
When I said, "My foot is slipping," your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy. Psalms 94: 18-19

1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use office@stnm.org.uk to contact the school with queries. It would be really helpful if you could include your child's class when emailing the office.
- **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.
- **Sending messages to school:** could we please ask that you include your child's class on any emails or phone messages you leave – this would really help the office team! Thank you.
- **Letters / Emails sent home this week:** Click on the link to see past letters:
 - ❖ Y6 Music Day

<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

2. INFORMATION ABOUT UPCOMING EVENTS

- **'Yellow' Individual photos - deadline for orders:** Tuesday 20th October.
- **Tea towel order deadline:** Friday 6th November. To order, visit www.pta-events.co.uk/stnicspta and log in or create an account. Tea towels are £4 each, two for £7 or three for £10.

3. WORSHIP & ETHOS

- **Awesome Assemblies:** This week's assembly is *Fruits of the Spirit: #5 Kiwi Kindness* please click on the link: <https://www.youtube.com/watch?v=VZWHWdXDcxY&safe=true>
- **Harvest:** A big thank you for all your donations last week – we raised £434.35 which will be split between **Off the Fence** and **Turning Tides**.

4. ADMISSIONS FOR SEPTEMBER 2021:

the application process for children who will be starting primary school in September 2021 is now open. Parents/Carers must apply online at www.westsussex.gov.uk/admissions by 15th January 2021. If you are applying for a place at St Nicolas & St Mary school you must also complete the Supplementary Information form and Church Form (if relevant) which can be found on our website: [Admissions Information for September 2021](#)

5. SQUID PAYMENTS:

Essential maintenance is scheduled to take place on Saturday 24th October between 8am and 8pm. During this time sQuid services will be off-line, meaning that parents will be unable to access their online account. sQuid apologise for any inconvenience that this may cause to you.

6. OCTOPUS AND STARFISH CLUBS – 2nd half Autumn Term:

bookings are now available on sQuid for the 2nd half of the Autumn Term.

- Clubs are booked on a first come first served basis but at present and we reserve the right to cancel your booking with a full refund if the place is required for a vulnerable child or for children of critical workers.
- Clubs are not available to book on an ad hoc basis, this is to ensure we can continue to keep children in year group bubbles during this time – this is not manageable if numbers in year groups fluctuate greatly.
- Please only book for regular days e.g. every Monday in Starfish Club.
- Once bookings are made, four weeks' notice must be given for cancellation (this is in line with other providers).

- All bookings for the **whole** of the 2nd half of the Autumn Term must be made by the end of **Thursday 13th November** as sessions will not be available to book after this date.

7. HEALTH & SAFETY

- **Email subject header – NO CHILDREN’S NAMES:** for child protection and GDPR reasons, please remember not to put your child’s name in the subject header of an email, you can just use their initials and then include their name in the main content of the message.

8. EXTRA-CURRICULAR CLUBS:

We are liaising with external agencies to see if we can safely resume some of our extra-curricular clubs and activities after half term. Children will be kept in their year group bubbles in the clubs at present and we will satisfy ourselves that the providers are putting adequate protective measures in place before proceeding. We do not wish to limit children’s pursuit of healthy and enjoyable activities but please can we ask parents/carers to consider controlling the number of different activities your child attends out of school so that children mix with fewer groups overall, and to satisfy yourself that the providers are putting in place adequate protective measures.

- **Harp Academy:** We are delighted to announce that our weekly Harmonica Lessons are set to restart after half term. Allocation of places will be dependent on the level of response we receive and our current safety policy. This will also determine which day we can run the club and further important details. Music sessions are half an hour each week, and the cost of each session is £7.15. This can be paid on a monthly or termly basis. We have had the pleasure of collaborating with Harp Academy for several years and have seen many children benefit from their music service. Students enjoy learning popular repertoire, exploring the musical elements and instrument techniques, building performance skills and developing their self-confidence. Newcomers are offered an initial Free Taster Session, which includes a Free Starter Harmonica to keep. To register your interest please visit www.harpacademy.co.uk and click the Gold Harmonica, or call/text Richard Taylor on 07525 256954. Further details are available on the Harp Academy home page and we are also attaching a colour flyer for information.
- **Premier Education *Football Fun!*** : With Premier Education, children will be safe, active and together, with the aim to build confidence, self-esteem & stamina through fun and engaging games & activities in our sessions. Please see our flyer attached for more details.

9. HEALTH & SAFETY – CORONAVIRUS

- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119 if you have problems using the internet.
- **Self-isolating and Home Learning:** if your household is self-isolating and your child is absent from school, home learning materials can be found on the class pages on the website.
- **Wearing Masks:** as we are all aware, the number of Covid cases is increasing nationally and, to help minimise the risk of infection, parents and carers are encouraged to wear masks when coming onto the school premises.
- **Local Covid Alert Levels:** On Monday afternoon the Prime Minister gave a Commons statement on coronavirus. You can access the full statement [here](#). More details can be found in the press release [here](#). In his statement the Prime Minister confirmed that schools will remain open in all Alert levels. Decisions on any restrictions necessary in education or childcare settings will be taken separately on a case-by-case basis in the light of local circumstances, including information about the incidence and transmission of coronavirus.



