



This week we have looked at examples in the bible of where the Sun is used as a symbol of happiness, joy and hope. Therefore, why should we all not want to 'Be the sunshine'

Have a wonderful weekend.  
Mr Lincoln and the Senior Leadership Team

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## 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](mailto: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:** King (following on from the King's official birthday)
- **Facebook page:** [facebook.com/stnmschool](https://facebook.com/stnmschool)
- Please check your email inbox's for an important letter regarding class and staffing arrangements for 2025-26

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

- **Friday 27<sup>th</sup> June:** INSET DAY
- **Tuesday 8<sup>th</sup> July** – RESCHEDULED Summer Concert (previously Monday 7<sup>th</sup> July)

## 3. REQUESTS, REMINDERS AND GENERAL NOTES

- A gentle reminder that chocolate bars must not be included in a child's lunch boxes. Thank you.

## 4. PREMISES, HEALTH & SAFETY

- For tips and advice to parents/carers on all aspects of children's emotional and physical health, please click on this [link](#).

## 5. 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 August 2025**. Log in to your childcare account to check your details are up to date and reconfirm your eligibility by **the autumn term** to ensure you continue to be eligible for 30 hours free childcare in the Autumn Term - <https://www.gov.uk/sign-in-childcare-account>. Contact the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097.

## 6. Sports Day Information: **KS1:** Please wear PE kits to school on Tuesday 1 July. **KS2:** Sports day is the 8 July. All children have been allocated at least one race. The children have been told to speak to the PE Team if they have any questions.

# 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 11<sup>th</sup> September- 4<sup>th</sup> 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](mailto:bookings@yourspacetherapies.org) with an essential registration form to complete. Thank you.



## Summer Holiday Mindfulness Pony Day's for Kids! 🌸

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

**Dates:** Friday 8<sup>th</sup> August, Monday 11<sup>th</sup> August, Monday 18<sup>th</sup> August, Monday 1<sup>st</sup> 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](mailto:bookings@yourspacetherapies.org)

**Cost:** £140

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






The links to book these events are:

**[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!](#)**






STEM INNOVATION Ltd  
Inspiring the future!



# S.T.E.M

## HOLIDAY



St Nicolas and St Mary's CE  
31<sup>st</sup> 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](mailto:STEMInnovation@outlook.com)  
Tel : 07951287236

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

[www.steminnovation.co.uk](http://www.steminnovation.co.uk)

 <b>Summer Timetable</b> all sessions delivered live online via zoom £24 each 90 minutes long book online at <a href="http://facefamilyadvice.co.uk">facefamilyadvice.co.uk</a> 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](mailto: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](http://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](mailto:admin@reachingfamilies.org.uk)  
Telephone: 01903 366 360

Reg Charity No 1150906



 **Reaching Families**

[www.reachingfamilies.org.uk](http://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](http://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

# SHOREHAM FC U9 OPEN TRIALS

SCHOOL YEAR 4 FROM SEPTEMBER

**BUCKINGHAM  
PARK 19TH JULY  
9AM-10.30AM**

SHOREHAM FC ARE  
HOLDING OPEN  
TRIALS FOR THEIR U9  
RED TEAM. IF YOU  
ARE INTERESTED AND  
WANT TO COME  
ALONG PLEASE GET IN  
CONTACT



**CONTACT US NOW**

Youthsecretarysfc@gmail.com or  
speak to Phil on 07908912512 to  
register your interest or for more  
information



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**



  
St Mary  
de Haura