"History has shown us that courage can be contagious, and hope can take on a life of its own."

MICHELLE OBAMA

It was a real pleasure to show the Chief Executive Office of DCAT (Mark Talbot) around our wonderful school this morning- He was rightly impressed with what he saw and heard when speaking to staff and children. I did make sure to mention our vision to get our children to 'Be Courageous' and the wider impact it can have on all of us.

Have a wonderful weekend Mr Lincoln and the Senior Leadership Team

1. COMMUNICATION

- Website: please check the website for answers to queries before contacting the office. General information can be found under the Parents & Carers tab. Bulletins/letters are under Parents & Carers > News & Events.
- Email: office@stnm.org.uk please do not email staff directly (unless agreed previously).
- Calendar: Follow the link for instructions on how to use or subscribe to the calendar.
- Language of the Month: English
- Sign of the Week: Autumn
- Facebook page: facebook.com/stnmschool
- 2. **DATES AND EVENTS:** click here for the dates list.
 - Thursday 2 October **Census Day** every child in Reception Year 1 and 2 is entitled to a free school lunch. For every child that takes a lunch on the three census days a year, the school receives vital additional government funding. Go! Catering will be providing a hot lunch for <u>all</u> children in Reception, Year 1 & Year 2 next Thursday 2 October. Please do encourage your child to have this! More information was sent on the 24 September.
 - Thursday 2 October **SEND Coffee Morning:** We would like to invite any parents and carers to a coffee morning at the school. An outreach worker from Reaching Families will join us to speak about their service & how they support families with children that have educational needs & disabilities. It will be from 9am 10am. Please do let the office know if your able to attend.
 - Wednesday 8 October **New parent/carer Coffee Morning:** If your child has just started the school this September (Reception, Little Fishes, other year groups), then please join me, other members of the Leadership Team and our Home School Link Worker for coffee and biscuits between 9-10am. No need to confirm attendance in advance, please do just pop along if you can. *Mr Lincoln*
 - Monday 17 November: Year I Hedgehog visit
 - Thursday 16 October & Tuesday 21 October **Parent Consultations:** We look forward to the opportunity to meet with parent at our upcoming parent consultation meetings. More information will go out next week including how to sign up for slots.
 - Wednesday 5 November Sea Horse Brighton Museum Trip
 - Thursday 6 November Sea Otters Brighton Museum Trip

3. REQUESTS, REMINDERS AND GENERAL NOTES

- Winter Uniform: From Monday 6 October all children must wear winter uniform. The uniform policy can be found here. Please ensure all items, including coats, are named so we can return items that get mislaid we always have a huge amount of unnamed lost property items which we are unable to return so naming your child's uniform will help both you and us! Please note, girls are not allowed to wear leggings or boots.
- **4. Samba band** had a great 1st rehearsal! We do still have spaces for this term and would love more drummers to join us. Sign up and find further details here; https://www.happytunesmusic.co.uk/music-menu/samba-band Fees will be charged pro-rata.
- 5. Developing Pupils' Executive Function Skills: Following training from the WSCC Local Inclusion Service last year, we have set up some new characters this term to support pupils' development in key executive functioning skills. These new characters are called The Think Squad and staff will be using them within teaching and learning to promote important skills such as self-regulation, resilience, organisation, making links and focus. To find out more, please see the poster below. The Think Squad strategies are useful for all areas of life and you may want to print out the poster for use at home too!
- 6. Adult code of conduct: At our first Local Governors Meeting of the year, we reviewed and approved an Adult Code of Conduct to support both families and the school with the potentially thorny issue of communication between adults and the school. We are incredibly grateful that the vast majority of our interactions with

parents/adults are warm and friendly (even with difficult areas to discuss). Unfortunately, on very rare occasions this is not the case which is why felt it was important to create a simple code of conduct for all.

The code of conduct will be emailed out as a separate document and will be available to view on our website.

- 7. **JOB OPPORTUNITIES:** we are currently advertising for the following:
 - Individual Needs Assistant closing date 12 noon on Tuesday 30 September 2025. More information can be found below.
- **Tours for September reception admission 2026:** For any of our current parents and of course to do share with families in the community who are not yet part of our St Nic's family.



