



It has been a real pleasure to speak to so many parents since term started three weeks ago (hasn't time flown!) As a school we really enjoy hearing how the children have settled back into school life, whether that is our newest children in Little Fishes and Reception or our Year 6's in their final year before they move on to secondary school. Please do continue to catch your class teacher at the end of the day or a member of the senior leadership team - there is always someone on the playground at drop off and pick up time. As the quote above states, we all want this school to continue to be a success so do always let us know if you have any concerns, questions or simply want to tell us how happy your child is.

Have a great weekend and enjoy the September sunshine
Mr Lincoln, Mr Etheron and the Senior Leadership team

I. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office. Information about the school day, attendance & absence, medical issues, uniform, food & drink can be found under the Parents & Carers tab. Bulletins and letters can be found under Parents & Carers > News & Events
- **Emails:** please use office@stnm.org.uk to contact the school with queries.
- **Calendar:** term dates, upcoming events etc (can be filtered by year group). Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Letters/Emails sent home this week:** click on the link for past letters:
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
 - Y6: Bikeability
 - All: Flu Immunisation
 - All: African Activities Day

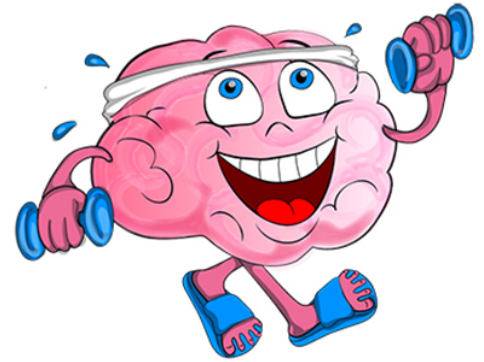
2. DATES AND UPCOMING EVENTS:

- **HARVEST SERVICES**
 - **Year 5 & 6 Monday 27th September at St Mary de Haura Church:** Children can be dropped at the church from 8.40am and the service will begin at 9.05am. Parents are welcome to stay for the service. At the end of the service, the children will be walked back to school by staff and collected as normal at the end of the day. (Any Y5 & 6 children at breakfast club must be in by 8.15am so they can be walked to the church.)
 - **Year 3 & 4 Thursday 30th September at St Giles Church:** The children will be walked to the church at 1.15pm for a short service and will then return to school by 2.30pm. Unfortunately parents will be **unable** to attend this year.
 - **EYFS and KSI:** EYFS and KSI children will have their own in-school harvest assemblies in the week beginning 4th October.
 - **Harvest Festival Donations:** this year instead of collecting food donations, we are asking families to donate to the Turning Tides and Off The Fence Harvest Appeal. Please take a look at the poster at the end of the bulletin and talk with your child about how much you could give and what the money will pay for. You can donate here: <https://www.justgiving.com/campaign/OTFharvestappeal21>
- **Parent Consultations:** We are very hopeful that we will be able to have face to face parent consultations this term. We intend for these to take place over the week beginning 11th and 18th October. The one change will be

that we will be offering a separate opportunity after school for your child to share their work with you. More information will be sent out to parents next week.

3. **BRAIN BUILDING: We have had a fantastic week at school learning about brain building! Your child has been learning:**

- About Neuroplasticity: the brain's ability to change.
 - That what we focus on now will shape our future brain.
 - That we all have the ability to learn and change by rewiring our brains.
- We can 'rewire' our brain to create new, more helpful 'habits' and strengthen areas of the brain which control things we find more difficult.



We are reinforcing that if they are learning a new skill eg. learning times tables or the guitar, each time they practise the neurons in their brain are making the neural pathways stronger (or even making new ones!) It will become easier!

At home, you could ask your child the following:

- What do you think you have stronger neural pathways for at the moment?
- Which skills are you going to practise to develop stronger neural pathways?
- 'Your Fantastic Elastic Brain' by JoAnn Deak is excellent at explaining this. There are free pdfs and videos of people reading it aloud on YouTube.
- Share with your child skills that you are working on improving eg. touch typing, learning to use your new phone.



4. **SECONDARY SCHOOL OPEN DAYS**

- **Our Lady of Sion:** open morning, Saturday 25th Sept. Email admissions@sionschool.org.uk to book a place.
- **Cardinal Newman:** open day, Thursday 7th October. To book go to <https://www.cncs.co.uk/open-day/>
- **Attending Open Days:** where possible, please attend these open days outside of school hours to minimise disruption to the children's learning.

- ### 5. **TAG RUGBY:** Our Year 5/6 mixed rugby team competed in our first tournament for a long time this week against 6 other primary schools at Shoreham Academy. Despite having little time to practice, they quickly gelled into a formidable team, playing fast and flowing rugby. All of the team were amazing and won every game, ending up overall champions. They now progress to the West Sussex finals later in the year. Well done, we are very proud of you all.



