

'Rejoice in the Lord always, I shall say it again rejoice
Phillipians 4:4

I. 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.
- **Messages sent from Teachers2Parents:** please note that you **cannot** reply to any texts or messages sent from the T2P system. Email office@stnm.org.uk or phone 01273 454470 to contact the school.
- **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>
- **NEXT WEEK'S EVENTS:**
 - Monday 14th December: **Winter Wonderland Surprise** – ssshh, don't tell the children! (children to bring in hat, scarf & gloves!)
 - Wednesday 16th December: **Christmas Jumper Day** – for a £1 donation for Turning Tides children may wear their own clothes to include something Christmassy eg t-shirt, jumper, trousers (no pyjamas or onesies)
 - Wednesday 16th December: **Chartwells Christmas Lunch**
 - Thursday 17th December, 1 - 3.15pm: **Dojo Reward Afternoon**
 - Friday 18th December: **Break the Rules Day** (£1 donation for PTA)

2. HEALTH & SAFETY – CORONAVIRUS – IMPORTANT INFORMATION

- **Symptoms:** It is of extreme importance that if you or members of your household have symptoms of coronavirus the whole household must immediately go into self-isolation and children in the household should not attend school. Please arrange a test(s) for anyone with the symptoms urgently. This will help to ensure that in the case of a positive test result, contacts of the person can self isolate promptly to prevent further spread of infection to the wider community.
- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119. If having a home test, please use the test as soon as it arrives and return it in the post the same day using a priority postbox.
- **Positive test result:** please email positivetest@stnm.org.uk 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.
- **Tracing contacts:** If we are notified of a positive case, it is likely that the entire class, to which a pupil testing positive belongs, will immediately be asked to stay at home whilst we consider which members of the school community need 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.

3. **WORSHIP & ETHOS:** Fruits of the Spirit - there are two assemblies to bring all the Fruits of the Spirit assemblies together, last week's was #10 Fruit Salad and the second one is #11 Smoothie
https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw

4. **WINTER SUPPORT GRANT SCHEME:** In November, the government announced extra targeted financial support for those in need over the winter period. The grant is designed to provide direct assistance to families with children, other vulnerable households and individuals and covers the period from early December 2020 until the end of March 2021. FSM-eligible families will be entitled to a £15 voucher per child, per week.

Parents/Carers will receive a text message and/or email with voucher details on Monday 14th December. You will receive a £30 voucher for each FSM eligible child to cover the two week Christmas holiday break. Voucher distribution this time is being managed through Wonde (not Edenred as in the Summer Term).

Those children and families that are not eligible for FSM will be able to access support for food and essentials via the WSCC Community Hub. The Community Hub can be contacted on 0330 222 7980 and is open 8am-8pm, 7 days a week, and will be operational throughout the Christmas Holiday period. [More information can be found on the council website.](#)

5. **CORRECTION TO LAST WEEK'S BULLETIN:** last week we congratulated Libby in Reception for coming 3rd in the Focus Group's 'Shoreham Skyline' colouring competition. Libby actually came 2nd and won a £40 Hobbycraft voucher. Sorry Libby and well done for doing so well!
 6. **Y4 SWIMMING:** we are happy to advise that Year 4 swimming at Lancing College will start on Thursday 7th January 2021. Please ensure your child brings in their swimming kit every Thursday morning.
 7. **CLUBS:** we are really excited to advise that we will be restarting football clubs in January after school for years 4, 5 and 6. Signing up sheets will be on the Clubs board next week for children to add their name if they are interested. We will notify you if your child is / is not given a place. Please see the school website for more information.
 8. **OCTOPUS BREAKFAST & STARFISH AFTER SCHOOL CLUBS:** sessions for the first half of the spring term are now available to book. You will now be able to do ad-hoc bookings and do not need to book the whole term in advance; however bookings are subject to availability on a first come first served basis. We will still require 4 weeks notice of any cancellations.
- PAYING BY CHILDCARE VOUCHERS:** If you usually pay by childcare vouchers, please book your sessions and we will send you an invoice in January. Once you have received the invoice, please arrange for payment, take a screenshot of the confirmed payment and send to office@stnm.org.uk Thank you.
9. **TEMPORARY POP UP CYCLE LANE REMOVAL:** the temporary pop up cycle lane along Upper Shoreham Road will be removed imminently so please take care if you have been using the temporary cycle lanes to travel to and from school. The removal works will involve traffic management that may impact on the journey to school, works will commence **Monday 13th December and should be completed by Friday 18th December.**
 10. **CHRISTMAS GIFTS FOR THE HOMELESS:** this year, for our Christmas Charity project, we will be collecting items (see list below) for Off the Fence who work with homeless people and the Street Community. Please put any donations in the box by the foyer. Thank you.

