
"Sing to the Lord a new song (when you are in the shower), sing to the Lord, all the earth (except in school).

Sing to the Lord (under your breath) and praise his name!

From Psalm 96 - Covid version!

1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** please use office@stnm.org.uk to contact the school with queries.
- **School Office:** parents and carers should **not** enter the foyer unless they have a pre-arranged appointment. Please refer to the school website for information or email / phone if you have any queries 01273 454470.
- **Calendar:** term dates, upcoming events etc. This can be filtered by year group to help you find dates relevant to you. Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Letters / Emails sent home this week:** Click on the link to see past letters:
 - Letter from Public Health England – 25th September
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

2. INFORMATION ABOUT UPCOMING EVENTS

- **Harvest – non-uniform day, Friday 9th October:** as we are unable to collect harvest tins and dried foods in the usual way this year due to Covid safety restrictions, we have decided to support our local homeless charities by organising a non-uniform day on Friday 9th October. In exchange for this, we would be very grateful if your child can bring in a suggested donation of £1, which will be split between the Off The Fence Trust and Turning Tides. Both provide shelter and food to homeless people in the Brighton and Worthing areas. Many thanks for your support.

3. WORSHIP & ETHOS

- **Awesome Assemblies:** This week's assembly is *Fruits of the Spirit: Banana Joy*, please click on the link: <https://www.youtube.com/watch?v=5mC2yI2lcZQ&safe=true>

4. CHRISTMAS CARDS! Don't forget to place your order online and return the artwork to school by Thursday 8th October.

5. SCHOOL CENSUS DAY, Thursday 1st October: it is vital that we secure the full level of funding to which we are entitled for Free School Meals. The government provides funding for each child that has a free school meal on the two census dates, 1st October and 21st January. If your child is entitled to a free school meal (including all children in YR, 1 and 2) they will be offered a hot meal on these dates, even if they do not normally have a hot meal; so they do not need to bring in a packed lunch on this day. The menu is at the end of this bulletin. You do not need to take further action unless your child has a dietary requirement that Chartwells are not aware of – please read the [West Sussex Special Diet Process](#) which includes a form to return to Chartwells.

6. OCTOPUS CLUB: Please ensure that children attending Octopus club are dropped off between 8.00 - 8.20am at the very latest. We cannot guarantee they will get any food after this time.

7. BOOK BAGS: in the 11th September bulletin we reminded you that children in Reception up to Year 3 should only be using book bags. We have noticed that some children are still using backpacks so we are asking you again to please make sure they only have book bags – we do not have enough space on the pegs in the corridors and we need to keep floors clear for safety reasons and cleaning. The only exception is if a child is attending an after school club which requires them to carry additional equipment. It is confusing for children who have been told they are not allowed a backpack and then see others in their class with one. Once the children reach Y4, they are able to bring a backpack as there is adequate room. We would really appreciate your support with this.

