

This week we have been reflecting on the question of *Guess how much I love you* and how it is not easy to always find the words, but actions can speak louder than words – we reflected on how at Easter we will see how Jesus's actions were the perfect example of love in action.


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:** Amharic
- **Sign of the Week:** Lion - the lion is the national animal of Ethiopia
- **Facebook page:** facebook.com/stnmschool

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

- **Book Week and Cake Sale:** 3 – 7 March  [BOOK WEEK NEWS for parents 2025 pdf 2.pdf](#)
Exciting news! Next week is 'Book Week' at our school and there are many fun activities taking place for the children to enjoy - please see the Book Week Timetable above.
One thing we are doing this year, is a Cake Sale on Thursday 6 March and this is to raise funds for a very special charity called 'Donkey Library' which aims to support children in Ethiopia who have little or no access to texts and books. For more details about this fantastic project, please click on the link below. If you can help, please bring in a cake to sell on the morning of that Thursday (the office and year 6 will collect them from the reception area). If you can't bake a cake, no problem, you can always support us after school when we will be selling them in the Cherry Tree Playground. If there are any parents or carers that are willing to help sell cakes or price up cakes that afternoon, please get in contact with the office or Mr de Waal. Many thanks in advance to you all for supporting this worthy cause and for your help during Book Week. <https://twlethiopia.org/our-projects/donkey-library/>

3. REQUESTS, REMINDERS AND GENERAL NOTES

- Free School Meals (FSM)** – Means-tested FSMs are provided to children whose families meet specific income-related criteria. If you think your child may be eligible for FSMs and you are not already in receipt of them, please apply before the end of March 2025 to ensure your claim and future funding are protected. **Only applications processed before 1 April 2025 will maintain transitional protection (see below).**
Transitional Protection Arrangements – From 1 April 2025, the Government's transitional protection arrangements for means tested Free School Meals (FSM) will end. Any eligible claims confirmed from this date will no longer be protected. This means any child confirmed as eligible for free school meals from 1 April 2025 will be subject to ongoing checks to confirm continued eligibility. This will not impact any children who are already confirmed as eligible. Those already confirmed as eligible will maintain their eligibility until the end of their current phase of education. At that point, they will be re-assessed for their eligibility status. This will apply

to all year 6 moving into year 7 in September 2025. These children will then be subject to ongoing checks to confirm continued eligibility.

For further information and to check your eligibility please click on the following link - <https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/free-school-meals/>
Please send any queries to the Free School Meals Eligibility Team at fsm@westsussex.gov.uk

Donation of filling for Bean Bags – Our school is in need of bean bag filling to replenish our current bean bags. If you have any extra bean bag filling at home or are willing to donate some, we would greatly appreciate it! Please drop any donations off to the school office. Thank you!

4. **Chailey Heritage Visit:** Following the successful Dream Team cake sale last term, which raised money for Chailey Heritage school, Yazmyn and Lesley from the staff team came to visit us on Thursday. They gave a special assembly to the children and told them about the amazing facilities that the children at Chailey can access such as an immersion room (where photos, lights and sounds can be projected into) a heated therapy swimming pool and school farm. Lesley and Yasmyn brought some guinea pigs in to visit the Dream Team by way of a thank you. We got to meet and handle the animals and enjoyed feeding them kale and carrots! We are hoping to do some further fundraising for the school and to make a visit in the summer term.

5. **PTA Golden Ticket Chocolate Bars**

Don't forget to come and get your 'Delicious Daydream' chocolate bar on Friday 7 March for your chance to win a golden ticket. We have some fantastic golden ticket prizes including Truffles vouchers, toy hampers, Presh-Eat Voucher, Swimming voucher, Ropetackle film voucher, Upside Down House voucher and many more!

