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*'For I am the Lord you God who takes hold of your right hand and says to you, Do not fear; I will help you.'*  
**Isaiah 41:13**

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## 1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with queries – please include your child's class.
- **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.stnicolasmarty.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

## 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](mailto: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 will be two assemblies to bring all the Fruits of the Spirit assemblies together the first is: #10 Fruit Salad [https://www.youtube.com/channel/UCVs\\_954b4yEOTi5sAhKhGKw](https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw)

4. **CONGRATULATIONS** to Libby in Reception who has come 3<sup>rd</sup> in the Focus Group's 'Shoreham Skyline' colouring competition. Libby has won a £25 Hobbycraft voucher. Well done Libby!

5. **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**

## 6. CHRISTMAS!

- **Christmas Events at School:** please check the calendar for events and activities over the next few weeks!
- **Christmas Cards & Gifts:** please can your child bring in any Christmas cards for friends/staff or gifts for staff by Friday 11<sup>th</sup> December. Children should only bring in cards for children in their class bubble. These will then be quarantined for 72 hours before handing out the following week. Thank you.
- **PTA Christmas Raffle:** thank you to those who have already returned your ticket stubs and money. Please sell as many tickets as you can and post the stubs, money and unsold tickets in the lockable box outside the foyer by Wednesday 9<sup>th</sup> December. If you need more tickets please ask. The raffle will be drawn on Friday 11<sup>th</sup> December.
- **Chartwells Christmas Activities:** please click on the link for details about Chartwells Christmas activities competition [Chartwells Christmas Activities](#)
- **Chartwells Christmas Dinner – Wednesday 16<sup>th</sup> December:** if your child is in Years 3, 4, 5 or 6 and they would like to have a Christmas dinner on this day, you need to book a meal for them online (menu on page 5) <https://westsussex.mealselector.co.uk/> The deadline to book is Sunday 6<sup>th</sup> December.
- **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 13<sup>th</sup> December at 8pm. Here's a sneak peek.... <https://www.youtube.com/watch?v=kkaVZjtkqx8>



**CHRISTMAS JUMPER SALE**

Please donate unwanted, good quality Christmas jumpers and t-shirts. There will be a drop off box under the table outside the office.

Jumpers will be available to buy on the SNSM Community Selling Page on Facebook.

If you wish to purchase an item please comment on the post rather than private message, so others can see if it's available.

**DON'T FORGET CHRISTMAS JUMPER DAY AT SCHOOL WEDNESDAY 16TH DECEMBER**

Made with PosterMyWall.com

**St Nic's PTA**  
supporting our children together

7. **First GLAD event this Sunday – message from one of our parents:** GIVE LOTS AWAY DAY, 2-4pm Sunday 6<sup>th</sup> Dec: <https://bit.ly/3InJlly> Toys and kids books or anything Christmas related... Put stuff outside your house & then go round the neighbourhood to see what others have given away. Give stuff, get stuff, JOIN IN and be GLAD! And don't forget to follow GLAD: <https://bit.ly/3qhDSTi>

## **REQUESTS & REMINDERS**

8. **UNIFORM:** as the holidays approach it is a good time to check your child's uniform and make sure they have all the correct items. Please check the uniform policy on the website by clicking on [THIS LINK](#). If you have concerns please do get in touch. Please remember that long hair must be tied back – this includes any boys with long hair!
9. **FLU IMMUNISATION SPRAYS:** Reminder that the children in school on Tuesday 8<sup>th</sup> December will receive their vaccination if consent was given previously. If your child is not currently in school then they can book a vaccination in Worthing or Brighton at another convenient time. Please see the flyer at the bottom of this bulletin for further information.
10. **GOVERNMENT'S SUMMARY OF ASSESSMENTS PROPOSALS FOR NEXT YEAR:**
- **Primary assessments**
    - ❖ KS1: SATs in reading and maths and the grammar, punctuation and spelling (GPS) test will be removed, as will the teacher assessment in science. But teacher assessments in reading, writing and maths will go ahead.
    - ❖ KS2: the GPS test and science teacher assessment will also be removed, but all other tests and assessments will go ahead.
    - ❖ Phonics screening check for Y1 pupils and any Y2 pupils who didn't reach the expected standard in the special autumn check this year will go ahead.
    - ❖ Schools can extend the timetable for the KS2 tests and phonics check by a week (until May 26 and June 25, respectively).
    - ❖ The multiplication tables check, due to be rolled out nationally next year, will be optional.
    - ❖ Primary performance data will not be published.
    - ❖ Schools will have to complete the early years foundation stage profile.
    - ❖ Schools can run the reception baseline assessment if they want, but not mandatory.
  - **League tables**
    - ❖ Exam results will not be included in performance tables this year.
    - ❖ The government will instead publish attendance information, student destinations and subjects taken at key stage 4 and 5.
  - **Remote education:**
    - ❖ Primary schools to provide at least three hours of work a day for isolating pupils.
    - ❖ Secondary schools to provide at least four hours' work, with "more" for exam pupils.
    - ❖ Requirement of "*ideally daily*" contact with pupils dropped. Instead schools should have systems for checking "*at least weekly*" whether pupils are engaging with work.
    - ❖ Where engagement is a concern, parents should be "*informed immediately*".
    - ❖ A requirement for schools to publish information online about their remote education offer will be brought forward to the spring term.
11. **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 31<sup>st</sup> 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](http://www.gov.uk/sign-in-childcare-account) For any queries please email [free.entitlement@westsussex.gov.uk](mailto:free.entitlement@westsussex.gov.uk) or phone the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097
12. **ADMISSIONS FOR SEPTEMBER 2021:** the deadline for applications for children who will be starting primary school in September 2021 is 15<sup>th</sup> January 2021. Parents/Carers must apply online at [www.westsussex.gov.uk/admissions](http://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](#)