8. **REQUEST FOR ABSENCE FORMS:** please remember to complete a request for absence form prior to time taken out of school as per the school website.
<http://www.stnicolasmary.w-sussex.sch.uk/site/data/files/absence/580AE5D8D094A652568D76AC741AED72.pdf>
Absence from learning: The school strongly advises parents and carers to encourage good attendance in order to minimise any disruption to their child(ren)'s education. The procedure for requesting absence from learning will be:
1. The parent or carer will obtain a "Request for Absence from School in Exceptional Circumstances" form from the school office or website prior to the absence.
 2. The parent or carer will fill in and return the form to the school office, prior to the absence, which should include a full explanation of why the request is exceptional.
 3. The Headteacher will decide whether to authorise the absence in line with the Attendance policy, local guidelines and DfE guidelines.
9. **PTA:** The PTA works with the school to raise much needed funds to support our children. We are currently raising funds for a number of items on the school wish list, including a running track to be installed on the school field and an outdoor classroom area. Due to circumstances right now, we are very limited in the fundraising events we are able to run and we expect our income to be greatly reduced this year - but do watch this space as we are working on a few exciting ideas! If you have any ideas for non-contact fundraisers, please do get in touch with us.
- **Can you give a monthly donation to the PTA?** If you are able to donate a monthly amount to the PTA, via bank transfer standing order, please see details in the attached Gift Aid declaration form. If you are a UK taxpayer, as a registered charity, we can claim an additional 25% of your donation from the government (please complete and sign a hard copy of the form if you are eligible). Even just £1 per month makes a huge difference.
 - **Raising funds for the PTA when buying from Amazon:** AmazonSmile is a simple and automatic way for you to support the PTA every time you shop, at no cost to you. The prices and choice are still the same and 0.5% of your purchase price will be donated to the PTA. To select the PTA as your charity on your first visit to smile.amazon.co.uk select *St Nicolas & St Mary Primary School PTA* from the list of charities before you begin shopping. Amazon will remember your charity and, with every eligible purchase made through AmazonSmile, make a donation to the PTA.
 - **Recycling:** Everyone has done such an amazing job of keeping and sorting their lockdown recycling. Over the summer, £192.50 was paid out to the PTA from Terracycle for all our recycling to date. We also hope to announce a new major recycling stream very soon! There is a guide at the end of the bulletin about 'What goes in the bin?' A more detailed 'New September 2020 recycling guide' which details specifically what items can and importantly, *cannot* be put in the bins can be found on the PTA section of the website: [CLICK HERE](#)
10. **HEALTH & SAFETY – CORONAVIRUS**
- **NHS Track & Trace App:** please see details on page 3 on how to download the new app.
 - **Getting tested:** to book an appointment or order a home kit please go to <https://www.gov.uk/get-coronavirus-test> or call the NHS on 119 if you have problems using the internet.
 - **Everyone's responsibility:** could we please remind you all that it is everyone's responsibility to be aware of government guidance and to keep up-to-date with changes. We are relying on parents, carers and staff to be vigilant and careful. Please check the government website for information and updates <https://www.gov.uk/coronavirus>
11. **Pop-up Cycle Lanes – feedback needed!** The Govt has provided WSCC with funds to install temporary emergency pop up cycle lanes. Further information on the government initiative is here. <https://www.gov.uk/government/news/2-billion-package-to-create-new-era-for-cycling-and-walking> The cycleways will be closely monitored to ensure they are having a positive impact on local travel: this will include how well used they are by cyclists and any positive or negative impact on congestion, safety and air quality. **Members of the public are invited to complete a survey on all seven of the schemes via this link:**
<https://www.westsussex.gov.uk/roads-and-travel/roadworks-and-projects/road-projects/pop-up-cycle-lanes/>

12. Secondary School Open Days

- **Sir Robert Woodard Academy:** Virtual Open Evening LIVE ON THURSDAY 1st OCTOBER 7PM. Virtual tour of the Academy, hear from the students, presentation by Principal Kieran Scanlon, online Q&A session. www.srwa.woodard.co.uk enquiries@srwa.woodard.co.uk 01903 767434
- **Our Lady of Sion:** Our Lady of Sion school is holding two open days in early October. Both are by appointment only and have restricted numbers of places available: Saturday 3rd October 10am – noon and Thursday 8th October 6 – 8pm. If you are interested in going along, please visit their website to book a place. www.sionschool.org.uk/admissions/open-days.



The poster features the NHS logo and the text 'Test and Trace' at the top left. The main title is 'NHS COVID-19 app features'. Below the title, it says 'Helping us all to support the NHS by reducing the spread of coronavirus (COVID-19). Protect your loved ones. Download the app.' To the right is a smartphone displaying the app's interface with the text 'This app helps us keep each other safe' and two main features: 'Get notified' and 'Check into venues'. The bottom section is divided into six feature cards: 'Trace', 'Alert', 'Check-in', 'Symptoms', 'Test', and 'Isolate', each with an illustration and a brief description of the feature.

NHS COVID-19 app features

Helping us all to support the NHS by reducing the spread of coronavirus (COVID-19).
Protect your loved ones.
Download the app.

Trace
Get alerted if you've been near other app users who have tested positive for coronavirus

Alert
Lets you know the level of coronavirus risk in your postcode district

Check-in
Get alerted if you have recently visited a venue where you may have come into contact with coronavirus

Symptoms
Check if you have coronavirus symptoms and see if you need to order a free test

Test
Helps you book a test and get your result

Isolate
Keep track of your self-isolation countdown and access relevant advice

To download the NHS COVID-19 app, search for "NHS COVID-19" in the App Store / Google Play Store on your phone

PTA contributions and Gift Aid

Did you know that you can help raise funds for our school by donating each month via standing order? We can even claim back 25p for every £1 you donate if you are a UK taxpayer.

In the past Gift Aid has boosted our funds considerably. It is tax claimed back from the Inland Revenue from donations made to us out of your earned income. The procedure for this is very simple. We ask our parents to sign the enclosed declaration form (this only has to be done once whilst you are at school) to confirm their employment. The declaration can be cancelled at any time. Following this, every time the signatory supports the PTA with a donation or if a sponsored event is supported, the PTA can claim the Gift Aid on the contribution.