The Delicious Daydreams chocolate bars will be available for £2.50 in the Cherry Tree playground from 3.15pm after school. If your child attends an afterschool club and would like to purchase a chocolate bar, please send the cash in a sealed envelope with your child's name on, which club they are attending and how many bars they would like to the school office in the morning at drop off. The bars will then be available to pick up when you collect your child from their club. We are looking forward to seeing you!



Training

Spring 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

February

Understanding ADHD

Friday 28th

10.30am

March

Making Sense of Wellbeing: Understanding & building resilience

Tuesday 4th

7.30pm

Understanding Sensory Processing Differences

Thursday 6th

10.00am

Making Sense of Anxiety in Children (Primary age)

Tuesday 11th

10.30am

Making Sense of Wellbeing: Key skills to improving communication

Tuesday 18th

10.30am

Understanding Demand Avoidance

Thursday 20th

7.30pm

Making Sense of Personal Independence Payment (PIP)

Wednesday 26th

7.30pm

Making Sense of Transition to Secondary School

Thursday 27th

7.30pm

April

Understanding Autism

Thursday 3rd

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: 5th March / 12th March / 19th March (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>



www.reachingfamilies.org.uk

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



Easter Holiday Bikeability Sessions

Monday 7th - Thursday 17th April 2025

£20 per child



*Oak Grove College, Worthing
Downview Primary, Bognor
Holbrook Primary, Horsham
Three Bridges Primary, Crawley*



Is your child in **Year 6** or above?

Would they like to do **Bikeability Level 1&2** or **Level 3 Bikeability**?

The West Sussex Road Safety Team are offering limited **£20 places** for a 2-hour Level 1&2 Bikeability session during the Easter Holidays for those that are not offered it through school or missed out on it when in Yr6.

Spaces are limited and will be allocated on a first come first served basis.

For more info, or to apply click here:







[Cycle safety courses for schoolchildren - West Sussex County Council](#)

Or pop us an email....

cycletraining@westsussex.gov.uk



We will be in touch to discuss your enquiry & offer you a date and time for the session

-  ***Level 1 bike control will be checked off-road prior to commencing on-road to Level 2. Please let us know if you think we need to spend more time working with your child on their Level 1 bike control skills (so we can accommodate this in their session).***
-  ***Level 2 Bikeability introduces children to on-road cycling for riders that have reasonable control of a bicycle.***
-  ***Trainees will need a roadworthy bike and a cycle helmet.***
-  ***For any other training requests such as Level 3, please email us, as we should be able to accommodate these sessions.***




















Age Restrictions for Social Media Platforms

Why are there age restrictions on social media platforms?

Many social media platforms have an age restriction of 13 years or over. This is because you have to be at least 13 years old to give consent for your personal data to be collected and processed.

What is the minimum age for UK account holders on these social media platforms?

13	16
 Facebook	Vimeo 
 Instagram	Telegram 
 Snapchat	Tumblr 
 TikTok	
 X (formerly Twitter)	
 Pinterest	
 Twitch	
 Reddit	
 Messenger	
 Discord	
 Skype	
 YouTube	
 WhatsApp	



The above age restrictions are based on the age required by the individual platform. This may differ from the age ratings suggested on app stores such as Google Play.

Social Media Disclaimer: This resource/website is for informational purposes only. It does not encourage or endorse the use of social media. This resource refers to UK age ratings and other countries may differ.



Our Lady of Sion School

Senior School Open Day

Tuesday 11th March
Tuesday 18th March

11:00am-12:30pm

Or

2:00pm-3:30pm

The journey to unlocking
your child's excellence begins at Sion

To sign up,
scan the QR code



Our Lady of Sion sionschool.org.uk

01903 204063

Worthing, West Sussex

Co-educational

3-18 years

Nursery

Juniors

Seniors

Sixth Form



"This is the happiest we have
seen our son in a very long
time." parent 2025

"Coming to Sion has
made the biggest impact
on my life in the most
amazing ways. I am so
grateful." senior student 2025



SOUTHWICK RANGERS FC



looking for girls to start a new team
U10G for next season

Girls in years 3 and 4 are especially invited to come along to our Wildcats sessions.

