

Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

Dear Parents and Carers

We hope you are all well during this challenging time. Like you, we don't know when the school will re-open but very much hope it is sooner rather than later!

A week today is VE Day when we were planning to 'remember' in an assembly and 'celebrate' with a street party. We might be fighting different battles now – but don't give up, there will be a Covid-19 Victory Day when we will both 'remember' the challenges and 'celebrate' being back together again.

The prophet Isaiah encourages us to put our hope in the Lord rather than rely on our own strength. Make it your prayer today!

Mr Etherton, Mr Lincoln and team

## 1. COMMUNICATION

- **Keep in touch:** do keep in touch with the school about significant highs and lows that you and your family may be facing. We may be able to, help, point you in the direction of help or at least 'walk' with you in our thoughts and prayers. Email [office@stnm.org.uk](mailto:office@stnm.org.uk)
- **Emails:** please use the [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with any queries. Email is currently our main form of communication so we are receiving a huge amount – we will endeavour to respond as soon as possible!
- **Dates & Events:** all events have been cancelled until further notice.
- **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
  - Letter to children – 1<sup>st</sup> May

## 2. WORSHIP & ETHOS:

- **Are you a HERO?** Do you work in or for the NHS? Emergency Services? Supermarket? Care home? Voluntary work? (etc!) We would LOVE to have a short video of you talking about your work in these trying times so that we can show some appreciation in our Awesome Assembly 'Superhero' series. Just take a selfie video of yourself – preferably in uniform / at your place of work! My sister (firefighter) did several clips in recent assembly (see Awesome Assembly No. 14 <https://youtu.be/ob31-Q2Jn4k>) but you can keep it very simple! Yours can be anything from 10 seconds to 2 minutes and preferably landscape. Don't worry about editing – I can do that. For more info or for completed clips – email [detherton@stnm.org.uk](mailto:detherton@stnm.org.uk) Many thanks! Mr Etherton
- **VE DAY:** Friday 8<sup>th</sup> is VE Day (bank holiday!) Do watch our special Awesome Assembly starring many of our children. It will be uploaded before Friday so that the link can be shared with schools and in the media across the area. Please do share the link with others you know!
- **Oak Academy Assembly No.1:** Your child's class teacher may have recommended some lessons from Oak National Academy. Now, in conjunction with the Church of England, Oak have produced their first national assembly. The first section is the Secretary of State, Gavin Williamson talking. My favourite bit starts from around 4.00 (minutes) which has children talking about 'hope'. This is followed by an interesting talk by the Archbishop of Canterbury in his kitchen (probably Key Stage 2). See <https://youtu.be/OgdhOstV6il> St Nic's have asked to advise... so watch this space!
- **Letter to children:** As always, please read the weekly letter with your child!

## 3. RAINBOW CLUB – childcare

- **Snacks:** Please can your child bring in a morning and afternoon snack with them to Rainbow Club, preferably fruit, carrot, tomato etc as the Fruit and Vegetable scheme is not operational during the lockdown. Thank you.
- **Future Bookings for the Rainbow Club** for Keyworker & Vulnerable children is now available on sQuid OFFERS for week commencing Monday 18<sup>th</sup> May. Please make your bookings as soon as possible or by 12 noon the day before. This will help us make appropriate staffing arrangements. Thank you.
- **Charges:** From Tuesday 26<sup>th</sup> May we will be re-introducing charges for the Octopus and Starfish elements of the Rainbow Club. The reason for this is that we are losing a significant amount of income whilst still having to pay for staff (which we can't furlough) and snacks. From this date onwards, please continue to book your Rainbow Club sessions for the school day 8.45am – 3.15pm on sQuid and please also book and pay for Octopus and Starfish club sessions if required. All three options will continue to be available under the 'Offers' menu rather than the

'Bookings' menu on sQuid during the lockdown period. If any key worker is facing challenging financial circumstances then, of course, please let us know by emailing, in confidence, [head@stnm.org.uk](mailto:head@stnm.org.uk)

- **Opening dates:** as things stand we do not intend to run Rainbow Club on Friday 8<sup>th</sup> May (VE Day Bank Holiday) or Monday 25<sup>th</sup> May Spring Bank Holiday). However, we hope to run Rainbow Club during half term (excluding the Bank holiday) from Tuesday 26<sup>th</sup> to Friday 29<sup>th</sup> (unless the lockdown requirements are eased).