Men's Underwear (Boxers)

Ladies Underwear (Knickers)

Thermal Socks (Men's / Women's / Unisex)

T-Shirts (Men's / Women's / Unisex - in medium across these)

Shaving Foam / Tooth brushes / Shampoo

Adult or Baby cleaning wipes

Deodorant (Men's only at present)

Bottles of Water

11. CHRISTMAS!

- **Chartwells Christmas Activities:** please click on the link for details about Chartwells Christmas activities competition [Chartwells Christmas Activities](#)
- **Christmas Jumper Sale:** see flyer below!
- **Emmanuel Church** presents an extraordinary musical extravaganza, 'Light In The Dark Place'. A creative film featuring breathtaking performances of traditional and modern Christmas music, telling the story of light shining into the darkness, premiering on YouTube, Sunday 13th December at 8pm. Here's a sneak peek... <https://www.youtube.com/watch?v=kkaVZjtkqx8>



REQUESTS & REMINDERS

12. **LITTLE FISHES NURSERY EXTENDED FUNDING:** Please can we remind you that in order for your child to access Extended FE in the Spring term 2021 their 30 hour code must be issued or renewed by HMRC by 31st December 2020. To renew, log in to your childcare account to check your details are up to date, and reconfirm your eligibility to ensure you continue to be eligible for Extended FE: www.gov.uk/sign-in-childcare-account For any queries please email free.entitlement@westsussex.gov.uk or phone the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097
13. **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](#)

FROM THE TEAM THAT BROUGHT TO YOU **THE GIFT** COMES THE
EXTRAORDINARY MUSICAL EXTRAVAGANZA.

L I G H T I N T H E
D A R K P L A C E

A CREATIVE FILM FEATURING BREATHTAKING PERFORMANCES OF TRADITIONAL
AND MODERN CHRISTMAS MUSIC TELLING THE STORY OF
LIGHT SHINING INTO THE DARKNESS.

BROADCAST ONLINE 8PM, SUN 13TH DEC
WEAREEMMANUEL.COM/LIGHT



WICKERS GYMNASTICS CLUB

Wickersgymnasticsclub@hotmail.co.uk

01903 752503

**Pre-school through to elite gymnastics
Birthday parties • Holiday activities •
private gymnastics sessions**



Website-Wickersgymnastics.co.uk



**CHRISTMAS IS NOT CANCELLED
BECAUSE CARING IS NEVER CANCELLED**

**HOMELESS CHARITY URGENTLY
NEEDS YOUR HELP.**

**COVID IS TAKING JOBS AND LIVELIHOODS
FROM LOCAL PEOPLE**

INCREASINGLY PEOPLE ARE LOSING THEIR HOMES.

**A DONATION TO OUR CHRISTMAS APPEAL
ENSURES NO ONE IS ALONE.**

**YOUR DONATION ENABLES US TO PROVIDE
FOOD, FRIENDSHIP, SHELTER AND SUPPORT**

- IT COULD HELP TO REBUILD A LIFE.

**IF THIS CHRISTMAS IS GOING TO BE DIFFERENT
- LET'S MAKE IT THE RIGHT KIND OF DIFFERENT.**

TO DONATE 01903 680740

SCAN ME!



WWW.TURNING-TIDES.ORG.UK/CHRISTMAS

CHARITY REG NO: 1027832



TURNINGTIDES

ENDING LOCAL HOMELESSNESS

**TURNING TIDES IS THE LARGEST
PROVIDER OF SUPPORT FOR HOMELESS
MEN & WOMEN IN WEST SUSSEX.**

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KINDLY SPONSORING OUR CHRISTMAS APPEAL



Thrive 365 #47

Professional Wellbeing

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

Did you know?

Feeling tired all the time is one of the most common reasons people visit their GP. It even has its own acronym: TATT. The reasons for being TATT can be psychological, physical or down to lifestyle. Adults need 7-9 hours of sleep a night (and children 9-13!). Part of the reason it's so important to our wellbeing is that Human Growth Hormone (HGH), responsible for things such as normal brain function and how our bodies collect fat, is released while we sleep. The largest amount is released before midnight, between 10pm-12am. So, what can we do to help us drop off?

