



Whether the weekend brings wind, rain or sun (probably a combination of all 3!) I hope you and your family can have a joyful and glad filled weekend together.

Mr Lincoln, Mr Etherton & the school staff team.

## I. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with queries – please include your child's class.
- **School Office:** the office will remain closed until further notice. YOU MUST NOT ENTER THE SCHOOL FOYER UNLESS YOU HAVE A PRIOR ARRANGEMENT TO DO SO.
- **Calendar:** Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **New dates/events added:**
  - Thursday 27<sup>th</sup> May: Break the Rules Day
  - Thursday 2<sup>nd</sup> September: INSET Day

## 2. UPCOMING EVENTS & REMINDERS

- **Class Photographs - Tuesday 25<sup>th</sup> May:** Please ensure your child is looking smart in the correct uniform - including their jumper or cardigan - and that long hair is tied up.
- **Break the Rules Day is back!** - Thursday 27<sup>th</sup> May - see poster at end of the bulletin. Proceeds to the PTA.
- **Covid Safety Reminder:** Although the world is opening up again, please continue to be vigilant and apply for tests if you or your child have Covid symptoms. Please do not send your child into school if they are experiencing any of the following: high temperature, new or persistent cough or loss of taste and smell.

3. **WORSHIP & ETHOS:** The newest Awesome Assemblies series 'One Another' can be found on the school YouTube site: [https://www.youtube.com/channel/UCVs\\_954b4yEOTi5sAhKhGKw](https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw)

## 4. UNIFORM AND MOBILE PHONES

**Uniform:** We have noticed that lots of children are not wearing the correct uniform - leggings, multicoloured hair accessories, hair gel, nail varnish, wrong color socks and more - these are not part of the school uniform. Please see the uniform policy on the website for what is expected: [School Uniform](#). When children wear the correct uniform they look smart and it helps with their learning and concentration. Please ensure your child has the correct uniform - parents will be contacted if their child is not in the correct uniform.

**Mobile phones:** we are aware that some children have been bringing in mobile phones and keeping them in their bags. Please do not allow your child to bring their mobile phone to school. Some Y5 and Y6 children who have permission to walk home on their own are permitted to bring their phones into school but they are kept in the Teacher's cupboard during the day.

## 5. **PARKING:**

- **Dangerous parking:** a few weeks ago we put a note in the bulletin asking parents and carers to be considerate when dropping off/picking up their children, but there is still a problem with dangerous parking. We are extremely concerned that some parents/carers are repeatedly parking on the zig zags, in the school bus zone, up on the kerb and in front of residents' drives. Do not park in these places – it is dangerous and puts all our children at risk, as well as causing congestion on the road. There is parking available over at Buckingham Park or on nearby roads. **PLEASE park carefully and considerately.** The school will not hesitate to report such incidents to the police. This includes dropping off/picking up from the Octopus and Starfish clubs and any other after school clubs.
- **Reporting bad or inconsiderate parking:** Anybody can report bad or inconsiderate parking by going to [www.operationcrackdown.org](http://www.operationcrackdown.org). You just need the registration number, make and model of car and location of the incident. We would encourage any parent/carers who witnesses dangerous parking to report it immediately.

6. **OCTOPUS BREAKFAST & STARFISH AFTER SCHOOL CLUBS:** Booking slots for the second half of the summer term are now available on sQuid.

7. **LOST PROPERTY:** weather permitting, all lost property will be put out on Cherry Tree Playground on Monday 24<sup>th</sup> May, before school pick up. Please ensure you follow social distancing when looking through the items.

8. **LITTLE FISHES NURSERY TOURS:** If you or someone you know are interested in finding out more about our Little Fishes Nursery then we would like to invite you to one of the tours, led by Miss Gallagher who oversees the nursery. Please ring the school office to book on to a tour on any of the below dates:

- Monday 24<sup>th</sup> May, 9.30am
- Monday 14<sup>th</sup> June, 9.30am
- Monday 28<sup>th</sup> June, 9.30am
- Monday 12<sup>th</sup> July, 9.30am

9. **FREE SCHOOL MEAL VOUCHERS:** Those who are eligible for free school meals will receive a voucher for £15.00 per child on Friday 28<sup>th</sup> May via Wonde to cover half term costs.