6. **CORONAVIRUS – IMPORTANT INFORMATION**

- **What to do if your child has symptoms:** please do not send in your child if they have symptoms e.g. a persistent cough. Please arrange for your child to have a PCR test as soon as possible. Your child cannot attend school again until they have received a negative test result or they have isolated for 10 days.
- **What to do if your child has a positive PCR test:** please inform the school and keep your child in isolation for 10 days as advised by the NHS.
- **What to do if you or a member of your household has a positive PCR test:** we recommend that you arrange a PCR test for all other members of your household before sending your child into school.
- **West Sussex advice for parents, carers and pupils:** www.westsussex.gov.uk/backtoschool
- **DfE guidance:** the DfE has also produced a leaflet on returning to school: [Return to primary school leaflet](#)

7. **HEALTH AND SAFETY**

- **Dogs:** please do not get too close to the school gate with dogs, even if they are on a lead, as some children are nervous of them. Please do not tie leads to the noticeboard - use the rings on the fence to secure your dog.
- **Prevention and Control of Head Lice:** There have been several confirmed cases of head lice this week. Head lice are not a health hazard because they do not carry serious diseases but they are a persistent nuisance in

schools. To control outbreaks it is important that you check your child's hair on a weekly basis and not just when you receive a text notifying you of cases in school. For more information on checking your child's hair and options available for treatment please follow the NHS link <https://www.nhs.uk/conditions/head-lice-and-nits> If you find your child does have head lice, please inform the school office and anyone who may have had head-to-head contact with your child. To help prevent the spread of head lice:

- comb your child's hair regularly with a nit or bug-busting comb. You can buy these from your local pharmacy;
- periodically inspect the hair of all the children in the family;
- do not be embarrassed to tell the parents of any other children who may have had head-to-head contact with your child;
- thank other parents if they let you know that their child has lice.

8. **SCHOOL CENSUS, THURSDAY 7th 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 in October and 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, therefore they do not need to bring in a packed lunch. If your child has a dietary requirement that Chartwells are not already aware of please follow the link to read the West Sussex Special Diet Process which includes a form to return to Chartwells, otherwise you need take no further action (please see the Children's Choice Menu attached to the bulletin).

£2.33

Lunch Menu

Thursday 7th OCTOBER

Choose a main

Macaroni Cheese

Chicken Fillet Sandwich
& Potatoes

on the side...

Baked Beans or
Salad

for dessert...

****Chocolate Fudge Brownie****

for drink....

Blackcurrant Squash,
Milk or Water

Orders must be placed by
SUNDAY 26th SEPTEMBER 2021
Special diet requests no later than Monday 13th SEPTEMBER 2021

www.mealselector.co.uk / 01243 836130

West Sussex County Council | Chartwells

WHAT YOUR MONEY COULD BUY THIS HARVEST..



£1 Drink
Squash

£2 Puddings
Rice Pudding
Tinned fruit
Custard

£3 Treats and lunchbox items
Chocolate bar
Crisps
Biscuits



This year we are collecting money so we can buy the food needed. So:
No date sorting
No storage
Can buy what we need when we need it

£4 Toiletries
Shower gel
Conditioner
Shampoo

£4 Cleaning items
Toilet cleaner
Surface spray
Washing up liquid
Bin bags
Sponges and cloths

£5 Dinner ingredients
Tinned vegetables
Pasta and sauce
Tuna
Pulses

£6 Breakfast
Cereal
Tea bags, coffee or hot chocolate
Jam or peanut butter

£7 Toiletries
Loo roll
Soap
Sanitary towels



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WWW.OFFTHEFENCE.ORG.UK/DONATE



OCTOBER 1/2 TERM HOLIDAY CLUBS

ST NICOLAS AND ST MARY CE PRIMARY SCHOOL

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"ANOTHER EPIC DAY. 3 YEARS OF ATTENDING THE CLUB & MY SON STILL THINKS IT'S THE BEST THING EVER"



"MY SON HAD SO MUCH FUN. HE WANTS TO GO BACK FOR MORE TOMORROW!"

MON 25TH
HARRY POTTER
TUES 26TH
DAY OF THE DEAD
CIRCUS OF HORRORS

WED 27TH
NERF WINTER WASTELAND

THURS 28TH
HALLOWEEN HAPPENINGS

FRI 29TH
AMONG US SPY CAMP



"RECOMMENDED FOR ALL FREE-RANGE FANS!"