9. **Kids and Smartphones:** Smartphone Free Childhood has organised a meeting at Shoreham Academy with guest speakers to discuss the impact of smartphones on children and young people. It will take place on Thursday 23 October 6.30-8.30pm. As a school we made the decision not to allow smartphone in school from this academic year and we appreciate your support with this. It is a huge issue that concerns many of us so do go along and join in with the conversation. Please see the flyer on the next page for more information and click on the link to book a place: Let's Talk About Kids and Smartphones · Luma





Try Before you Buy Shoreham Academy 18:30 to 20:30 23rd October

Check out the latest phones, SIMS and GPS trackers, as part of our wider event "Let's talk about kids and smartphones" Book Here

For children aged 11–14 starting secondary school and travelling independently, these phones keep things simple: calls and texts only, with no social media or open web browsers. A gentle step towards independence – and a way to stay connected without the pressure of a full smartphone..



Nokia Flip 2260 -Texts and phone calls, very long lasting battery, range of colours, radio, MP3 player and torch, snake game, single rear facing camera. £65



radio, MP3 player and torch, snake game, single rear facing camera. £65

Ushining F200 flip phone – Classic flip mobile phone style, lightweight, long battery life. £22-26



Nokia 105 2G- One of the simplest, cheapest handsets with a long battery life, torch, snake game and radio. Comes in a variety of colours. £25 Asda Talk & Text SIM -One of the few SIMs that comes with absolutely no data, making it a great choice for families who want to avoid internet access altogether. It's also very affordable at just £4 a month and uses Vodafone's network, which generally offers good UK coverage. This SIM is perfect for pairing with a simple handset or first phone for kids – keeping things focused on calls and texts, without the distractions or risks of mobile internet.

ParentShield - A SIM card designed specifically with children in mind. Their no-data SIMs work in all phones, and let you control who your child can call or text, review message logs, and even set up time-based usage rules. It's not the cheapest option – but it does offer peace of mind and a strong set of features for parents who want more control.

Most of us grew up without being tracked – and many families still choose not to. But if it brings peace of mind, GPS trackers – which use satellite technology to show your child's live location – offer a screenfree way to stay connected. Some parents find this helps them feel more confident giving their kids independence, like walking to a friend's or catching the bus.



Weenect Kids Tracker Affordable, SOS button with emergency telephone, 7-day battery life £39-49, plus monthly subscription



Scan the QR code to see more top SFC recommended phones and trackers.

10. Recycle Week 22-28 September: Here are some useful links from WSCC:

- A to Z of recycling West Sussex County Council
- Food waste collections West Sussex County Council
- Recycling Centres West Sussex County Council
- <u>UKHarvest food waste minimisation project West Sus</u>sex County Council

ADVERT – Individual Needs Assistant (2 vacancies)

St Nicolas and St Mary Church of England School is seeking to appoint an Individual Needs Assistant to join our wonderful team ASAP.

The school has fantastic facilities with spacious grounds and we have excellent transport links, being only a 15 min drive from Brighton or 10 min walk from Shoreham station. The school has a strong Christian ethos and our team is caring and nurturing to colleagues and pupils, who are creative and high-achieving. Our curriculum is designed to enable all children to thrive and reach their potential, and to provide opportunities to develop and prepare them for life beyond their primary education. In December 2024, the school joined the Diocese of Chichester Academy Trust and applicants will be able to benefit from CPD/training and development opportunities within the trust as well as the support that comes from working with a family of 27 schools! Our recent Ofsted inspection and Statutory Inspection of Methodist Schools were both extremely positive and highlighted the exceptional learning and behaviour of our children alongside high-quality teaching, leadership and management.

Location: St Nicolas and St Mary C.E. Primary School, Shoreham-by-Sea

Required from: ASAP

Contract: Fixed term (linked to pupil funding)

Hours per week: Post One – 15 hours per week, 4 mornings and 1 afternoon. Post Two – 12 hours per week, 3 mornings and 1 afternoon.

Both posts are term-time only and within the hours of 8.45am – 3.30pm (to include some Midday

Meals Supervisor duties)

Salary: Grade 3 Point 3 (£12.48 per hour)

Please refer to the Job Description/Person Specification in your supporting statement.

Relevant qualifications or training an advantage but not essential. It is desirable, but not essential, to have experience of:

- working in a primary school setting;
- working with SEND pupils.

The closing date for all applications is 12 noon on Tuesday 30th September 2025.

Applications must be submitted on the official application form. Please return completed applications to office@stnm.org.uk or post to above address. Please note that only applications on the DCAT form will be considered for shortlisting.