10. **Y5/6 FOOTBALL TEAM:** Our year 5/6 school football team played in a football tournament against the Shoreham Primary schools at Shoreham Academy. The emphasis was on fun and enjoyment for all but with a bit of competitiveness. Our team played really well and enjoyed a thrilling and very close derby match against our close neighbours. The team were runners up and have now progressed through to the Southern finals next half term. **Well done!**



11. **THE BIG ASK:** The Big Ask is the largest ever survey of children in England, designed to find out what their concerns and aspirations about the future are. Young people of all ages are being asked to take part in the consultation at [www.thebigask.uk](http://www.thebigask.uk) – it takes just 5 minutes and is for all young people aged 4-18. The results from this survey will help the Children's Commissioner identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve.

12. **RECEPTION CLASS DONATIONS:** If you have any spare socks or large cardboard boxes, please bring them to the school office for our Reception Classes to use. Thank you.

13. **TAKE PART IN THE EVERYDAY SMILES PROJECT:** This week, we have had a special assembly about the Everyday Smiles project organised by the Heads On charity who support mental health in our community. You may remember that we took part in their Hearts of Gold campaign earlier this year, which was a great success.

The children have watched a short video about the importance of mental health and shown how to make their own 'Box of Smiles' - a special box where they can gather together pictures and small objects which make them feel happy and bring a smile to their face. This is a lovely project to work on at home and you can support them with this in the following ways:

- To re-watch Mrs Bishop's video on what to do, visit: [Mrs Bishop's Video](#)
- To watch a recording of the live online art tutorial on making the boxes by Sussex based artist, Amelie Collyer from the Art House Worthing, visit: [Art Tutorial](#) (Start watching at 5 mins 41)
- Older children might like to catalogue the things they put into their boxes as a memento for the future. In order to learn more about how to do this, please watch the special video made by Barney from the Royal Pavilion Museums Trust, where he explains how the museums catalogue items so young people can create a "Museum of Smiles" with the boxes they have created as part of the Everyday Smiles project. This is aimed at KS2 pupils as it involves numbering and writing descriptions of the items. [Museum - cataloguing items](#)

We hope you enjoy putting your boxes of smiles together and look forward to hearing what the children have chosen to put in them. Heads On have also provided information for parents and carers on supporting children's mental health and these can be found in a fact page at the end of the bulletin. For more information about the charity please visit: <http://www.headsoncharity.org/what-we-do/index.html>

#### **14. HEALTH & SAFETY – CORONAVIRUS – IMPORTANT INFORMATION**

- **Symptoms:** if you or members of your household have symptoms of coronavirus the whole household must immediately go into self-isolation and children in the household should not attend school. Please arrange a test(s) for anyone with the symptoms urgently. This will help to ensure that in the case of a positive test result, contacts of the person can self isolate promptly to prevent further spread of infection to the wider community.
- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119. If having a home test, please use the test as soon as it arrives and return it in the post the same day using a priority postbox.
- **Positive test result:** we have a dedicated email address to advise us if you receive a positive test result for your child (or yourself if you have been volunteering in school or if you consider that pupils or school staff have been in close contact with you), which will be monitored over weekends and holidays so that prompt action can be taken: [positivetest@stnm.org.uk](mailto:positivetest@stnm.org.uk). Please use this address for this purpose only.

# **BREAK** THE **RULES** DAY

**LAST DAY OF TERM**

**Thursday 27th May**

**Children can choose to do 5 off the list!**

1. Have squash in your water bottle
2. Wear a hat or wig
3. Have a crazy hairstyle (you could add a streak of colour too!)
4. Wear nail varnish
5. Have a temporary tattoo
6. Have a small chocolate bar or crisps for a snack
7. Wear trainers or boots
8. Wear make up or face paint
9. Wear non school uniform
10. Wear odd or crazy socks

**50p**

per rule you break, to a maximum of 5 rules,  
pay your fine in your classroom

### Children's Mental Health Resources

#### **CAMHS Sussex website**

This is the website for Children and Adolescent Mental Health Services in Sussex. Under the help and support section there is advice around various different mental health areas. This link takes you directly to the section around anxiety and young people.

<https://sussexcamhs.nhs.uk/help-support/young-people/anxiety-yp/>

#### **Anna Freud Centre website**

This website has a lot of resources for schools and pupils. There is a "self care summer pack" aimed at Primary School pupils. Link below.