**Sussex Community**  
NHS Foundation Trust

# NEED TO BOOK A VACCINATION?

For details of our vaccination clinics please  
contact

**01273 696011**

Brighton & Hove (ext. 3789)  
Chichester (ext. 8100)  
Crawley (ext. 2043)  
Hellingly (ext. 2080)  
Uckfield (ext. 4931)  
Worthing (ext. 8533)



Office hours are 08:00 - 16:00 Monday to Friday

Child's Name

School Year

SUSSEX  
**IMMUNISATION**  
SERVICE





Wednesday 16th December

£2.35

# Festive Menu

*Choose a main meal...*

Roast Turkey  
with Stuffing, Cocktail Sausage & Gravy  
or  
Quorn Fillet  
with Stuffing Ball & Gravy

*on the side...*

Roast Potatoes  
Peas and Carrots

*for dessert...*

Chocolate Dipped Shortbread  
or

Fruit Salad

*for a drink...*

Fruit Squash

Milk

Water



*To enjoy our festive-inspired day, please  
order at [www.mealselector.co.uk](http://www.mealselector.co.uk)  
no later than Sunday 6th December  
2020*





West Sussex SEND Information,  
Advice and Support Service

*Providing impartial advice and support to  
young people with special educational needs  
and/or disabilities, and their parent carers*

# Virtual Face to Face Sessions

Up and coming sessions for parent carers:

**THURSDAY 10<sup>TH</sup> DECEMBER 2020**

**30 minute sessions available between 9am – 4.40pm**

## **Would you like to attend a virtual face to face session?**

We have arranged virtual face to face parent carer support sessions with an Adviser where we can give you free, confidential and impartial information and advice on your individual situation. These virtual sessions will be held using Microsoft Teams (we will send you the link once you have booked your session). Please be aware you will need a phone, tablet or computer with a microphone, speakers and camera and to download the Microsoft Teams software to take part.

To book a session on Eventbrite, please copy the following link  
into your web browser: [tinyurl.com/y4mqr75t](https://tinyurl.com/y4mqr75t)

Please make sure that you have chosen the correct time that you wish to book.

If you are unable to book on line, please contact the  
**West Sussex SEND Information, Advice and Support Service** on **0330 222 8555**  
or email: [SEND.IAS@westsussex.gov.uk](mailto:SEND.IAS@westsussex.gov.uk)

## Dragonfly: Impact Education

# Thrive 365 #45

### Well Young Minds

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

## Did you know?

In his book 'Think Like a Monk', Jay Shetty describes four underlying motivations for behaviour: fear, desire, duty, and love. Whilst we could write a book on the competing theories about what motivates human beings, giving children and young people space and guidance to identify what is motivating them is undoubtedly important. It can help them to make more conscious choices about their actions, foster healthy habits and develop that sense of purpose which is so important to mental health and wellbeing.

## What can you try?

### 1. Give to others

It's interesting how many different sources lead back to the idea of true contentment being linked to gratitude and acts of service. As with the '5 Ways to Wellbeing' adopted by the NHS and Mind, Shetty cites duty and love as motivators that are sustainable for lasting satisfaction. Encourage children to make a list of 3 things they can do to 'give to others' during the day, for example, holding the door open for someone, saying something kind, paying a compliment, or smiling at someone.

### 2. Allow time for daily reflection

Ask children to bring to mind one thing they've done during the day/week. They should then use three boxes to draw/outline what happened before the event they are thinking of, what happened during it and what happened afterwards. Children might then want to go back and with the support of an adult write thought bubbles around the person/people in each box to show what they were/might have been thinking or feeling. The following questions can guide children to reflect further once they've finished mapping out their event:

*Are you happy with your action? Why/why not? Are you happy with the outcome or consequences of the action? Why/why not? Is it the kind of action that will bring you happiness if you repeat it in the future? What would you do the same? What would you do differently? Why?*

### 3. Build on strengths

Areas of strength are often interconnected with values and motivation. Identify with a child/young person an area they're really good at. Agree together one thing they can do to challenge themselves to build on and develop that strength.

*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](http://www.dragonflyimpact.co.uk)  
[@dragonflyimpact](https://twitter.com/dragonflyimpact)  
[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)





# 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](http://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)*

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**Menu Day 2**

Hot Dog Sausage with ½ Jacket Potato and Baked Beans

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Sweetcorn and Beetroot Salad

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Pudding of the Day

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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](http://www.mealselector.co.uk)*