Interviews are scheduled to take place on Thursday 2nd October 2025.

The application pack (and application form) can also be found at: School jobs - West Sussex County Council



Baby & Toddler Group

Includes • interactive singing • musical instruments story • play time • snack in a relaxed and welcoming space

When

Wednesday mornings 9:15am - 10:15am (Term time only)



Where

Shoreham Baptist Church Western Road **BN43 5WD**

Booking

Book your place here -







October Half Term Mindfulness Pony Day for Kids! <a>®



www.yourspacetherapies.org

Date: Wednesday 29th October 2025

Time: 9am-2pm

Location: Ponies 'n' Kids, Eaton Thorne Stables, Woodmancote, Nr Henfield, W.Sussex, BN5 9AG

Join us for a magical day designed especially for children ages 5-11! Dive into a world of peace, friendship, and mindfulness, all while experiencing the calming presence of our adorable ponies.

₩ What to Expect:

- Mindfulness Time with Ponies: Learn calming techniques and emotional regulation skills while spending quality time with our gentle ponies.
- Pony Care: Discover the joys of caring for ponies through grooming, feeding, and building a bond.
 - **Riding and Mounted Games:** Experience the joy of pony rides and engage in fun, team-based games that promote confidence and cooperation.
- Connect with Nature: Immerse yourself in the tranquillity of our beautiful, quiet stables and serene surroundings.
- **Make New Friends:** Build connections and friendships with other children in a supportive, nurturing environment.

Scan the QR code or click this link to book: Mindfulness Pony Day 29th October 2025



Cost: £140 per child

Spaces limited to 15 children

We are an inclusive team and warmly welcome children with Special Educational Needs and Disabilities (SEND). We celebrate diversity and are committed to providing a supportive environment where every child can thrive.



Lancing Prep Worthing

Saturday School

Saturday 11 October -FREE to attend 9am-12pm

Open to children who attend other schools

Is your child a bright and talented Year 5 pupil with great aspirations?

If the answer is yes, we would love for them to join us for a fun morning of English-based Metacognition Exercise, PE/Team Building Games and History Detectives.









worthing@lancing.org.uk 🙉

Lancing Prep Worthing, Broadwater Road, Worthing, BN14 8HU



Sign up using this <u>link</u>





Where wellbeing comes first and every child is known, SION's small classes and independent curriculum allow young people to thrive.









Book a tour of SION School: Gratwicke Road, Worthing, West Sussex, BN11 4BL

DAVISON C.E. High School for Girls Come and have a look at our school

OPEN MORNINGS 30th Sept, 1st, 2nd, 3rd Oct 9.00am - 11.00am OPEN EVENING 7th October 5.00pm - 7.30pm

Presentation and Headteacher talks 5.30pm and 6.30pm For further details: www.davison.w-sussex.sch.uk

We are delighted to be able to invite you to our forthcoming open events for admissions in September 2026

Please come along and have a look at our school, the preferred date for families of your primary school to attend the Open Morning is Thursday 2nd October and there is no need to book.

Please see the link below to our e-prospectus for more information:

https://www.davison.w-sussex.sch.uk/admissions/prospectus/

We are very much looking forward to meeting you.

Davison CE High School for Girls

Prospectus - Davison High School

Apply online at: westsussex.gov.uk/admissions



Is your child due to transfer to secondary school in September 2026?

Apply online!

It's simple, convenient and time-saving.

If your application is received after the deadline, your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from Monday 8 September 2025. If you would like further advice or information, phone: 03330 142 903.

Deadline: Friday 31 October 2025



West Sussex SENDIAS Service

Is your child starting primary school or transferring to junior or secondary school in September 2026?

Do you think, for

- whatever reason, you
- may struggle with the
- Admissions process?

Secondary School

Online applications open:

Monday 8 September 2025.

Deadline for applying for a secondary school place for your child is:

Friday 31 October 2025.

Primary School (inc. infant/junior)

Online applications open:

Monday 6 October 2025.

Deadline for applying for a school place for your child is:

Thursday 15 January 2026.

For more information on the admissions process: www.westsussex.gov.uk/admissions

If so, the West Sussex SENDIAS Service can:

- · explain the admissions process to you
- help you to make an informed decision about your child's schools of preference
- help you to fill in the online application form.

