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Praise the LORD. Give thanks to the LORD, for he is good; his love endures for ever. **Psalm 106**

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Dear Parents and Carers

Although it has been brilliant to have over half of children back in school, we are very aware that for many children in Years 2-5, they will be away from school for almost 6 months. However, we thinking about how we can have more contact and get them back in for some transition activities towards the end of this term. (See below)

Last January we celebrated the 50<sup>th</sup> anniversary since the laying of the foundation stone of our current building. Last week we produced our 50<sup>th</sup> "Awesome Assembly" and took the opportunity to 'replay' parts of our 50<sup>th</sup> celebrations. We are now requesting current and past pupils, staff, governors and friends of the school to email or post (on an A4 sized document) to the school so that we can collate a book and publish online historical information and memories from the last 50+ years. We also very much hope that we can party together when we celebrate the 50<sup>th</sup> anniversary of the official opening of the school, in March 2021! If you missed the 50<sup>th</sup> assembly about our school, check it out at: <https://youtu.be/5LyhpSvyEkk>

Every blessing

Mr Etherton, Mr Lincoln and team

## I. COMMUNICATION

- **Keep in touch:** whether your child is now in school or at home, please do keep in touch and share significant highs and lows that you and your family may be facing. We may be able to help or point you in the direction of help. Email [office@stnm.org.uk](mailto:office@stnm.org.uk)
- **Emails:** please use [office@stnm.org.uk](mailto: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.
- **School Office:** we would like to remind you that the office is closed for face-to-face enquiries so please do not enter the foyer unless this has been previously arranged. Queries should be sent in via email or phone call. Thank you.
- **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>
  - Letter to Children – 12<sup>th</sup> June
  - Letter from West Sussex County Council – 12<sup>th</sup> June

2. **ReOPENing Update: IMPORTANT – Revised Drop off and Pick Up times:** Please find at the end of the bulletin a summary of our drop off and pick up arrangements including some minor changes which will take effect from Monday 15<sup>th</sup> June. Please note that we have condensed the drop off times for **Nursery, Reception and Year 1** now that our systems are running smoothly and everyone knows where to go! We hope this will make it a little easy for families with more than one child to drop off. Any questions, please ask!

3. **STAFFING NEWS:** At the end of this summer we will be saying a fond farewell to **Mr Neal** and **Miss Walker**. Mr Neal is going to be starting a well-earned retirement and we will miss his calm and positive manner with our youngest children. Miss Walker will be leaving us after a successful first year of teaching. She has been a consistent ray of positivity throughout the year and we wish her all the best for the next step of her teaching career.

## 4. WORSHIP & ETHOS:

- **Assemblies:** we hope you have enjoyed our Awesome Assemblies this week including one produced by one of our Year 6 bubbles – Mr Badger was very impressed with their work! Next week there will be another year 6 assembly and more assemblies about Superheroes and the adventures of Mr Badger. Children in school are enjoying the assemblies – do make sure your child (or the whole family!) get a chance to see them if not in school. **WARNING:** Mr Badger did have a slight accident recently and had to have an operation – best to just let the children watch it. We don't want to upset adults.
- **Thank you message from Revd Ann** – please read to/with your children!
- **50<sup>th</sup> Anniversary Special** – Did you miss it? See <https://youtu.be/5LyhpSvyEkk>

Hello everyone,

Just before Easter, back in March, you very kindly got busy making cards for people who you didn't know but who were lonely or sad about not being able to see anyone during the lock down time.

You made some lovely cards and wrote really nice messages on them and we left some in St Mary's church for anyone to take one if they wanted to. I also posted some to people who I knew would be helped by them.

I just wanted to say a big thank you to you because they really worked! You cheered up a lot of people who have had a sad time and made them feel better. It is lovely that you did this and it makes me smile just thinking about it!

I look forward to seeing you all again in school soon.