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/>

#### **Recommended Mental Health Apps**

SAM - self-help anxiety management (Apple & Android)

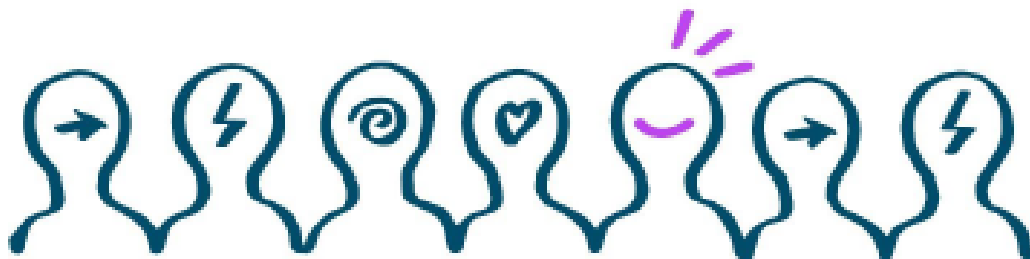
Worry Box - anxiety self-help (Android)

What's Up (Android)

MindShift (Apple & Android)

Fear Tools - Anxiety Aid (Apple & Android)

ThinkNinja (Apple & Android)– designed for 10 – 18 years old.



Heads On, Sussex Partnership NHS Foundation Trust's charity (Reg. Charity No. 1051736)

HeadsonCharity@sussexpartnership.nhs.uk

www.headsoncharity.org

@headsoncharity

# Dragonfly: Impact Education

## Thrive 365

2021 #20

### Well Young Minds

Book our First Aid for Mental Health (Learners) course [here](#)

<https://www.dragonflyimpact.com/link-tree>

### Did you know?

**Our minds and bodies are so interconnected that the way we move and the gestures we make can send signals to our brain that affect our mood. Encouraging children and young people to physically do certain things can help them feel less stressed, less anxious and more clear headed.**

### What can you try?

#### 1. Smile

Research has shown that when you smile the facial muscles send signals to the brain that influence mood – lowering heart rate and reducing stress. The amazing thing is that in the experiment, this was true whether the smile was genuine or fake<sup>1</sup>. Encouraging children and young people to smile and say good morning could be good for everyone – and the best news of all is that smiles are contagious, so if you smile at them the chances are they will smile in return!

#### 2. Power Poses

Standing tall, with the chest opened out (think Superman or Wonder Woman with hands on hips!) has been shown to improve mood and increase confidence. Although Amy Cuddy's original research into this came under some fire, the most recent research has provided a solid evidence base to support her conclusions<sup>2</sup>. It's also been suggested that this pose could even change your body chemistry – increasing levels of testosterone and decreasing the stress hormone cortisol – although more research is needed into this side of things.

#### 3. Sit up straight and drop the shoulders

Sitting up straight has been shown to lead to greater self esteem and better mood as compared to those who sit in a slumped position<sup>3</sup>, and dropping the shoulders can improve blood and oxygen flow to the brain, resulting in feeling more relaxed and clear thinking!

<sup>1</sup> <https://www.psychologytoday.com/us/blog/the-mindful-self-express/201603/6-proven-ways-recover-stress>

<sup>2</sup> <https://journals.sagepub.com/eprint/CzbNAn7Ch6Z2rk9yMGH/full>

<sup>3</sup> [https://www.academia.edu/8568951/Nair\\_S\\_Sagar\\_M\\_Sollers\\_III\\_J\\_Consedine\\_N\\_and\\_Broadbent\\_E\\_2014\\_Do\\_slumped\\_and\\_upright\\_postures\\_affect\\_stress\\_responses\\_A\\_randomized\\_trial\\_Health\\_Psychology\\_DOI\\_10.1037\\_hes0000146\\_Online\\_15th\\_Sept\\_2014](https://www.academia.edu/8568951/Nair_S_Sagar_M_Sollers_III_J_Consedine_N_and_Broadbent_E_2014_Do_slumped_and_upright_postures_affect_stress_responses_A_randomized_trial_Health_Psychology_DOI_10.1037_hes0000146_Online_15th_Sept_2014)

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.



First Aid for Mental Health; Safeguarding  
Level 3; Coaching in Healthy Schools; First  
Aid for Mental Health (Learners)  
[www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk)  
[@dragonflyimpact](https://twitter.com/dragonflyimpact)  
[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)

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