Saturday October 17th 3pm - 4pm

Celebrating Autumn

Messy Church is back! We welcome families to our first session since the pandemic. This will be socially distanced and Covid secure with each family seated at their own table in our well ventilated church hall. The session includes craft, games and a story, all with an autumn theme. Places are limited. If you'd like to come with your children please book a place by emailing

cogssundayschool10@gmail.com



Church of the Good Shepherd, Kings Walk, Shoreham Beach

Messy Church is free but donations are welcome



OCTOBER HALF TERM HOLIDAY CLUBS LANCING AND WORTHING

"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.



"MY DAUGHTER
CAME HOME A
MUDDY EXCITED
YOUNG LADY
BUZZING TO TELL
ME ALL ABOUT
HER DAY!"

**GORING C OF E
PRIMARY SCHOOL
WORTHING**

- MON 26/10** CREEPY COOKOUT & GHOULISH GAMES
- TUES 27/10** YETI HUNTING
- WED 28/10** NERFAGEDDON
- THURS 29/10** ZOMBIES, BLOOD & SNOT
- FRI 30/10** HARRY POTTER



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

**THE GLOBE
PRIMARY ACADEMY
LANCING**

- MON 26/10** HARRY POTTER
- TUES 27/10** NERFAGEDDON
- WED 28/10** YETI HUNTING
- THURS 29/10** CREEPY COOKOUT & GHOULISH GAMES
- FRI 30/10** ZOMBIES BLOOD & SNOT



"THE STAFF ARE
ENCOURAGING,
ENTHUSIASTIC
& GREAT ROLE
MODELS"

**FOR MORE INFO ON THE ACTIVITIES, HOW THE CLUBS RUN & TO BOOK: WWW.THEOUTDOORSPROJECT.CO.UK
BIRTHDAY PARTIES - AFTER SCHOOL CLUBS - SCHOOL WORKSHOPS - PARENT TODDLER GROUP**

STREETFUNK

STREETDANCE CLASSES FOR ALL AGES & ABILITIES IN SHOREHAM

DANCE - ENERGY - FUN

CONTACT US FOR MORE INFORMATION

WWW.STREETFUNK.CO.UK - INFO@STREETFUNK.CO.UK - 01273 308525

SEPT/OCT 2020

PARENT NEWSLETTER

FROM CHARTWELLS,
WEST SUSSEX



What's new?



**INTRODUCING
THE SUPER
YUMMY
KITCHEN!**

YOU MAY HAVE SEEN US ON INSTAGRAM, FACEBOOK, YOUTUBE OR TWITTER.

OUR TEAM OF NUTRITIONISTS AND CHEFS HAVE BEEN SHARING KITCHEN HACKS, FOOD FACTS, RECIPES, ACTIVITIES AND MORE!

HERE'S ONE OF OUR FOOD FACTS, CHECK OUT OUR SOCIALS FOR MORE!



@THESUPERYUMMYKITCHEN



THE SUPER YUMMY KITCHEN



@THESYKITCHEN



THE SUPER YUMMY KITCHEN

**WANT TO JOIN US?
FIND US HERE,
FOR FREE!**

SPECIAL DIETS

WE ARE STILL ACCEPTING **SPECIAL DIET REQUESTS!** IF YOUR CHILD HAS DIETARY REQUIREMENTS, COMPLETE A REQUEST FORM (FROM YOUR SCHOOL OFFICE) AND GET IN TOUCH!



WESTSUSSEXSPECIALDIETS@COMPASS-GROUP.CO.UK



Thrive 365 #39

Professional Wellbeing

Book our First Aid for Mental Health Course [here](https://www.dragonflyimpact.com/link-tree)
<https://www.dragonflyimpact.com/link-tree>

Did you know?

According to psychologist William B. Swann's self-verification theory, human beings like to be consistent. Our need for self-confirmation is much stronger than our need for self-enhancement or self-improvement. This is, of course, only one theory and is in opposition to a lot of other philosophical and psychological viewpoints. However, it is definitely worth examining whether this could apply to you.

What can you try?

1. Find patterns

Ask yourself - what do I do over and over again that doesn't help me? Identifying these patterns is the first step to changing them. If William B. Swann is right, then although self-change is really hard, it is not impossible... as although we are prone to do one thing, it is within our capacity to change it.

2. Listen to your own stories

Listen carefully to the voice in your head. If you find yourself doing something that doesn't move you forward, be alert to self-talk such as - 'this is how I always do it', 'it will be easier if I don't change things', 'this is what I'm like', 'people will expect me to do x'. If these are the stories you are telling yourself, it's quite likely your own self-limiting beliefs are preventing you from improving things for yourself.