God bless,

With love,

Reverend Ann

5. **RAINBOW CLASSES – childcare for Key Worker and Vulnerable children:** bookings must be made by emailing [office@stnm.org.uk](mailto:office@stnm.org.uk) with the days you require. No bookings can be made via sQuid for the remainder of this term. Please note that the school reserves the right to cancel bookings if we need to re-prioritise for critical workers as we have a limited capacity that we cannot exceed.

We are being overwhelmed with requests for childcare from key workers. Unfortunately we do not have the space or staff to increase our capacity under the current government guidance. We understand that this is really frustrating for parents and carers who need to get back to work.

6. **OCTOPUS CLUB, STARFISH CLUB, LITTLE OCTOPUS CLUB & LITTLE STARFISH CLUB for Key worker & Vulnerable children only:** these clubs are only available for key worker and vulnerable children until further notice. Bookings can be made via the **offers** menu in your sQuid account. There are limited spaces which are booked on a first come first served basis. Please note that the school reserves the right to cancel bookings if we need to reprioritise for critical workers as we cannot exceed our capacity. Offer are **now** available for you to book **up to the end of term**.

7. **CHILDREN IN YEARS 2-5**

We recognise that this is a really challenging time for parents and carers who are not key workers with children in years 2-5 and will miss out on nearly 6 months of schooling.

- **Summer Term Plans:** you may have seen the news that the government has decided not to ask schools to re-open for all children prior to the summer holidays. Whilst we are disappointed that we cannot welcome all children back, we know that safety comes first and we need to follow government advice. We will think very carefully about whether and how we can invite some groups of children back for sessions on the field such as a socially distanced story time or teddy bear picnic. Once we have got further guidance from the government (expected soon) we will see what is both possible and permitted. We are particularly keen to develop transition plans where children can come into school to meet their current teacher as well as the teacher they will have from September.
- **Home-School Contact:** We had hoped that, in line with Government expectations, all children would be back in July. As this is no longer happening we will be stepping up our contact with children who are not in LFN, Reception, Year 1, Year 6 or Rainbow Classes. If your child's teacher rings, it is a good idea if you are able to put the call onto speaker phone so that you can also check in with the conversation and are aware of what is being said. Please continue to encourage your child to upload their work for teacher comment via See Saw and keep watching those Awesome Assemblies!
- **Home Learning:** Gold star for all parents and carers turned teachers at home! We know the limitations of BBC Bitesize, Oak Academy and, indeed, what we can offer online – one size does not fit all! There have been a few requests for 'live' lessons eg via Zoom. Whilst we are developing capacity to do this, realistically 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.

