



To all our fathers and for anyone who cares for someone else- let Sunday be a chance to celebrate, remember or reflect on the blessings that showing love for others can bring.

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:** Lithuanian
- **Sign of the Week:** Father
- **Facebook page:** facebook.com/stnmschool

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

- Tuesday 24 June – Thursday 26 June – Reception Bike Balance Course
- Friday 20 June – Non School Uniform Day (Bring an item for the Tombola)
- **Friday 27 June – INSET DAY**
- Tuesday 1 July KS1 Sports Day (AM)
- Tuesday 8 July KS2 Sports Day (AM)

3. REQUESTS, REMINDERS AND GENERAL NOTES

- **Washing Machine:** a BIG THANKYOU to Mr Young who very kindly donated a washing machine after our please last week! We are very grateful.
- **Computers:** we thought we would keep this request in for another week in case anyone missed it last week! Most of you will be aware of Microsoft's switchover to Windows 11. Any PC which is not compatible with Windows 11 will not be able to be used – for us, this is most of our PCs in school. Many companies regularly upgrade their PCs, so we would like to ask if any parent/carer works for a company that is (or will be) replacing their PCs, which are compatible with Windows 11, to please consider asking if they can be donated to us! Please do get in touch with the office if you think you might be able to help. 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. Beach Dreams Parade: We are excited to be a part of the Beach Dreams Festival Parade on Saturday afternoon and would love to see lots of St Nic's families there as well! The school samba band will be playing and fish sculptures, made especially for the parade during a recent artist workshop, will need carrying as we walk. Mrs Woodman will meet anyone who wants to join in the parade outside the Art Marquee on Beach Green ready to start at 2pm. We are told the aim is to end the parade by the Main Stage also on Beach Green.

Please be aware that school staff will not be responsible for any pupils at this event and any parading with the school group will need a parent/carer to accompany them. See information below and website for more. <https://beachdreamsfestival.org/>

Parade

Theme of **The Blue and The Green.**

Sat 14th June, 2 - 2.30pm, around the festival site, accompanied by samba music. Open to all ages! (You remain responsible for your children.)

Dress up as a sea creature or a tree or anything blue or green! Bring something to wave! Bring something to shake or hit!

6. **Your Space Therapies** are very pleased to offer Mindfulness club for St Nicolas & St Marys after school on a Thursday. Please see below for a flyer with an event bright link on it to book. Thank you.



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.

7. **PTA News:** We have a busy week ahead of us and wanted to share some announcements.

- The Family Fun Day is on Friday 20 June from 3.15. Please come along to support us. We will have inflatables, a bar, BBQ, Tombolas, games and face paints. We desperately need volunteers for the Fun Day so that we can run

efficiently and have more stalls for the children to enjoy. Please let Claire know on ptachair@stnm.org.uk if you are able to help between 3.15pm - 4.15pm or 4.15pm - 5.15pm. Any help is greatly appreciated.

- Sponsors - We are very grateful to parents who have offered to sponsor a stall at the Fun Day. We want to say a huge thank you to LC Flooring, Andrew Pridell Associates, City Warmth Plumbing and Heating and Nicolas James Property who have offered us sponsorship. We are still looking for sponsors so please contact Claire on ptachair@stnm.org.uk if you can sponsor a stall.
- Rainbow Hamper Raffle tickets are available to purchase via Class List until Friday 20 June. The link to go to the raffle is <https://app.classlist.com/events/#/raffle/view/1262770926>. You can share this link with family and friends if they would like to enter the raffle and support us.
- Friday 20 June is non-school uniform in return for donations of chocolate or a bottle of alcoholic or non-alcoholic drink. Please bring along at drop off on the 20 June where we will be collecting donations in the Cherry Tree Playground. We are also collecting donations of preloved teddies and cakes so please bring these along at drop off on the 20 June.
- Thank you for all your donations towards the year group Rainbow Hampers. Please can all year groups make sure their decorated Hamper is returned to School by Thurs 19 June as we need them for the Raffle Draw.
- We are raising money for new Tablets for each year group and an outdoor Classroom so the money we raise next Friday will hugely benefit all of our children.