3. Set goals

One way to notice if you're clinging to your own familiar perceptions of yourself, is to become more aware of your ideal self and what that would look like. Setting goals is a fundamental part of many theories relating to personal wellbeing (CBT and coaching to name a couple). Make sure your goals are SMART (specific, measurable, achievable, realistic and time-bound). Also, keep in mind that in the last few decades, empirical research has shown that having goals, and actively working towards them, impacts positively on stress, anxiety and depression.



Back to School!

Stay Active!

Supporting children with a safe return to school, and getting them back into a routine.

With Premier Education, children will be safe, active and together, with the aim to build confidence, self-esteem & stamina through fun and engaging games & activities in our sessions.

premier-education.com



Safe. Active. Together.

Every session promotes teamwork, togetherness, problem solving and the importance of being active.

Sessions will be delivered outside so that children can get lots of fresh air which provides vital vitamin D!

We have wet weather contingency plans for any days that the weather won't allow us to be outdoors.



Sessions at: St Nicholas & St Mary CE Primary School

Dates: Monday 9th November - Monday 7th December

Times: 15:15 - 16:15

Price: £27.50 for the course (5 Sessions)

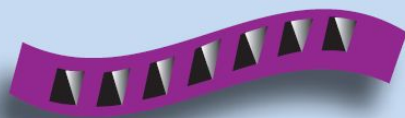
Class: Years 1 & 2

Additional Info: Football Club

How to Book...

Go to www.premier-education.com/parents and search for your child's school using our handy school activities finder.

**Home of the UK
Junior player of the year**
2011, 2012, 2013, 2014, 2017 & 2018



harpacademy

where musicians are made

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL

Try a **FREE TASTER SESSION**
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£18.75 per month



A great way to make music

We recently showed your school how much fun it is to play the harmonica. It sounds great, it's easy to carry and it's cool for boys and girls alike. In fact it's the perfect way to access music for children of any age, from Pre-School to Key Stage 2, and it's much more affordable than other instruments. No tricky keys, frets or finger holes for small hands either! If you can breathe in and out, you can enjoy making music on the harmonica.

"Last week two Harp Academy children performed *Somewhere Only We Know* to the whole school. You could have heard a pin drop! It brought tears to our eyes. You do a great job. Thank you."

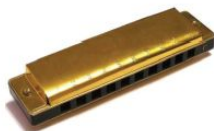
ARUNSIDE SCHOOL, HORSHAM

Why learn harmonica?

- ✓ It sounds great
- ✓ It's affordable
- ✓ It's portable
- ✓ It's cool for boys & girls
- ✓ Free taster session
- ✓ Performance opportunities
- ✓ Music aids wider learning

Musical Enrichment with Harp Academy

We provide daytime harmonica classes at your school for groups of up to 8 children. Each session is half an hour and we provide ten sessions per term. We also offer individual tuition on request. Lesson content includes fun warm-up activities, instrument skills, exploring musical elements from the national curriculum and learning songs for enjoyment and performance. Our teachers are professional musicians, with DBS certification, safeguarding and first aid training.



Free Taster Session

Why not take advantage of a **FREE TASTER SESSION**? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply log on and click the **Gold Harmonica**. We'll then help you get set up. Subscription for further lessons is just **£18.75 per month**. That's a third the price of private music lessons! Further details are on our website.



WWW.HARPACADEMY.CO.UK

DAYTIME SMALL GROUPS (002).pdf - Adobe Acrobat Reader DC



harpacademy

where musicians are made

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL

Try a **FREE TASTER SESSION**
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£18.75 per month

**ACCESS ALL
AREAS**
Every subscriber
receives a backstage
pass for our home
learning web pages.



Harp Academy online

Children and parents who subscribe to Harp Academy also enjoy a complimentary backstage pass for the protected content on our website. There are carefully prepared support pages for the music we are learning, some helpful key skill advice and exercises to help build musical technique. For weekends and holidays, there is also an exciting Harp QI section to explore, with fun videos, music activity ideas and wider learning topics.



The home of champions

At Harp Academy having fun is top of our wish list, and playing to audiences is a vital part of our curriculum. We understand how performance builds self confidence and creates happy memories for everyone. When children are ready, their journey starts with playbacks in school assembly. From there we attend local festivals such as Paddle Round The Pier, Harpin' By The Sea and entertain in children's hospitals. There is also an opportunity to compete at the national harmonica festival, where we have been producing junior champions since 2011!



Free Taster Session

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WWW.HARPACADEMY.CO.UK

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Was your child born between 1 September 2016 and 31 August 2017?

If so they are eligible to start
school in September 2021.

Apply online!

It's simple, convenient
and timesaving. If your
application is received after
the deadline of Friday 15
January 2021 your chance
of securing a place at one of
your preference schools could
be seriously affected.

You can apply online from Monday
5 October 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



W111081 06/2020

Apply online at:
www.westsussex.gov.uk/admissions
Deadline: Friday 15 January 2021





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