There is nothing further for you to do and we need no other information from you. The issue of Gift Aid is taken on trust and you can support more than one charity in this way. *We will share only your name and address with the HM Revenue and Customs in order to make a claim. Your personal information will be stored securely at the school and in protected computer files held on secure devices only.*

If a parent of each child in one class of 30 children were to contribute just £1 per month, via standing order, we would raise £360 per year. If we are able to claim Gift Aid for each of those contributions, this would rise to £450 – an extra £90!

If you would like to set up a standing order to the PTA, you can find our bank details below. Most banks have this facility available for you to do yourself with online banking, but do let us know if you would like a paper standing order form to complete & return to your bank. Remember, you choose the amount you donate - every donation, be it £1 or £20, helps raise those funds to purchase items that will benefit all of our children. You can also make a one-off payment via bank transfer, if you would like to.

Please do return the declaration below to the school office for the attention of the PTA Treasurer

Bank Details

Name: St Nicolas & St Mary Church of England School PTA Covenant Scheme

Sort Code: 60-19-17 Account Number: 05413249

Charity Gift Aid Declaration – multiple donation

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid can be reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to:

Name of Charity: St Nicolas & St Mary Church of England Primary School Parent Teacher Association

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details:

Title _____ First name or initial(s) _____ Surname _____

Full home address _____

Postcode _____ Date _____

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- No longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Thrive 365 #36

Did you know?

Being safe and feeling a sense of belonging through secure relationships, comes before self-esteem can grow or learning can happen (see Maslow's hierarchy of needs). Children (or adults) with ambivalent or anxious attachment styles can therefore find it difficult to learn and may suffer with low self-esteem. Louise Bombèr* suggests 3 strategies that can support the need for security that is often expressed through behaviour.

What can you try?

1. Keep them in mind

Sometimes, a child or young person needs a transitional object as a reminder that they are being kept in mind, even when the significant adults in their life are not with them. Parents can have a photo of a child in their purse/wallet and pull it out after school saying 'I looked at this and thought of you while you were at school today, you are always in my mind'. School staff can give students a special pen or bookmark to take care of as a reminder that they are being thought about even when they are not in school.

2. Give a commentary

If you have already established a good connection with the child/teenager, commenting on their behaviour and feelings can help them to organise their thoughts and self-regulate. Describing what they seem to be feeling, what they can do to process the feeling and then how to get back on track can be really powerful. For example,

'I can see that you're starting to feel a bit frustrated with all the different tasks because you're fidgeting and sighing. I think we should stop and take a break before you become really angry. Let's sit back in the chair for a minute and take a deep breath. OK, now let's have a look. What about if we break the tasks into different sections...'

3. Create opportunities to practise

Bombèr describes '*Let's practise...*' as 'a very helpful phrase to use' with children as it 'does not involve shame' (*p99). For children who have suffered trauma or loss, asking for help can be incredibly difficult and it's an important skill to practise. Reading a text together and encouraging them to stop and ask for help when they don't understand a word is a good way to practise this skill. Always acknowledge and praise when they ask for help, so they experience a sense of success.

* Bombèr, Louise Michelle (2007), *Inside I'm Hurting*, Worth Publishing Ltd: London

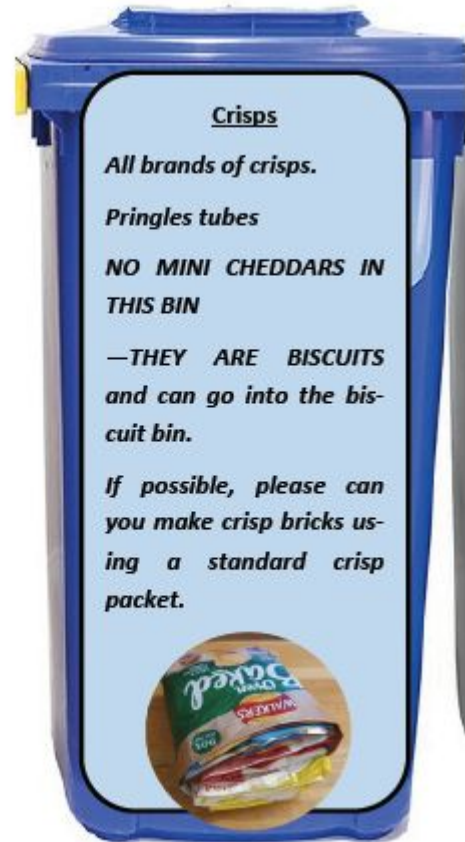
Lots of people have been asking how they can further sort recycling at home so that it is quicker and easier to sort at school. Bagging each type of item together saves us a huge amount of time sorting. Feel free to use bread bags to separate the items; we can then recycle the bread bag too!