Please contact the SENDIAS Service:

Helpline: 0330 222 8555

Email: send.ias@westsussex.gov.uk

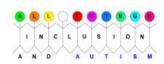
www.westsussexsendias.org



Website: www.stnicolasmary.w-sussex.sch.uk

Em: office@stnm.org.uk

Calendar: click on link for how to use or subscribe



allthingsautismltd@gmail.com 01895 649211

https://allthingsinclusionandautism.com

Workshops for parents / carers (and practitioners) - Autumn term 2025

| All t | hi | ngs | visual | strate | gies |
|-------|----|-----|--------|--------|------|
| | | | | | |

Supporting autistic children / those with communication difficulties with visual strategies - why use visuals, which visuals to use and how to use them?

Thursday 23rd October 2025

10 - 11.30am

Online - via Zoom £36 plus VAT per person

Pathological Demand Avoidance (PDA)

Understanding PDA and practical strategies to support

Monday 10th November 2025

9.30 - 11.30am Online - via Zoom

£44 plus VAT per person

All things communication and play:

Supporting autistic children with communication and play skills - laughing and learning together

Tuesday 4th November 2025

9.30am - 12

Online via Zoom £51 plus VAT per person

Autism and Girls

Exploring differences and diagnosis. Understanding how autism impacts on girls and strategies and ideas to support them

Thursday 13th November 2025

10 - 11.30am

Online via Zoom £36 plus VAT per person

All things behaviour - supporting positive behaviours for autistic children

Tuesday 7th October 2025

9.30am - 12

Online via Zoom £51 plus VAT per person



All things sensory processing - a workshop exploring the sensory needs of autistic children and practical strategies to support their needs

Wednesday 26th November 2025

9.30am - 12

Online via Zoom

£51 plus VAT per person



All Things Toileting

Exploring the challenges around toilet training for autistic children and practical strategies to support them

Friday 17th October 2025

10 - 11.30am

Online via Zoom £36 plus VAT per person

Gestalt Language Processing

How to support early language skills for young children including Gestalt learners

Tuesday 18th November 2025

10 - 11.30am Online via Zoom

£36 plus VAT per person

All Things Mealtimes

Looking at the challenges around food and eating for autistic children and practical strategies to support

Tuesday 4th December 2025

10 - 11.30am

Online via Zoom

£36 plus VAT per person

ADHD

Understanding ADHD in young children and practical ideas to support them

Tuesday 25th November 2025

10-11.30am

Online via Zoom

£36 plus VAT per person

Supporting children with Bereavement and Loss

Looking at the impact of bereavement and loss on young children and strategies to support them

Thursday 2nd October 2025

10 - 11.30am

Online via Zoom

£36 plus VAT per person

Promoting positive mental health in young children

Examining causes of mental health difficulties, learning about anxiety and trauma

Tuesday 11th November 2025

9.30 am - 12 Online via Zoom

£51 plus VAT per person

Contact Jaci Smith or Nikki Duhig at allthingsautismltd@gmail.com or 01896 649211 to book your place/s

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Training

Autumn 2025

(1st half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



Training Workshops

September

| Making Sense of Wellbeing: Understanding and building resilience | Tuesday 16th | 7.30pm |
|--|---------------|---------|
| Understanding Attention Deficit Hyperactivity Disorder (ADHD) | Thursday 18th | 7.30pm |
| Understanding Autism | Tuesday 30th | 10.30am |

October

| Making Sense of Personal Independence Payment (PIP) | Thursday 2nd | 7.30pm |
|---|----------------|---------|
| Making Sense of Behaviours that Challenge (age 2-11 years) | Thursday 16th | 7.30pm |
| Understanding Demand Avoidance | Tuesday 21st | 7.30pm |
| Making Sense of Education Health & Care Needs Assessments and Plans (EHCPs) | Wednesday 22nd | 10.30am |

The SEND Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: 24th September / 1st October (2-part course) Wednesdays 10.00am-1.15pm

All training above will be delivered via Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

https://reachingfamilies.eventbrite.com



www.reachingfamilies.org.uk

Registered Charity No: 1150906 Company Limited by Guarantee No: 8261096

Umbrellas

Parent Support Group
Autumn Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub (Shoreham)

9th Sep / 7th Oct / 4th Nov / 2nd Dec

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

10th Sep / 8th Oct / 5th Nov / 3rd Dec

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

16th Sep / 14th Oct / 11th Nov / 9th Dec

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am
Horsham Family Hub
17th Sep / 15th Oct / 19th Nov / 17th Dec

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

25th Sep / 23rd Oct / 20th Nov / 11th Dec

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
23rd Sep / 21st Oct / 25th Nov / 16th Dec

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email:

outreach-training@reachingfamilies.org.uk



www.reachingfamilies.org.uk

Umbrellas Online

Thursdays via Zoom

11th Sep 7.30 pm - 9 pm
9th Oct 7.30 pm - 9 pm

6th Nov 7.30 pm - 9 pm

4th Dec 7.30 pm - 9 pm



Are you a parent or carer of a child or young person who has, or may have, special educational needs and disabilities in West Sussex?