An hour of fun football for Girls. This will then lead into an U10G team playing in a league next season

Every Thursday 4-5pm On the 3g at Southwick Recreation Ground.
This session is for 6-11 Girls all abilities welcome



For more information- interested@southwickrangers.org





SOUTHWICK RANGERS FC

U5-U6



**Players in years reception and year 1
wanted -please contact-
interested@southwickrangers.org
for more information**



**Session is on 3g at Southwick Recreation
ground. All abilities welcome ,Boys and Girls
welcome.**

**Size 2 footballs are used to maximise ball
control in a fun hour session.**

SATURDAYS 12-1PM





LET'S TALK NETBALL!

WHO ARE WE?

Since 2015, Play Netball has been the UK's largest & most followed Social Sports provider, with over 150 leagues and 30,000 women playing with us weekly.

For Play Netball, the most important part is promoting the social side of sport and the sense of belonging to a team. We firmly believe that there is a sport for everyone, and if children can have positive experiences of sport during their time at school, they can bring these experiences into their adult lives, continuing to stay active and enjoy taking on new sports and challenges in the future.



WHAT WE DO

Boys and girls of any ability can expect to gain valuable netball experience over planned, weekly extra-curricular sessions during term-time. Aimed at school years 1 to 11, Play Netball Juniors helps develop agility, balance, and coordination through a mix of games, physical activities, and skill-building exercises, split into KS1, KS2, KS3 & KS4 after-school groups.

KS1, KS2

Our coaches deliver quality extra-curricular netball sessions for all pupils with our Play Netball School's programme, designed specifically for children through KS1 and KS2. Our goal is to help your pupils build confidence, improve fitness, and strengthen friendships, while offering every child the opportunity to try out each position on the court and feel confident to play matches.

- Key skills – passing, catching, ball control, shooting, rules
- Physical skills – marking, running/stopping, jumping, footwork
- Social Skills – communication, confidence, teamwork
- Tactical Skills – decision making, anticipation
- Match Play!



All Our Coaches:

- DBS Checks
- Safeguarding trained

OUR COACHES

Play Netball Juniors prides ourselves in providing coaches who have a strong background to the sport, ensuring they not only possess the skills and knowledge required to teach the game but also have a genuine passion for helping young players develop.

Our coaches will deliver weekly, skills-based sessions, specific to each age group. Match Play is an important part of the session, however the coaches focus is heavily on skills progression, confidence and gaining netball experience.

YOUR CONTACT

Please contact Rob Fulker, with any queries regarding Play Netball Juniors.

Rob Fulker
Head of Play Netball Juniors

Play Netball wants to ensure that all children have the opportunity to feel like they belong to a team, and enjoy sports at school no matter their ability or experience.

info@playnetballjuniors.co.uk
01256 644049



COST

Finding a way that works for your school.



£50 per session, paid by school to Play Netball Juniors in advance of term.



£6 per child per session, paid to Play Netball Juniors by parents/carers in advance of term. This option does not require any payment from schools.