8. **SUSSEX SCHOOLS VIRTUAL GAMES:** Well done to all those children who have submitted their scores in the Sussex Schools Virtual Games. After week 5, the Netball and Basketball challenges, we are top of the Shoreham schools Overall League and 14<sup>th</sup> in Sussex and top in the Shoreham schools Spirit of the Games League (number of children participating) and 15<sup>th</sup> in Sussex. However, the children are doing much better than us adults who lie 61<sup>st</sup> in Sussex. Daniel Jenner, Southern Area School Games Organiser, wrote to say, "*I just wanted to say how impressed I have been with the engagement of St Nics & St Marys during the virtual school games,*" and Mrs Dunsdon from Shoreham Academy added, "*A massive well done to St Nics who appeared on all three leader boards; primary leader, top of our locality and Spirit of the Games.*" Next week, it's 4 Boccia challenges which will be announced on Monday morning. Year 6 will be doing their challenges in school so all those in years 3, 4 and 5 and any infants that would like to have a go, visit <https://www.activesussex.org/virtual/> to see details and a video of the challenges. Well done, keep it up and if you haven't started, it's all fun: give it a go.
9. **MEDICINES & INHALERS**
  - **Inhalers:** If your child normally has an inhaler in school can you please send it in with them in their book bag in case it is needed during school time. The inhalers will stay in the class bubble.
  - **Medicines:** If your child needs to take medicine in school and you have previously submitted a medicine form for this it can be taken into their class bubble and given to the teacher. For any new medicines please call the office in advance to arrange to complete a medicine form.
10. **Handwashing Competition!** Medicspot has launched a new home challenge for children to learn about washing their hands in a fun and creative way. All primary school children are invited to share their creative ideas to help encourage frequent hand washing eg poster, video, song, science experiment or poem. The top entry will win £500 for their primary school and 10 runner-ups will receive £100 for their primary school. Every child who completes the challenge will also receive a printable certificate. Find out how you can enter at: [www.medicspot.co.uk/handwash](http://www.medicspot.co.uk/handwash)
11. **Sussex Academy of Music:** SAM will continue to offer online music tuition for the remainder of this term. SAM offers online live weekly individual 30 minute drum, guitar, piano and vocal lessons. Packages of 5 and 10 lessons on offer (discounts available) using an easy and secure connection via their bespoke mySAM online lesson reporting platform. You can even pay for a taster lesson to try it first. Childcare Vouchers accepted! Instruments are available through their partner online store. For more information, visit [www.sammusicservice.com](http://www.sammusicservice.com) Holiday lessons are available during the six week summer break. To enquire, just complete the short enquiry box on [www.sammusicservice.com](http://www.sammusicservice.com) or for more information, see the [PDF brochure](#).
12. **Free School Meal Vouchers:** If your child has started back to school this week they will now be able to have their free school meal in school and you will no longer receive vouchers for them. If your child's year group has not yet returned to school, your child is not able to return, or you have chosen not to send your child to school we have ordered vouchers to the value of £15.00 per child for week commencing 8th June. For those children in years 2 to 5 that are attending part of the week only, you will receive a voucher for those days that your child is not in school (this will be based on the previous week's attendance). Please note that the Edenred Voucher website will not be available between 8am on Saturday 13<sup>th</sup> June and 7pm Sunday 14<sup>th</sup> June for scheduled maintenance.
13. **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.

**Please note changes**

Please find below a summary of our drop off and pick up arrangements including some minor changes which will take effect from Monday 15<sup>th</sup> June. In particular, we have condensed the drop off times for Nursery, Reception and Year 1 now that our systems are running smoothly and everyone knows where to go! We hope this will make it a little easy for families with more than one child to drop off. Any questions, please ask!

Group	Drop off Time Monday to Friday	
<b>Octopus Breakfast Club</b>	8.00am and 8.20am only (via Rainbow Room door)	
<b>Rainbow Classes</b>	8.45am Nursery via 'Spotty' external Nursery door (Thursdays only) 8.30-9.00 Years 1-5 (via east end of Ark near Noah Mural – <b>not</b> Rainbow Room)	
<b>Year 6</b> Note: If early, children go straight in, not wait by gate	8.40 Coral Class 8.50 Oyster Class	
<b>Year 1</b>	<b>Current</b> 8.40 Violet Dolphins 8.50 Orange Dolphins 9.00 Lime Dolphins 9.10 Pink Dolphins	<b>From Monday 15<sup>th</sup> June</b> 8.40 Violet Dolphins 8.45 Orange Dolphins 8.50 Lime Dolphins 8.55 Pink Dolphins
<b>Reception</b>	<b>Current</b> 8.40 Violet Whales 8.50 Orange Whales 9.00 Lime Whales 9.10 Pink Whales	<b>From Monday 15<sup>th</sup> June</b> 8.40 Violet Whales 8.45 Orange Whales 8.50 Lime Whales 8.55 Pink Whales
<b>Nursery</b>	<b>From Monday 15<sup>th</sup> June</b> 8.45 Spotty Little Fishes (morning session) 9.00 Stripy Little Fishes (morning session) [8.45am on Thursdays when LFN is closed] 12.00 Spotty Little Fishes (afternoon session) 12.10 Stripy Little Fishes (afternoon session)	

