lucy's in Lockdown](#)

Thrive 365 #15

Did you know?

Research evidence tells us that increased activity can be a helpful way of overcoming depression. In some cases, it has been shown to be as effective as antidepressants.

What can you try?

1. Make it routine

Building some physical activity into every day can really lift your mood. Whether it's a dog walk, a run, some morning stretches or yoga...find something that works for you. Sometimes, doing anything can seem overwhelming if you're in a dark place. Having a list of things that you enjoy, especially those that involve physical activity, can help. On the days when you don't feel like doing anything, try to commit to just doing one thing from the list.

2. Connect with others

Physical activity can also be used to mix with other people - which is also important to our sense of wellbeing. Where possible, exercise with others by walking, taking online zoom classes together or when we are not in lockdown, playing a team sport.

3. Stick with it – enjoyment will return

When you're depressed it's likely that you'll begin to withdraw from things that you would usually enjoy. This can make low mood much worse. As much as possible, keep to your usual activities. You might not enjoy them as you used to straightaway, but the enjoyment will return gradually with time.

Thrive 365 #16

Did you know?

Sleep is massively important to our mental health, but one study has shown that 95% of Americans have had trouble sleeping at some point. Research shows that we sleep on average 90 minutes a night less than we did 100 years ago. Problems with sleep are increasingly common, with roughly ¼ of the UK suffering from a disorder that affects their health. The most common sleep problems are getting to sleep and staying asleep.

What can you try?

1. Relax your mind

It's completely natural to take some time to get to sleep. If you start stressing about not getting enough sleep it can create a problem – especially if you keep looking at the clock and counting up how many hours you have left if you fall asleep immediately! Tell yourself that you know you will fall asleep eventually – you always do! Have a 'go to' daydream that you can play out to relax your mind or focus on your breathing, imagining that each breath out is releasing stress.

2. Switch off

Put your phone into airplane mode an hour before bedtime and leave it that way until the morning. If you stir or wake up in the night, resist the temptation to check your phone. If it's too hard to resist put it on the other side of the room, or even leave it downstairs!

3. Rituals

Signal to your brain that it's time to start preparing for sleep by doing the same things each night before bed. Brush your teeth, follow a skin care routine, write down 5 things you're grateful for that day, read or listen to some relaxing music. Find what works for you and follow the same rituals every night.