
'Come to me, all you who are weary and burdened, and I will give you rest.'
Matthew 11:28

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.
- **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:
 - Parent/Carer Governor Vacancy – nominations to be received by Tuesday 6th October
 - Y5 Rainbow Theatre Workshop – A Child in Ancient Greece (em)<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

2. INFORMATION ABOUT UPCOMING EVENTS

- **Monday 5th October – Winter Uniform to be worn:** all children should be wearing winter uniform from Monday 5th October. Please click on the link or go to the website for the uniform policy: [uniform policy](#).
- **Thursday 8th October – Christmas Cards order deadline:** don't forget to place your order online and [return the artwork to school](#) by Thursday 8th October.
- **Friday 9th October – Harvest – non-uniform day:** non-uniform day in exchange for a suggested donation of £1, which will be split between the Off The Fence Trust and Turning Tides. Many thanks for your support.

3. WORSHIP & ETHOS

- **Music assembly:** the children watched a video from the Sussex Academy of Music yesterday which demonstrated different musical instruments. Please see the flyer on page 3 for more information.
- **Awesome Assemblies:** This week's assembly is *Fruits of the Spirit: #3 Grapefruit Peace* please click on the link: <https://www.youtube.com/watch?v=8FV3BDa9hek&safe=true>

4. **ADMISSIONS FOR SEPTEMBER 2021:** the application process for children who will be starting primary school in September 2021 opens on Monday 5th October. 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. **UNIFORM:** as the weather gets colder and we are keeping windows/doors open for ventilation in the classrooms, children may wear a full-zip, navy blue fleece, preferably with the school logo over their jumper/cardigan.

6. **MARATHON KIDS:** We are really excited to announce that we have restarted Marathon Kids in our school. This free running programme encourages children to get active together and develop a passion for sport, improving not only their physical wellbeing but enhancing their mental health too. We have challenged the children to 'Run a Marathon' by July and the PTA have funded lovely medals for all those achieving it. The children are up for the challenge and have been out there running laps at lunchtime and in PE. Already, five Y4

children have been awarded their 10.6k badge for running the equivalent of a quarter marathon. Altogether, the children have run over 634km with Y4 leading the way – we are particularly impressed with Mr Mac who has been out there running with his class. We are excited to see who will be our Marathon runner this year after Jonty achieved it last year.

7. HEALTH & SAFETY

- **Dogs:** Please can you ensure that any dogs at the main gate are secured in the correct area and kept under control near the premises as some of our children are anxious around them. Thank you.
- **Hexagon:** We designed and built the 'Hexagon' in Summer 2009 with the help of Mr Tel and the PTA. Unfortunately the decking has succumbed to rot and is no longer safe. Although you can still sit around the edge, please do not let any children go into the middle. We hope to replace it at some point in the future – with another parent working party!

8. HEALTH & SAFETY – CORONAVIRUS

- **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.
- **Be vigilant and careful:** 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>
- **Seating Arrangements:** We have had several parents querying seating arrangements in classrooms, which are a little different and in pairs at this time due to the vitally important safety restrictions caused by the pandemic. Please be reassured that teachers consider the children's pairings very carefully and are constantly reviewing how things are working and making changes where necessary. Pairings will change at different times throughout the year to allow pupils to work with different partners.
- **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.
 - Reception: Pupils > Early Years Foundation Stage > Reception > Home Learning > Weekly activities
 - Year 1: Pupils > Key Stage 1 > Year 1 > Y1 Home Learning for Self-isolation
 - Year 2: Pupils > Key Stage 1 > Year 2 > Y2 Home Learning for Self-isolation
 - Year 3: Pupils > Lower Key Stage 2 > Year 3 > Home Learning > Home Learning for Self-isolation
 - Year 4: Pupils > Lower Key Stage 2 > Year 4 > Home Learning > Self-Isolation Home learning
 - Year 5: Pupils > Upper Key Stage 2 > Year 5 > Home Learning > Y5 Self-isolation guide
 - Year 6: Pupils > Upper Key Stage 2 > Year 6 > Self-Isolation Home Learning

9. **West Sussex Five to Thrive Partnership:** your child's body grows better when you give your child good food. Your child's brain develops better when you respond, cuddle, relax, play and talk with them every day. This is evidence-based research around attachment between young children and their carers. What happens to your baby shapes their brain, and the most important thing that happens to your baby is you! To find out more about Five to Thrive, click on the following link:

<https://www.westsussex.gov.uk/education-children-and-families/support-for-families/developing-your-babys-brain/>



SAM Online
www.sammusicservice.com
0800 756 9411



SAM's Online Music Lessons **Guitar / Keyboard / Drum Kit / Vocals**

*Online music lessons from home - learn to play the guitar, drum kit, keyboard or to sing -
Childcare Vouchers accepted*

[Watch this video about SAM's online lessons](#)

Dear Parents and Carers,

We recently showed your child a video demonstrating instruments they can learn at St Nicolas & St Mary's. Currently, lessons are available online via Zoom provided by SAM Music Service. You can [rewatch](#) the video here:

[Re-watch the demonstration video - Guitar / Drum Kit / Piano / Vocal lessons now available](#)

The start of a new school year is an ideal time to learn a new skill such as playing an instrument.

