

Dear Parents and Carers

**May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).**

At this time this may, for some, seem difficult to understand, however in the most difficult of times we have seen here in our own school community, the town and the nation, countless examples of selfless acts of kindness, people coming together and caring for the vulnerable. As a school community we are not all physically together in the buildings but we continue to be one school and every child and parent is in our thoughts and prayers.

We have attached a letter from the staff to our children to this bulletin which is also available to view on the website (Parents & Carers > News & Events > Letters Sent Home). If your child is able, then do let them read it, however if they can't, please do read it to them.

Mr Lincoln and Mr Etherton

## 1. COMMUNICATION

- **Emails:** please use the [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with any queries. Email is now our main form of communication and we are receiving an incredibly high volume of emails. We will endeavour to reply to your messages as quickly as possible but please be patient – you may not get an immediate response!
- **Phone Calls:** school staff may ring you from an unknown number so please don't hang up before we can say who is calling!
- **Dates & Events:** all events have been cancelled until further notice.
- **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

## 2. WORSHIP & ETHOS:

- **Awesome Assemblies:** we have had some very interesting assemblies from Mr Badger and Mr E this week via YouTube including Fire Juggling, Great Bread Bake-Off, Shaggy Sheep and Gruesome Grapes. Please subscribe and share with others and pray that these fun Christian assemblies will be a blessing for all our children and their families. [https://www.youtube.com/channel/UCVs\\_954b4yEOTI5sAhKhGKw?safe=true](https://www.youtube.com/channel/UCVs_954b4yEOTI5sAhKhGKw?safe=true) The plan is to do 5 more assemblies next week and then upload a few over the Easter weekend.
- **Church of England:** Click on the following to find a church near year live streaming a service [https://www.achurchnearyou.com/live-stream/?tags=Live\\_stream](https://www.achurchnearyou.com/live-stream/?tags=Live_stream)



- **We Are Emmanuel:** Join us online every Sunday at 10.30am and 6pm for our 'live-streamed' Sunday services, including worship, teaching & prayer. Coming soon... energetic, engaging bible-based teaching & fun for kids at home! Just follow this link: [weareemmanuel.com/live](http://weareemmanuel.com/live)
- **Shoreham Baptist Church:** From next Sunday we will be looking to introduce a live stream of our Sunday service- before then do take a look at the website <https://www.shorehambaptist.co.uk/>



3. **PTA EASTER EGG HUNT:** a huge thank you to the PTA for organising the Easter Egg Hunt last Friday – it was good foresight on their part to bring it forward by two weeks and, as it was our last official day of being open, it was great that the children had something fun to do at the end of the day.
4. **Rainbow Club and Easter Holidays:** As we come to the first week of Rainbow club, we wanted to say a thank you to parents who have taken the government advice to, wherever possible, keep their child at home. This has allowed us to support and care for the children of our key/critical workers and give a safe and familiar space for some of our vulnerable children. Thank you to parents who have let us know on Squid that your child will be attending – this is vital in letting us know accurately the staffing we will need each day.

A letter was sent out earlier this week that Rainbow club will be running over the Easter Holidays (except Good Friday and Easter Monday) for our key/critical worker families and families with vulnerable children. The club itself will look a little different and will reflect the change in home learning set for the Easter holidays. The mornings will not be spent working on the children's home learning but instead the day will revolve around a range of activities that reflect the wider areas of learning: art/craft, sport, science and forest schools.

## 5. HOME LEARNING

- **Feedback:** Thank you to parents for feedback we have received regarding the home learning that has been set this week and will be for next week. Overwhelmingly, parents have been thankful to staff for the time and care

that has been taken in preparing meaningful activities for the children to engage in. We do understand that for some parents it has been a challenge to suddenly take on the role of home educators, particularly when you are supporting children of different ages. We will constantly be reviewing the work set and are always looking for guides/support to assist our parents.

- **Easter Holidays:** for the two 'Easter Holiday' weeks (beginning 6<sup>th</sup> and 13<sup>th</sup> April) the home learning will change and will reflect more of what would have traditionally been given at this time of year. This will likely be a topic based project, reading and online learning. This will be available on the school website as two weeks of home learning from 9am on Friday 3<sup>rd</sup> April. During the Easter Holidays, staff will **not** be checking the Seesaw or 2Simple App (they, like the children, deserve a break!). They will be back online from Monday 20<sup>th</sup> April.
- [Useful Home Learning Links and Resources](#) (click on link) or go to our website Pupils > Useful home learning links and resources.
- **Seesaw:** we are using an online platform called Seesaw as an optional way for children to share 1 or 2 pieces of work each week with the rest of their class and teachers. Children can upload photos, notes and videos, which the rest of the class can see in the Class Journal. They will also be able to leave comments for each other and respond to activities they have been set. **Nothing can be seen by the rest of the class until it has been approved by the class teacher.** To use Seesaw, the free app (Seesaw Class) must be downloaded from the app store and then children log in via a class QR code which has been sent home. While only those with access to the class QR code will be able to upload or see the Class Journal, please ensure that any content children submit is appropriate and does not reveal any personal information.
- **100 activities to do in the Great Indoors:** <https://www.standard.co.uk/showbiz/celebrity-news/bear-grylls-scout-activities-great-indoors-a4393216.html>