8. **Year 5 Artwork Display:** Year 5 have created some beautiful artwork to represent Peace & Joy! It is currently being displayed in St Mary's Church, Shoreham by Sea.



Messy Church at St Giles'

Saturday (21 June) at 3pm

Games, Activities, Refreshments and Fun!

An online talk by Jane Keyworth



Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

June 23rd 7 - 8:30pm

Talks are recorded and available to watch for up to 48hrs after the session £24



Book online
facefamilyadvice.co.uk
go to **PARENTS**
on the **Homepage**



BEACH DREAMS

Beach Green, Shoreham-by-Sea

Fri 13 June, 6 - 9 pm; Sat 14 June, 12 - 10pm; Sun 15 June, 12 - 8pm

Workshops and Parade Program

Make something for the parade

Fri 13th June, 6 - 8pm & Sat 14th June, 12 - 2pm. Drop in, donation.

Pom pom making

Sat 14th June, 3 - 5pm. Bookable, pay what you can.

Jewellery making

Sat 14th June, 5 - 7pm. Bookable, pay what you can.

Craft party

Sat 14th June, 7 - 9pm & Sun 15th June, 6 - 8pm. Drop in, donation.

Nature collage

Sun 15th June, 12 - 2pm. Bookable, pay what you can.

Nature drawing

Sun 15th June, 2 - 4pm. Bookable, pay what you can.

Bunting and sticker making

Sun 15th June, 4 - 6pm. Bookable, pay what you can.

For more info and booking scan this QR code:

or see www.weareoverthemoon.org/upcomingevents.

Any queries email weareoverthemoon@gmail.com.



Collaborative painting

Sat 14th June, 12 - 2pm & 3 - 5pm, Sun 15th June, 12 - 2pm & 3 - 5pm.

Bookable, pay what you can.

Book at www.figmentarts.co.uk/book-now or scan this QR code:



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Supported using public funding by
**ARTS COUNCIL
ENGLAND**



**ENJOOLATA
FOUNDATION**



BEACH DREAMS COMMUNITY FESTIVAL 13-15TH JUNE

Well-being Area Timetable

Saturday 14th June

12 Love the Journey Yoga

1.15-1.45 Baby Massage ~ Shore Baby Massage

2-2.30 Family Parade

3-4 Children's Yoga ~ Gemma

4.30 Wave Music Therapy

6pm Silent Disco

Sunday 15th June

12 Breathwork ~ Matt Bagwell

1.30 Laughter Yoga ~Time Being

3-4 Shoreham Nutrition

4.30 Poetry workshop ~ Pauline Rutter

6pm Silent Disco



BEACH DREAMS COMMUNITY FESTIVAL

BEACH GREEN, SHOREHAM-BY-SEA JUNE 13-15TH 2025

BURNING ORGAN - HOLIDAY ON SATURN - DOLLY DAGGER

MARIE DANCE AND THE PURPLE SHOES - BONES ATE ARFA - THE MYTHS

DAVE PACKHAM - THE CLONES - MODESSA - 50HZ - JIMMY DOGFISH

GIRLS ON FILM - STONE OF FIRE - HALLOWEEN CLUB - JOY MACHINES

THE ADORED - TOO MANY TOASTERS - MONTANA - ROUTE 66 - DAYS GONE

WORK IN PROGRESS - SOUTH 43 - LITHIUM - THE OTTS - MONUMENTAL

DUSK - DESTINATION UNKNOWN - KINETICS - BROKEN MYTH - THE BLUE DOTS

THE MOONROCKERS - THE WABI SABIS - FELMAN & TEEJ - HORSE OF THE YEAR

THE ACOUSTICS - MILK FLOAT - DESERT ROSE - BIG EYED EARS

THE BEACH DAD BAND - THE GATHERING LIGHT CHOIR + MORE TBC

+ BAR, FOOD STALLS, WELLBEING AREA, ARTS AND CRAFTS MARQUEE AND MUCH MORE!

FREE
ENTRY!




CLICK ON THE CODE
TO DONATE:



ARTWORK BY RICHARD (SOLD)


SUPPORTED BY:









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
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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!