Group	Pick up Time Monday, Tuesday, Thursday and Friday	Pick Up Time <u>Wednesdays*</u> <b>The school, except for Rainbow Classes, will be closed Wednesday afternoons</b>
<b>Starfish After School Club</b>	Between 4.00 and 5.30 only (except Friday – no club)	Between 4.00 and 5.30
<b>Rainbow Classes</b>	3.00 Nursery – Thursdays only (from wooden gate)  3.10-3.20 Years 2-5 (from in front of The Palace, on front Cherry Tree Playground – near bike shed)	12.45pm for children leaving at lunchtime. Staff to take to side gate by office. <hr/> 3.00 Nursery (from wooden gate) 3.10 Reception (from external door near Violet Whales Class) 3.10 Year 1 (from Violet Dolphin external door) 3.10 Years 2 & 3 (from outside 'The Palace') 3.15 Years 4 & 5 (from outside 'The Palace') 3.15 Year 6 (via staff carpark as normal)
<b>Year 6</b>	3.10 Coral Class 3.20 Oyster Class	12.55pm Coral Class 1.05pm Oyster Class
<b>Year 1</b>	2.50 Violet Dolphins 2.55 Orange Dolphins 3.00 Lime Dolphins 3.05 Pink Dolphins	12.30 Violet Dolphins 12.35 Orange Dolphins 12.40 Lime Dolphins 12.45 Pink Dolphins
<b>Reception</b> Note: If you are early, please wait on the playground not EYFS garden area	2.50 Violet Whales 2.55 Orange Whales 3.00 Lime Whales 3.05 Pink Whales	12.30 Violet Whales 12.35 Orange Whales 12.40 Lime Whales 12.45 Pink Whales
<b>Nursery</b>	11.45 Spotty (end of morning) 11.55 Stripy (end of morning) 2.45 Spotty (end of afternoon) 3.00 Stripy (end of afternoon)	11.45 Spotty (end of morning) 11.55 Stripy (end of morning) 3.00 Nursery Rainbow Class (from wooden gate)



PRIMARY LEADER BOARD Overall Total (AFTER 5 WEEKS)		
POS	School	Cumulative Points
1	Goring C of E Primary	49
2	Steyning CofE Primary School	36
3	Thomas A Becket Junior School	31
4	East Preston Junior School	29
5	St Wilfrid's Catholic Primary School	29
6	Chesswood Junior School	26
7	St Nicholas & St Marys C of E Primary	17
8	St Margarets C of E Primary School	12
9	Summerlea Community Primary	12
10	West Park C of E Primary School	7
11	Durrington Junior School	5
12	Shoreham College Lower	5
13	Vale School	5
14	Palatine Primary	4
15	St Marys Catholic Primary	4

WEEK 5: BASKETBALL & NETBALL LEADER-BOARD PRIMARY	
1	East Preston Junior School
2	Goring C of E Primary
3	Chesswood Junior School
4	Steyning CofE Primary School
5	Summerlea Community Primary School
6	St Mary's Catholic Primary School
7	Shoreham College Lower School
8	St Margaret's CofE Primary School
9	Thomas A Becket Junior School
10	Durrington Junior School

WEEK 5: TOP 5 ACTIVE ADULT SCHOOLS NETBALL & BASKETBALL	
1	West Park CofE Primary School
2	Ferring C of E Primary School
3	Bohunt School Worthing
4	Chatsmore Catholic High School
5	Durrington Junior School