6. **Well-Being:** We recognise that these are unprecedented and uncertain times and that can cause a high level of anxiety for both children and adults. We want to ensure that families continue to feel supported during this time so we have compiled some resources and useful contacts that you and your family may find helpful. You can find this information on our website under the tab entitled Pupils > Useful Home Learning Links and Resources > Well-being – Parent and Carer Support. If you cannot find the information you need on this page and feel that school could help or signpost you in the right direction then please email [office@stnm.org.uk](mailto:office@stnm.org.uk) and it will be passed on to our pastoral team.

7. **Keeping Active:** here are some links to various activities to help you and your child(ren) keep active:

- 5 Minute Move on You Tube <https://www.gonoodle.com/>
- PE with Joe Wicks the Body Coach: <https://www.youtube.com/watch?v=K6r99N3kXME&safe=true>
- <https://www.gonoodle.com/>
- Academy Stars: YouTube workout every Mon-Fri at 10am [www.Academy-Stars.com/youtube](http://www.Academy-Stars.com/youtube)
- Table Tennis England: [TT Kidz Play at Home website](#)
- Kids Run Free: [https://www.youtube.com/channel/UCJIRxR6KOx9jgNzsUVG2VHQ?view\\_as=subscriber&sa](https://www.youtube.com/channel/UCJIRxR6KOx9jgNzsUVG2VHQ?view_as=subscriber&sa)

These can also be found on our website: Pupils>Useful Home Learning links and Resources>Exercise & Recreational

## 8. sQUID PAYMENTS AND BOOKINGS

- **Octopus, Starfish, Little Octopus & Little Starfish clubs:** Booking made for the weeks beginning the 23<sup>rd</sup> & 30<sup>th</sup> March are in the process of being cancelled. Refunds will be paid into your sQuid purse to be used when the school reopens. For those who pay by childcare vouchers or through HMRC, we have recorded all bookings and payments will be carried forward – payments cannot be refunded for tax reasons.
- **Payment for Offers for school trips/workshops:**
  - [Y6 Indian Workshop](#) offer has been paused and a refund will appear in your sQuid purse.
  - [Dalesdown Residential](#) offer has been paused until we can confirm if this trip will be going ahead.
  - [Y3 Swimming offer](#) has been paused until we know when swimming will restart.
- **Do you require money to be returned to your bank account?** Monies refunded into your child's sQuid account will be held in your purse to be used in future for trips/offers/ bookings. If you require the money to be returned to your bank account or credited to the card used please follow these instructions from sQuid:
  - Email [customerservice@squidcard.com](mailto:customerservice@squidcard.com) from your registered account email address or go to the [Contact us](#) page via the website or your account.
  - Please note that sQuid normally charge a £5 administration fee for refunds but due to the difficult times we are in, this will be at a reduced rate of £2.50.
  - Due to the amount of refund requests sQuid are receiving they have advised that refunds could take up to a month to get processed.
- **sQuid Email Notifications:** We apologise if you have received numerous email notifications re refund of your bookings on sQuid but we have no control over this as they are generated by sQuid.

Please email [office@stnm.org.uk](mailto:office@stnm.org.uk) if you have any questions.

## 9. HEALTH & SAFETY

- **Studybugs reporting app:** due to the partial closure of schools, Studybugs are asking parents to report symptoms but not absence. For more information go to: <https://blog.studybugs.com/posts/coronavirus-symptom-tracking>
- **Scam Email Targeting Parents:** our IT provider has informed us that some parents may have received an email with a message along these lines: "As schools will be closing, if you're entitled to free school meals, please send your bank details and we'll make sure you're supported". Please note that this is a scam email and is not official. We urge parents that if you receive any emails like this, please do not respond, and delete it immediately.