What can you try?

1. Get active outside

One of the best ways to unplug from daily pressures is to get outside. This isn't easy to do during the dark days of the winter term, so take every opportunity you can. A Saturday morning walk, volunteering to walk to the post office with the parcels, or just a walk round the block with an audiobook or a friend after school. Being outside can put the stresses of the day into perspective and help to address some of those psychological barriers to sleep.

2. Create the right environment

In times of high stress and busy-ness it can be easy to overlook the importance of the basics. Make sure the bedroom isn't too warm, steer clear of caffeine and foods that contain tyramine (some cheeses, pepperoni, ham etc., and switch off from both work and technology at least an hour before bed. Also, if dropping to sleep is an issue for you, make sure to always get up at the same time each morning – even at the weekend!

3. Do more of what energises you

Sometimes, we feel tired because we've not done enough of what brings us joy and makes us feel energised. For us at Dragonfly, that includes family time, walks in nature, being creative, yoga, cooking and reading. Set aside a period of time each day to do something that you enjoy – and resist the temptation to channel hop or scroll through social media timelines.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.



First Aid for Mental Health; Safeguarding
Level 3; Coaching in Healthy Schools; Mental
Health for Learning

www.dragonflyimpact.co.uk

@dragonflyimpact

info@dragonflyimpact.co.uk



Back to School!

Stay Active!

Supporting children with a safe return to school, and getting them back into a routine.

With Premier Education, children will be safe, active and together, with the aim to build confidence, self-esteem & stamina through fun and engaging games & activities in our sessions.

premier-education.com



Safe.
Active.
Together.

Every session promotes teamwork, togetherness, problem solving and the importance of being active.

Sessions will be delivered outside so that children can get lots of fresh air which provides vital vitamin D!

We have wet weather contingency plans for any days that the weather won't allow us to be outdoors.



★ Trustpilot 4.8/5



Sessions at: St Nicholas & St Mary CE Primary School

Dates: Monday 11th January - Monday 8th February

Times: 15:15 - 16:15

Price: £27.50 for the course (5 Sessions)

Class: Years 1 & 2

Additional Info: Football Club

How to Book...

Go to www.premier-education.com/parents and search for your child's school using our handy school activities finder.



Make a difference. Become a Personal Care Assistant today.

Here at Independent Lives we support Disabled People across West Sussex and Croydon to employ their own Personal Care Assistants (PAs). We support everyone from children to the elderly with a range of Health and Social care needs.

We're looking for compassionate and caring people who really want to make an invaluable impact to the lives of the people they support.

But don't just take our word for it. Below are some real quotes from PAs and customers which show just how fulfilling this role can be:

"I enjoy being a PA because it makes a real impact on people's lives. I can spend just an hour or two with someone and improve their whole week by removing stress from things such as mail or cleaning or just emotional support.

The impact we have is huge and being a PA is a very personal role which allows us to build and develop trust amongst our clients. This directly warms my heart as I know how hard trust can be to build and how people can throw it away.

I value trust very highly and I presume our clients do also, so I do everything I can to retain and build such trust." - Connor, PA

"We appreciate all of our carers and the irreplaceable support they provide." - An Independent Lives Customer

Visit our website to apply for one of our many Personal Assistant jobs, or if none of those catch your eye, you can add yourself to our free PA database so employers can find you.

To find out more, give us a call, send us an email or apply through our website
01903 219482

recruitment@independentlives.org

www.independentlives.org/pages/category/jobs-for-personal-assistants

www.independentlives.org/Pages/Category/personal-assistants-looking-for-work



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



Neither the Governors nor West Sussex County Council support or recommend the advice, products or services offered nor the organisations offering them. Individuals should satisfy themselves on the suitability of any of the advice, products or services and on the nature and standing of these organisations (or any mentioned in this bulletin or any other publication).



'Holiday Return Menu'

Menu Day 1

Jacket Potato with Baked Beans

OR

Jacket Potato with Tuna Mayo

(Contains **FISH, EGG, MUSTARD**)

.....
Menu Day 2

Hot Dog Sausage with ½ Jacket Potato and Baked Beans

.....

Sweetcorn and Beetroot Salad

Pudding of the Day

Milk or Water

(Contains **MILK**)

The Back to School menu is subject to availability and items from either menu may be used. The menus will be in use when access during half term/ bank holiday and inset days is limited.

Please see our website for more details www.mealselector.co.uk

OCTOBER 2020