WWW.PLAY-NETBALL.CO.UK NETBALL-AFTER-SCHOOL-CLUBS

**St Michael's Children's
Workshop for
Mothering Sunday and Easter**

**Sunday 23rd of March 12noon to 2pm
St Michael's Church Hall, Church Lane**

- * Crafts
- * Celebration
- * Food for the Children

**If you would like further information, please contact
Sam in the Parish Office.**

st.michaelsoffice@btinternet.com



The top section of the poster features the STEM INNOVATION Ltd logo, which includes a hexagonal geometric design and a target symbol. Below the logo is the tagline "Inspiring the future!". To the right are illustrations of laboratory glassware: test tubes in a rack and a flask with red liquid. The word "STEM" is written in large, colorful, 3D block letters (S: red, T: orange, E: green, M: orange) with a string of white lights passing through the letters. Below "STEM" is the word "CLUB" in a red-outlined font. To the left of "CLUB" are illustrations of laboratory glassware with colored liquids. To the right are two interlocking gears, one yellow and one red. Below "CLUB" is a red horseshoe magnet with two lightning bolts. The text "St Nicolas and St Mary CE" is written in white, followed by "Every Friday 28th Feb to 4th of April" and "£51" in a larger font. Below that is "3:30 to 4:30". At the bottom left, contact information is provided: "For Booking Details Contact: - Ali Khan", "Email : STEMInnovation@outlook.com", and "Tel : 07951287236". At the bottom right, payment information is listed: "Payment to : STEM INNOVATION Education", "ACCOUNT NO : 17721733", and "SORT CODE : 01-00-04". The website "www.steminnovation.co.uk" is displayed at the very bottom in a large, bold font.

EDUCATE-MOTIVATE-PARTICIPATE

SportsCool Brighton

How can we benefit your school?



Services we provide

Extra-curricular clubs: -
Before school, Lunch + After school
Holiday Camps
Curriculum P.E. teaching
INSET Days
Sports Days/House competitions
Themed/Event days
P.E. Interventions
Sensory Circuits
Play Leaders program

07845673895 / dan.m@sportscool.org

Sports we offer

Alternative =
Archery / Fencing / Tri Golf / Kurling /
Handball / Lacrosse / Dodgeball /
Ultimate Frisbee / Volleyball /
Yoga and Mindfulness / Badminton /
Kinball / Tchoukball
Mainstream =
Gymnastics / Dance / Rounders /
Football / Netball / Basketball /
Tag rugby / Athletics / Hockey / Cricket /
Orienteering / Multi skills / Tennis

<https://www.penguinswimlessons.co.uk/>

Join our Easter Intensive
Swimming Course and
see a huge difference
in your child's swimming
ability in just 5-days!

Located at Lancing College,
we run classes for children
aged 4-16 years of all abilities.

- Five day course £80
- Small, focused, joyful, progressive,
daily 30 minute morning classes
- Expert, experienced teachers in
the water
- Beautiful facilities
- Spaces are limited!

For more information, contact us at:
info@penguinswimlessons.co.uk
www.penguinswimlessons.co.uk



What parents are saying:
"Overarching your brilliant
pedagogy is just a wonderfully
positive, kind, empathic approach."
"I genuinely have felt a huge amount
of guilt this week that I've subjected
the children to lessons
elsewhere for so long!"

Dates: 7-11 April 2025

This Easter, give your child the opportunity to immerse themselves in swimming with our intensive 5-day course. Whether they are just starting out or looking to improve their skills, our small, friendly classes cater to all abilities.

Morning Classes

(Timings vary depending on ability)

Our dedicated, passionate team is here to nurture swimmers of all ages. Each day, your child will benefit from personalised attention in a supportive environment.

Term Time Classes

We also operate a weekly programme for children and adults.

For more information or to book, please email us at:

E info@penguinswimlessons.co.uk

W <https://www.penguinswimlessons.co.uk/>



**JOIN
THE CLUB
AND BE A PART
OF A SOMETHING
SPECIAL**



FIND US ON

**Sunday Mornings
@ Buckingham Park
10am-11am**



Player Development

- Build strength, speed and fitness through our comprehensive training
- Master fundamental rugby skills including passing, tackling, kicking, and game strategy through expert coaching and progressive skill development tailored to each player's experience level.
- Make lasting friendships while being part of an inclusive team culture that values respect, sportsmanship, and camaraderie both on and off the field.

TRY IT, PLAY IT, LOVE IT...



West Sussex Libraries Centenary 2025 special edition



Our library service is celebrating its centenary! This special edition Residents' Newsletter showcases all the exciting things happening during 2025 that you can get involved in.



[Check out what's happening in your local library here.](#)