10. **TIM LOUGHTON MP:** Tim has set up a section on his website at [www.timloughton.com](http://www.timloughton.com) with topical & official advice from the NHS, support for businesses and employees, volunteering guidance and a section on schools: <https://hansard.parliament.uk/Commons/2020-03-18/debates/FCD4DEB2-86A8-4F95-8EB8-D0EF4C752D7D/EducationalSettings>

11. **MESSAGE FROM WEST SUSSEX LIBRARIES:** All libraries are now closed. We know how valuable our services might be at this time, which is why we are working hard to develop an alternative library offer. Some of the areas we have been working on include:



- Getting the word out there about our [eLibrary service](#), which includes **free** access to 1000s of [eMagazines](#) and [eNewspapers](#), as well as quality [online reference resources](#).
- Expanding our collection of [eBooks](#) and [eAudiobooks](#) by adding new titles to the 10,000+ already available.
- Promoting the option to [join the library online](#) so that more residents are able to access all the resources in our eLibrary. We've been really pleased to welcome an influx of new members over the last few days.
- Developing a virtual hub of relevant information, library-related content and support.
- Looking into the possibility of delivering virtual versions of some of our regular events and activities.
- Continuing to utilise our social media platforms ([Facebook](#) and [Twitter](#)) to share content and information.

We have suspended all overdue email notifications – if your loans still show their original due dates on our website or app, be assured that **no one will incur charges or fines during this closure period**. For more information, please see the [Frequently Asked Questions](#). We will keep you updated via email, our [website](#), social media and printed notices at the front of library buildings. We appreciate that a proportion of our customers are not online so will rely on word-of-mouth so please spread the message. Facebook: [facebook.com/WestSussexLibraries](https://facebook.com/WestSussexLibraries)

12. **LINK ETHIOPIA:** please follow this link to read the spring term newsletter: [Link Ethiopia Spring Term Newsletter](#)

13. **LITTLE FISHES NURSERY:** In order for children to access Extended FE in the Summer term their 30 hour code must be issued by HMRC by 31 March 2020. Please note, any existing codes with a grace period ending 31 March 2020 or earlier must also be reconfirmed by this deadline. Apply now to ensure you have your 30 hours code by **31 March 2020**. **Log in to your childcare account** to check your details are up to date, and reconfirm your eligibility to ensure your child continues to be eligible for Extended FE: [uk/sign-in-childcare-account](#) Please contact the **HMRC helpline on 0300 1234 097** if you experience issues applying for, or reconfirming your code.

# Thrive 365 #8

## Did you know?

Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices... Everyone has mental health. Being aware of this is very important for navigating ups and downs.

## What can you try?

### 1. Talk Openly

Talk openly about how you feel and what you are thinking with people you trust. By saying something out loud we can process our emotions and prevent them from coming out in other ways. They won't just go away, so it's better to accept them for what they are and recognise they exist for a reason and have a purpose. For instance, sadness helps us connect with those close to us; anger helps us face up to our problems; disgust helps us reject what's unhealthy and fear protects us from danger.

### 2. Help Others

Helping others with their difficult emotions will not only aid them, but also help you understand that everyone goes through difficult times. If someone chooses you to trust, make sure you look after their feelings by keeping them to yourself - unless the person is a risk to themselves or someone else. In which case, you must tell someone who can help.

### 3. Write Down Changes

Write down any times where you feel you have behaved in a way that is different to how you would usually respond. Revisit your journal when you are in a good frame of mind and try to work out the triggers for your change in behaviour. Think about how you could make things easier for yourself. Could anyone else help?

# Thrive 365 #9

## Did you know?

Social stigma includes the negative attitudes and discriminatory behaviours that society or particular individuals hold towards those with mental health problems. A belief that "all people with mental health problems are violent and dangerous" could be an example of social stigma. Everyone can help reduce social stigma.

## What can you try?

### 1. Source Reliable Information

Source reliable information about mental health conditions that you can show to your family and friends if you are struggling with a mental health issue or know someone who is. Key charities are 'Mind', 'Young Minds', 'Papyrus' and the 'Anna Freud Centre'.

### 2. Talk (when you can)

Talk about your thoughts and feelings even when you are feeling well. This way, you will show others that it is something we all should be doing. If you are feeling low, don't think of yourself as the condition. This is something that is happening to you and it can get better with the right help.

### 3. Celebrate Mental Health

Join in with online charity events and support groups that help people with mental health. The message we want to give out is that every person, in every part of the globe, has mental health. It is part of being human and we should celebrate it but also recognise that our mental health is complex and we all might need support at times.

*Neither the Governors nor West Sussex County Council support or recommend the advice, products or services offered nor the organisations offering them. Individuals should satisfy themselves on the suitability of any of the advice, products or services and on the nature and standing of these organisations (or any mentioned in this bulletin or any other publication).*