



On World Refugee day, let's take the chance to reflect on how we can all live together as one- regardless of our backgrounds.

A huge thank you for all of our PTA for selflessly giving up their time today to make our Summer Fayre a success. We look forward to sharing more next week...

Enjoy a restful and sunny 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:** Lithuanian
- **Sign of the Week:** Summer
- **Facebook page:** facebook.com/stnmschool

2. DATES AND EVENTS: click [here](#) for the dates list.

- Friday 27th June – INSET Day
- Thursday 10 July – Year 5 Swimming Gala, 9.45 – 10.45
- Thursday 10 July – Year 6 Swimming Gala, 10:45 – 11:45

MEET THE TEACHER MEETINGS: we would like to invite parents/carers to attend the Meet the Teacher events, where you will hear more about the next academic year. Children can be supervised by staff during the meeting. The dates are:

- Monday 14th July: new Y5 (current Y4), 3.40 - 4.05pm
- Monday 14th July: new Y6 (current Y5), 4.10 - 4.35pm
- Tuesday 15th July: new Y4 (current Y3), 3.40 - 4.05pm
- Tuesday 15th July: new Y2 (current Y1), 4.10 - 4.35pm
- Thursday 17th July: new Y3 (current Y2), 3.40 - 4.05pm
- Thursday 17th July: new Y1 (current Rec), 4.10 - 4.35pm

3. REQUESTS, REMINDERS AND GENERAL NOTES

- A polite reminder that trading cards and trading card games of any sort should not be brought into school. Many thanks for your support.
- We are in need of some buckets and spades for our playground's sand pit. If you have any donations would be very welcomed! Thank you.
- **RNLI Shoreham Open Day this Sunday:** Year 2 had a visit from Andy, a volunteer from RNLI Shoreham Station. He asked us to share that they have an open day on Sunday 29 June from 10am - 4pm. It's an exciting opportunity to see inside the station, hear about the valuable work the volunteers do, see the lifeboat and support them to raise funds. Thank you.
- Tips and advice from our school nursing team for parents on all aspects of children's emotional and physical health can be found here: <https://www.healthforkids.co.uk/>

4. Holiday Activities and Food (HAF) Summer bookings now open: The HAF Programme provides free healthy meals, enriching activities and vital support to children accessing benefits related free school meals over the holidays. Every eligible child can book up to 16 free sessions this summer holiday. Please click the article title and circulate the attached letter and flyer to eligible families, so that they can book their place. All bookings need to be

made using the [online booking system](#). If you would like your list of HAF codes, require support in registering families, or for all other enquiries please contact on HAF@westsussex.gov.uk

5. WSCC Support for Carers: Celebrate Sussex Day!

- Young people aged 16 to 20 travelling in West Sussex can [get cheaper fares with the 16 to 20 Bus Saver](#)
- The Children and Young People's Plan explains how WSCC will work with their partners to give each child and young person the support they need to achieve their potential. Their [current plan](#) went live in early 2022 and runs until the end of this year. They will be updating the plan for 2026 to 2029 and want to consult with children and young people, families, and professionals to ensure their voices are heard and represented in the refreshed plan. Share your thoughts and ideas [here](#).

6. Little Fishes Nursery - 30 Hour Free Childcare Code Reminder – Just a reminder to apply now to ensure you have renewed your 30 hours free childcare code by **31 March 2025**. Log in to your childcare account to check your details are up to date and reconfirm your eligibility by **31 August 2025** to ensure you continue to be eligible for 30 hours free childcare in the Autumn Term - [Sign in to your childcare account - GOV.UK](#) Contact the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097.

7. Beach Dreams Festival: A huge well done to our school Samba Band, and Mrs Ellis, who led the Beach Dreams Festival parade on Saturday afternoon. They played brilliantly! Also, a big thank you to all those children and families who joined Mrs Woodman on the parade.



8. Celebration: We are incredibly thankful to work in a school that is filled with so many wonderful children. We are therefore continuing with our monthly celebration assembly where teachers from each class choose two children who have shown consistently an amazing attitude to their work, friendships and all of school life. We then invite them to come up to the front of our assembly, to hear why the teacher has chosen them and receive a sticker and a round of applause from the rest of the school. **This is our fifth time of celebrating in this way and our theme for the occasion was 'Celebrating children who never complain- they just get on with it everyday...'** (names below). We look forward to our next celebration assembly in July.

Class	Child	Child
Blue Whale	Sonny	Ginny
Gray Whale	Oscar B	Chloe
Dusky Dolphin	Elias	Ayla
Spinner Dolphin	Jude	Lily
Penguin	Arlo	Elsie
Puffin	Penelope	Atticus
Seal	Rupert	Brooke
Sea Lion	Esme	Chase
Seahorse	Theo	Alexis
Sea Otter	Ruby	Hugh
Terrapin	Harrison Ea	Mia
Turtle	Matilda	Buddy
Coral	Charlie T	Charlie P
Oyster	Oakleigh	Zach

Mindfulness Club

A nurturing, creative, fun

after-school club

for St.Nicolas and St.Mary's C of E Primary School

For children in Years 1- 6



At Mindfulness Club we will:

- Explore our emotions using the arts and play
- Learn new ways to manage and explore feelings
- Have space to de-stress and be creative
- Find calm, peace and support
- Have fun and get to know ourselves and each other!

Mindfulness club will be run by the same child therapist every week.