Due to the ongoing pandemic, lessons are available online only for the time-being, but we are hopeful to reintroduce lessons 'in person' again at St Nicolas & St Mary's when safe and appropriate to do so. Instruments are affordable to purchase through [SAM's online shop](#).

*You are welcome to book a **one-off trial online lesson**, to be sure your child enjoyed the experience and is keen to continue.*

*Lessons are on a weekly basis, and available **until 8pm on weekdays, and 9am to 5pm on weekends**, there are plenty of times to choose from to suit your weekly diary.*

[Tax-Free Childcare](#) - we accept payment through the government's **childcare voucher scheme**, along with other childcare voucher providers, a great way to help reduce the price of lessons.

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

***To enquire**, just complete the short enquiry box on [SAM's website](#), and they'll be in touch soon, or you can call **01273 465122** to speak to one of their friendly team.*



WWW.TURNING-TIDES.ORG.UK/HARVEST

WILL YOU HELP US THIS HARVEST?

TO KEEP EVERYONE SAFE & TO HELP US WITH AN INCREASING NUMBER OF HOMELESS MEN & WOMEN WHO NEED OUR SERVICES

HARVEST IS RESHAPING!

INSTEAD OF GOODS – YOUR DONATIONS WILL HELP US BUY THE ESSENTIALS AS & WHEN WE NEED THEM!

A HEART FELT...
THANK YOU
FOR YOUR CONTINUED
SUPPORT!

£ 3 FOR A BAG
£ 30 FOR A BASKET
£ 100 FOR A TROLLEY

HARVEST IS KINDLY
SUPPORTED BY

 **TURNING TIDES**
ENDING LOCAL HOMELESSNESS

PHONE: 01903 680740





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



**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"



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

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



Chartwells Catering has various Kitchen Staff vacancies in the Shoreham area

Are you interested in school catering that fits around your family life?
If yes, why not join our friendly, professional team?

**Position is term time only, 2 hours a day around 11.30am – 1.30pm
5 days a week.**

Appropriate training will be given and uniform will be provided.

For more information please contact
Nicola Eves, Area Manager via email at
nicola.eves@compass-group.co.uk



Thrive 365 #37

Did you know?

The very first 'self-help' books were published in the 1930s, and since then we've learned a lot about how to best support people who are motivated to help themselves. Coaching is a tool used to empower people (who are in good mental health and motivated to strive for improvement) to flourish. Even though the focus of coaching is on achieving a goal, it has other positive psychological benefits such as reduced levels of stress and anxiety. It can therefore be a helpful method of supporting others to sustain their mental health and move forward.

What can you try?

1. Don't give advice

As tempting as it is, try not to jump in with your own ideas if you're having a coaching conversation. The principle behind coaching is to empower the coachee to tap into their own resourcefulness and problem-solving abilities by asking questions that encourage reflection and action. Your job is to listen and hold the space for them to explore their own ideas and find their own solutions.

2. Focus on the 'circle of control'

Encourage the coachee to focus on their 'circle of control'. Lots of things are outside of our control – including other people's behaviour! However, we can influence things like this by focusing on the things we can control. Anxiety is often rooted in the circle of concern – the things we can't do anything about. By encouraging someone to shift their focus to the things they can do something about, you empower them to move forward.

3. Avoid 'why?'

Avoiding 'why' questions reduces the element of threat and increases rapport. 'Why...?' has connotations of challenge and can make people feel defensive. Instead, asking 'what' questions (e.g. 'what were your reasons for...?', 'what were the benefits of...?') encourages a greater level of reflection on actions taken or not taken...the circle of control!

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



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



www.westsussex.gov.uk

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



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/





The Childcare Club

Buckingham Park Primary, Buckingham Road,
Shoreham, BN43 5UD
Tel: 07551062186
Ofsted reg. EY548960



October half term is Pumpkin Week at Buckingham Park Primary

Children aged 3 to 12 years from any school welcome

We are a Playwork based setting allowing all children to have a choice in what they do, while they are in our company. Every day we provide a wide and varied range of resources, equipment and activities for them to choose from and actively encourage them to make new friends and participate in any planned activities. The daily timetables are clearly displayed in the setting each day, but we are flexible in our planning: as our aim is that the children have non-stop **FUN all day, every day**. Therefore, we may change/adjust plans to suit their needs and their play ideas. Older children have their own supervised dedicated area (YR4+) whilst younger children (nursery age and YrR) have their own keyworker.



Really Important Information

We will be having lots of fun and this might be messy ... so please don't wear your best clothes.
Please do not bring in mobile Phones, but tablets that are NOT connected to the internet are allowed.
Children are NOT permitted to take any photos or videos during their sessions.
The room will be divided into three ages related bubbles and these bubbles will not be able to mix during their sessions.
Children staying all day need to bring a packed lunch (healthy please). Please keep lunch nut, sweet and fizzy drink free and pop an ice pack in so that it keeps fresh. Lunch is at 12.40pm, so if you go at 1pm you can choose whether to bring a lunch.
Please provide a nut free snack and drink to be had in the morning and we will provide toast in the afternoon.
Water is always available.

For full terms, conditions and important information about our holiday club please go to our website.
www.thechildcareclubworthing.co.uk

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).