Reaching Families is a parent-carer led charity which aims to empower parent-carers and families of children & young people with special educational needs and disabilities in West Sussex through the delivery of information, training and peer support.

Making Sense of it All

In-depth parent-carer guide covering SEND issues from birth to adulthood

Umbrellas

Parent support groups based at locations across West Sussex and online, via Zoom

Training

Workshops and courses on a variety of issues delivered online, via Zoom

Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

Animations

Reg Charity No 1150906

Short animated films on a variety of subjects

Fact sheets

Covering a range of SEND issues localised to the needs of West Sussex families

Benefits Advice Service

1-2-1 advice & claim checking support for families applying for DLA, PIP & Carers Allowance

NDP Navigation Service

Support service for parent-carers of children undergoing assessment on the West Sussex Neurodevelopmental Pathway (via referral from a professional)

Facebook Group

An online parent support group providing news, information and peer support

If you would like more information about how Reaching Families can help, please contact:

Email: admin@reachingfamilies.org.uk Telephone: 01903 366 360





www.reachingfamilies.org.uk





October Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk Recordings available for 48 hours (excluding Free Talk)

| Understanding The Teenage Brain | 6 Oct 10am |
|--|---------------------------|
| Supporting Healthy Sleep | 6 Oct 7pm |
| Supporting A Child With ADHD | 13 Oct 10am |
| Understanding Addictive Behaviour | 13 Oct 7pm |
| Autism Improving Communication | 14 Oct 10am |
| Improving Family Communication | 14 Oct 7pm |
| Supporting Healthy Screen Use | 20 Oct 10am |
| Facing Defiance | 20 Oct 7pm |
| Anxiety Based School Avoidance | 21 Oct 10am |
| Understanding Anger | 21 Oct 7pm |
| FREE - Raising Self-Esteem | 23 Oct 7-8pm |
| | |
| Anxiety Explained | 27 Oct 10am |
| Anxiety Explained Cannabis and Ketamine Awareness | 27 Oct 10am 27 Oct 7pm |
| | |





Want to make music with others?

Youth Orchestras, Rock Bands, Drum Groups, Choirs, SEND Groups, Beginner Classes, Lessons, and more...

FIND OUT MORE AT westsussexmusic.co.uk/music-centres





ARTS COUNCIL ENGLAND



FIND OUT

MORE



WEST SUSSEX MUSIC CENTRES

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The Phoenix Centre, PO215JD Thursdays

Tomorrow's Orchestra Programme Junior Orchestra

CHICHESTER

St Joseph's CE Junior, P019 1DQ Saturdays

Tomorrow's Orchestra Programme Drum Lab Junior Orchestra Youth Orchestra

HORSHAM

Millais School, RH13 5HR Saturdays

Tomorrow's Orchestra Programme Young Voices West Sussex Youth Choir Junior Wind Orchestra Junior String Orchestra Training Wind Orchestra Training String Orchestra West Sussex Youth Wind Orchestra West Sussex Youth String Orchestra West Sussex Youth Orchestra

QM Studios, RH12 1GZ Thursdays Play In A Band

music.centre@westsussexmusic.co.uk westsussexmusic.co.uk/music-centres

MIDHURST

Midhurst Rother College, GU29 9DT Tuesdays

Tomorrow's Orchestra Programme

WORTHING

Bohunt School, BN14 8AH Saturdays

Tomorrow's Orchestra Programme Drum Lab Junior Orchestra Youth Orchestra

Northbrook College, BN12 6NU Wednesdays Play In A Band



MESSY CHURCH

Harvest Festival



27 September at 3 p.m.

ST GILES CHURCH, UPPER SHOREHAM ROAD, SHOREHAM-BY-SEA, BN43 GBT

DONATIONS FOR FOOD BANKS WELCOME, RSVP: 07989 250314