For more info on dates, locations and how the clubs run & to book: WWW.THEOUTDOORSPROJECT.CO.UK
 BIRTHDAY PARTIES - AFTER SCHOOL CLUBS - SCHOOL WORKSHOPS - WEEKEND CLUBS

Do you need Childcare on a Saturday? Want the Kids to have some fun outside whatever the weather? **The Outdoors Project Saturday Club**

Location: St Nicolas and St Mary primary School, Eastern Ave, Shoreham-by-Sea,
West Sussex BN43 6PE **Drop off:** 10am **Pick up:** 3pm

Price: £30 **Age:** 5 (Year 1) - 12 (we suggest 6+ for the Nerf day)

Different activities every week - coming up:



18th September **MINECRAFT VS WILDCRAFT** Minecraft Survivor challenge. Collect your elements, build and maintain your village, earn reward pixels and protect your land and villagers. Watch out For the Creeper!

25th September **AUTUMN NATURE NINJA** A day of exploring the natural world. Craft Pine Cone Bird Feeders for our Feathery Friends, whittle a creation to treasure and embark on an Autumn Scavenger hunt!



2nd October **"AMONG US" SPY CAMP** Based on a popular video game where all our wannabe spies and spaceship survivors hone their skills in deception, mystery and intrigue. We'll be making charcoal fingerprint detectors, testing stealth skills and repairing our stranded spaceship whilst trying to discover the imposter AMONG US!!

9th October **HARRY POTTER ENCHANTED BROOMSTICKS, POTIONS CLASS & QUIDDITCH** In this session we draw our inspiration from the Harry Potter book series. Have fun crafting your own enchanted broomstick, play the game of Quidditch and join us in potions class! Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.



16th October **CIRCUS SKILLS & POPCORN MAKING** Join us for a day at the circus including Diablo, Juggling, Hula Hooping, Pedal Racers and a Flower Sticks Workshop. Watch that popcorn pop round the campfire, adding in tasty Flavours!



6th November **BONFIRE NIGHT BUSHCRAFT** Join us in celebration of Bonfire Night with Toffee Apple toasting on the campfire, Fire lighting skills and guy Fawkes building!

13th November **POKEMON WILD ADVENTURE** A day of craft & tech meets nature and team games. Creating our own Pokémon, Building Pokémon Balls plus the mega Pokémon Stack Attack game - Which Pokémon Trainer are you? "Gotta catch them all!"

20th November **GANGSTA GRANNY** A day based around the great story and characters from this David Williams' favourite. Create your very own crown jewels, create secret identities and play the tower of London Heist game!



27th November **NERF WINTER WASTELAND** All things Nerf. Join us for an energetic day of Nerf dart dodging, playing tactical and team Nerf games in our winter wasteland - a barren landscape filled with zombies and amusing NERF hazards to navigate - be at the ready! (Due to more competitive nature of this day, age 6+ is recommended)



4th December **ARCTIC SURVIVAL CHALLENGE** We will be embarking on a series of fun filled challenges and games to test our skills as Arctic explorers! Exploring the extreme weather conditions in this area of the world and what it might take to be an expedition leader. Use emergency shelters, compete in the Ice Block Fire challenge & hone your fire lighting skills!



More info & book:
www.theoutdoorsproject.co.uk/westsussex
OFSTED Registered Childcare





SAM Online
www.sammusicservice.com
0800 756 9411



Content for ParentMail + Newsletter + School Website + Social Media:

Does your child wish to learn an instrument or sing? Try a free, no-commitment taster lesson!

Click the link below to watch a video about SAM's online instrument lessons

<https://sammusicservice.com/>

- Free, no-commitment taster lesson, try an instrument, nothing to lose!
- Playback videos of your lessons, helpful for practice
- Progress through Grade exams, also available online
- Performance opportunities in-school
- Online weekly 30 minute 1:1 lessons from home Mon-Fri after school and Sats 9-5
- Learn to play Guitar / Drum Kit / Piano (Keyboard) / Vocals
- Enquire by visiting www.sammusicservice.com or calling 0800 756 9411

"I can't recommend the team at SAM highly enough. They are very friendly and helpful and my daughter found Ollie (her guitar tutor) fantastic. She has really enjoyed her lessons with him as he made them so much fun."

SAM Music Service provides **30 minute 1:1 online music lessons**, allowing your child the opportunity of learning to play the **guitar, drum kit, piano / keyboard or to sing**.

Lessons are on a weekly basis, and available **until 8pm on weekdays and 9am to 5pm on Saturdays**.

SAM teach adults too, for any parents / carers that are budding musicians!

Lessons are affordable at £16.50 per **30 minute 1:1 lesson**, suitable for both **children and adults**.

To **enquire**, complete the short contact form on SAM's website (www.sammusicservice.com), and they'll be in touch soon, or you can email lessons@sammusicservice.com, or call **0800 756 9411** to speak to one of their friendly team. Or reach out on social media with **@sammusicservice**

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