69 SOUTHERN SCHOOLS ENGAGED OVER 1,300 ENTRIES  
 HIGHEST ACTIVE PUPILS : CHESSWOOD & DAVISONS

LOCALITY LEAGUE STANDINGS AFTER WEEK 5			
WSSA	ANGMERINGE	LASP	SHOREHAM
1ST: GORING	1ST: EAST PRESTON JUNIOR	1ST: SUMMERLEA	1ST: ST NICS & ST MARYS
2ND: TAB	2ND: ST WILFRIDS CATHOLIC	2ND: RUSTINGTON	2ND: EASTBROOK ACADEMY
3RD: CHESSWOOD	3RD: ST MARGARETS	3RD: CORNFELD	3RD: HOLMBUSH ACADEMY
4TH: DURRINGTON	4TH: GEORGIAN GARDENS	4TH: ARUNDEL	4TH: SHOREHAM BEACH
5TH: WEST PARK	5TH: FERRING	5TH: LYMINSTER	5TH: GLEBE/ 6TH ST PETERS
6TH: VALE 7TH: ST MARYS	6TH: EAST PRESTON INFANT	6TH: RIVERBEACH	7TH: SWISS GARDENS
8TH: BRAMBER 9TH: PALATINE	7TH: ST JOHN THE BAPTIST	7TH: WHITE MEADOWS	8TH: SHOREHAM COLLEGE
			9TH: BUCKINGHAM PARK

Overall Total—SECONDARY TOP 10—After 5 WEEKS			
Pos	School	Total Scores	District
1	Our Lady of Sion (Upper School)	41	1
2	Shoreham Academy	39	2
3	Cornfield	38	
4	Davison Church of England High School for Girls, Worthing	36	3
5	Oak Grove College	30	
6	Durrington High School	28	4
7	St Andrew's CofE High School for Boys	14	5
8	Sir Robert Woodard Academy	14	6
9	Bohunt School Worthing	12	7
10	Chatsmore Catholic High School	11	8

**SPIRIT OF THE GAMES : BASKETBALL & NETBALL COUNTYWIDE)**

PRIMARY	SECONDARY
CHESSWOOD 3RD	DAVISON'S 3RD
GORING C of E 4TH	SHOREHAM 4TH
SUMMERLEA 7TH	SHOREHAM 4TH
STEYNING 9TH	CHATSMORE 5TH
TAB 10TH	DURRINGTON 8TH
EPIS 12TH	SHOREHAM COL 9TH
WEST PARK 14	SIRWA 15TH
ST NICS & ST MARYS 15	BOHUNT 23RD
ST MARGARETS 17TH	
DURRINGTON 24TH	
G.GARDENS 25TH	

WELL DONE TO EVERYONE INVOLVED #SOUTHERN

Dragonfly: Impact Education

# Thrive 365 #20

## Did you know?

Depression doesn't only affect our behaviour, it affects our thoughts too. This can then create a vicious cycle as our depressive thoughts perpetuate and even worsen our low mood. It can be common to accept negative thoughts about ourselves or the world as facts. Thoughts such as 'I'm lazy'/'I'm useless'/'the world is an awful place' are common, but healthy people are able to dismiss them. People with depression often get stuck in these thoughts.



## What can you try?

### 1. Pay attention to 'B'!

A → B → C  
 What happens → Your Thoughts → Your feelings

People usually notice A: what happens and C: how they feel about it. For example, A: They miss a deadline; C: They feel upset and embarrassed. They don't normally notice B: what they think. In this example B: 'I'm useless and incompetent and now everyone will know'. When you take B into account C makes much more sense! Not noticing 'B' gives the impression that your feelings are created by things that happen to you or around you and are therefore out of your control. In reality our feelings are created by our thoughts.

### 2. Balancing thoughts

Try to form a habit of balancing every negative thought out with a positive one. For example if you think 'I'm lazy' you might balance it out with 'I've done 5 tasks from my list today, it's natural to need a rest'

### 3. Challenge Long Term Beliefs

Sometimes people have very critical views of themselves ('I'm not clever'; 'I'm not loveable') that are often the product of past experience and bear no resemblance to reality. If you hold a negative belief about yourself, look for evidence that disproves it. You could also think about what you would say to a friend who held that belief and apply that to yourself. Writing things down can be a useful part of this process.