More detailed explanations of what can and cannot be accepted in each waste stream can be found in the

“New September 2020 recycling guide”



1



Crisps

All brands of crisps.

Pringles tubes

NO MINI CHEDDARS IN THIS BIN

—THEY ARE BISCUITS and can go into the biscuit bin.

If possible, please can you make crisp bricks using a standard crisp packet.



2



Biscuits, Crackers, snacks

MINI CHEDDARS GO IN THIS BIN

Biscuit packets

Crackers

Snack bars

Rice cakes

Cereal bars

3



Popcorn, Pretzels, Sweets &

Chocolates

- Popcorn & pretzels
- Kinder
- Ferrero Rocher
- All other sweets and chocolates

Please bag separately each type of waste listed separately above.

4



5



6



ADUR
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VENTURE DAYS

WHAT ARE YOU DOING
THIS OCTOBER?



£50 PER DAY



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MOUNTAIN BIKE
KAYAK • CLIMB

AGES 8 - 13

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Adur Centre, Shoreham

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info@adurcentre.org.uk | 0333 340 7100 | www.adurcentre.org.uk

£2.35

Menu

Thursday 1st October

Choose a main...

**Beef Burger in a Bun
or
Quorn Nuggets & Chips**

On the side...

**Baked Beans or Salad
Tomato Ketchup**

For dessert...

**Jammy Jack
(flapjack)**

For drink...

**Blackcurrant Squash, Milk
or Water**



Please place orders by Sunday 20th September at www.mealselector.co.uk, where further details are displayed.

For more information on special diets please contact westsussexspecialdiets@compass-group.co.uk.

Special diet requests must be made no later than Wednesday 16th September.



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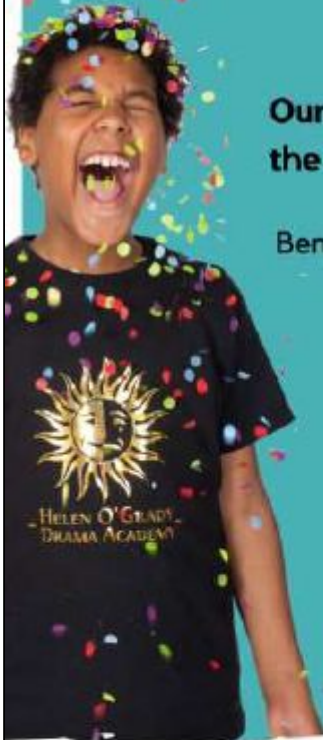
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www.westsussex.gov.uk/admissions



Is your child due to transfer to secondary school in September 2021?



Apply online!

It's simple, convenient and timesaving. If your application is received after the deadline of Saturday 31 October 2020 your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from Monday 7 September 2020. If you would like further advice or information contact:

 03330 142 903

Free internet access to apply online is available at all:

- West Sussex Libraries
- Children and Family Centres



Apply online at:

□ www.westsussex.gov.uk/admissions

Deadline: Saturday 31 October 2020



WS110(A) 07.20

West Sussex SEND IAS Service

Is your child starting primary or transferring to junior or secondary school in September 2021?

Do you think, for whatever reason, you may struggle with the Admissions process?

If you feel that you may find it difficult to understand or complete the primary and secondary admissions processes, the West Sussex SEND IAS Service can:

- explain the admissions process to you
- help you to make an informed decision about your child's schools of preference
- help you to fill in the online application form.

If your child is starting primary school or transferring to junior or secondary school in 2021 and you feel you would need support in considering your options, or perhaps will need help with the forms, please contact the West Sussex SEND IAS Service:

Helpline: 0330 222 8555

Email: send.ias@westsussex.gov.uk



Secondary School

Online applications open:

Monday 7 September 2020

Deadline for applying for a secondary school place for your child is:

Saturday 31 October 2020.

Primary School (inc. infant/junior)

Online applications open:

Monday 5 October 2020

Deadline for applying for a school place for your child is:

Friday 15th January 2021

For more information on the admissions process: www.westsussex.gov.uk/