Day and Time: Thursday's, 3.15-4.15pm

Dates: Autumn term, 12 weeks, from 11th September- 4th December 2025

Cost: £9 per child, per week

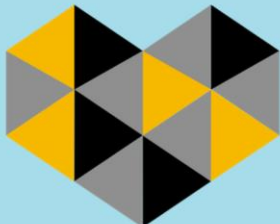


Bonus for parents and guardians: If your child attends Creative Emotions club you will be given free access to the Your Space Therapies 'Boost the Bond webinar' so you can learn key strategies to support your child's emotional and mental health.

To book please click this Eventbrite link:

[St. Nicolas and St. Mary's Mindfulness Club- Book Now!](#)




N.B We are unable to provide refunds for this club once spaces are booked. After we have received your booking, we will email you from bookings@yourspacetherapies.org with an essential registration form to complete. Thank you.







STEM INNOVATION Ltd
Inspiring the future!



S.T.E.M



HOLIDAY

St Nicolas and St Mary's CE
31st of July
£35 per day
9:30 am to 3:30pm
Please provide a packed lunch

For Booking Details Contact: – Ali Khan
Email : STEMInnovation@outlook.com
Tel : 07951287236

Payment to :
STEM INNOVATION Education
ACCOUNT NO : 17721733
SORT CODE : 01-00-04

www.steminnovation.co.uk



Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk Recordings available for 48 hours

Supporting Healthy Sleep	16 June 10am
Decreasing Depression	16 June 7pm
Raising Self-Esteem	17 June 10am
Understanding the Teenage Brain	17 June 7pm
Understanding Addictive Behaviour	23 June 10am
Supporting a Child with ADHD	23 June 7pm
Improving Family Communication	24 June 10am
Autism Improving Communication	24 June 7pm
Facing Defiance	30 June 10am
Anxiety Based School Avoidance	30 June 7pm
Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am

Training

Summer 2025

(2nd 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

June

Making Sense of Wellbeing: Self-care and managing stress	Tuesday 10th	10.30am
Making Sense of Behaviours that Challenge (age 2-11 years)	Wednesday 11th	10.30am
Making Sense of Adult Life - Supporting Adolescents (11 years+)	Wednesday 11th	7.30pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Tuesday 17th	7.30pm
Making Sense of Education Health & Care Needs Assessments and Plans (EHCPs)	Thursday 19th	10.30am
Making Sense of Wellbeing: Understanding and building resilience	Tuesday 24th	7.30pm
Making Sense of Masking	Wednesday 25th	10.30am

July

Making Sense of Personal Independence Payment	Thursday 3rd	7.30pm
Understanding Autism	Thursday 10th	10.30am
Understanding Demand Avoidance	Monday 14th	7.30pm

The SEND Foundation Course

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

Dates: 25th June / 2nd July / 9th July (3-part course) **Wednesdays 7.30pm-9.30pm**

All training above will be delivered via Zoom

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



SCAN ME

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>

 **Reaching Families**
www.reachingfamilies.org.uk

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

Reaching Families

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

Fact sheets

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

Umbrellas

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

Benefits Advice Service

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

Training

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

NDP Navigation Service

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

Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

Animations

Short animated films on a variety of subjects

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

Reg Charity No 1150906



 **Reaching Families**

www.reachingfamilies.org.uk

Umbrellas

Parent Support Group Summer 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)

3rd Jun / 1st Jul

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

7th May / 4th Jun / 2nd Jul

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

22nd Apr / 13th May / 17th Jun / 15th Jul

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

23rd Apr / 21st May / 18th Jun / 16th Jul

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

24th Apr / 15th May / 26th Jun / 17th Jul

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

29th Apr / 20th May / 10th Jun / 8th Jul

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

1st May	7.30 pm - 9 pm
12th Jun	7.30 pm - 9 pm
10th Jul	7.30 pm - 9 pm

Your Space
THERAPIES
Secure attachments
Robust learners • Building futures

www.yourspacetherapies.org

Summer Holiday Mindfulness Pony Day's for Kids!

Explore Calm, Connection, and Confidence with Our Gentle Ponies!

Dates: Friday 8th August, Monday 11th August, Monday 18th August, Monday 1st September.

Time: 9am- 2pm

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

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.

Your Child's Special Day with the Ponies will include:

♥ Mindfulness Time with Ponies, Pony Care, Riding and Mounted Games and Mindful Nature Art.

Spaces are limited to 15 children per session! Please visit the Eventbrite links below now to ensure your spot. Once your booking is confirmed we will contact you to gather further information.

Friday 8th August Mindfulness Pony Day. Book now!

Monday 11th August Mindfulness Pony Day. Book now!

Monday 18th August Mindfulness pony Day. Book now!

Monday 1st September Mindfulness Pony Day. Book now!

Contact: bookings@yourspacetherapies.org

Cost: £140

Join us for an unforgettable experience that combines mindfulness and pony magic!





11am-3pm
BBQ from noon
Raffle drawn 2.30pm
Homemade cakes

- ▶ cream teas
- ▶ raffle
- ▶ craft sale
- ▶ bric a brac
- ▶ plant and produce stall
- ▶ kids games
- ▶ books

**SUMMER
FAYRE
& BBQ**
Saturday June 28


Church of the
Good Shepherd Kings Walk, Shoreham Beach

TEDDYBEAR ZIPLINE AND FUN ACTIVITIES

Sunday 6th July 3pm
St Mary de Haura churchyard

Is your teddy /soft toy brave enough to
ride on our 100 meter Zipline?

Refreshments Crafts Treasure hunt

A fun afternoon to raise funds for
St Mary de Haura Church

Everyone Welcome