#### 4. CURRICULUM

- **On-line learning:** Following on from our information in the bulletin last week, we are now able to share with you more about what home learning will look like moving forward this half term. It is important for us to acknowledge that it is challenging for parents to have suddenly taken on the role of teachers at home, which is why as a school we have tried to give the children learning materials and activities that are well thought out and will help the children to develop. We acknowledge that we may not have got every activity exactly right (some parents will want more and some less) and can never fully replicate school based learning however we do believe that we are, and will continue to moving forward, choosing learning that is meaningful and not 'just for the sake of something to do'. Which is why from next week we will be ensuring that:
  - Year 1-5 will be using the BBC Bitesize maths materials each day (Year 6 and Reception will be continuing to use either the Oak Academy or more bespoke materials)
  - Children will be asked to complete 1-2 of the foundation subject activities per day and try to try a range of subjects across a number of weeks.
  - Teachers have set a range when giving writing tasks so that children who find this challenging can feel that they have achieved the task eg instead of saying write 10 sentences – it may say write up to 10 or 3-10.
  - Please continue to support your child in uploading their work on 2simple or Seesaw so that teachers can give positive praise and celebrate success. It is wonderful to share in all the great work they are producing and it is also motivational if they can enjoy the excellent work produced by their peers.

As a school we are continuing to look into other online teaching tools and as soon as we have more information on this, we will of course share with you and the children.

#### 5. USEFUL HOME LEARNING LINKS AND RESOURCES – NEW ADDITIONS

- [Useful Home Learning Links and Resources](#) (click on link) or go to our website Pupils > Useful home learning links and resources. Do check out all the resources and links we have!
- **StarLine – helpline launched to support parents teaching their children at home:** Star Academies has recently launched StarLine, a free national helpline to provide parents with home education advice while schools are partially closed. StarLine offers tips and techniques from qualified teachers, education and parenting experts, and suggests online resources to help their children learn at home. It covers all areas of the curriculum and all stages of education, as well as family wellbeing, children's behaviour, and SEND. The helpline is open Sunday–Friday and all calls are confidential – further details and contact information can be found on the StarLine [website](#).
- **StarLine – weekly discussion programme:** As well as supporting parents and carers via the telephone helpline, StarLine will also be broadcasting a weekly discussion programme to explore aspects of parenting, education and home learning. Each episode will provide simple and engaging ideas for home learning. StarLive will be broadcast live on YouTube every Wednesday morning at 8.30am and will finish before PE with Joe begins at 9am! [StarLine YouTube channel](#)
- **Financial education resources suitable for home learning** See [My Money Week](#) and [Fiver Challenge](#) – two FREE programmes helping primary school children explore money matters and build practical money management skills.
- **Perform at Home – online drama classes:** <https://www.perform.org.uk/classes-courses/perform-at-home>. They are currently offering a FREE TRIAL SESSION for any interested child – they will be exploring Peter Pan with KS1 and The Greatest Showman with KS2. So far the feedback has been excellent and we've just opened more spaces. For further information, please call 0207 255 9120, email us on [enquiries@perform.org.uk](mailto:enquiries@perform.org.uk) or go to [www.perform.org.uk](http://www.perform.org.uk)
- **West Sussex Mind:** free courses! <https://www.eventbrite.co.uk/o/west-sussex-mind-8288439768>

#### 6. PUPIL NEWS

- Well done to **Beatrice** and her Mum who completed the 2.6 Challenge last Sunday. The challenge was to walk or run 2.6miles to raise money for Turning Tides. Beatrice has raised £200 so far and is now a "Home Hero"!



# Thrive 365 #13

## Did you know?

According to self-esteem expert, Morris Rosenberg, self-esteem is simply one's attitude toward oneself' and it can be 'favourable or unfavourable'. Factors believed to influence self-esteem include: genetics, personality, life experiences, age, health, thought patterns, social and economic circumstances. So how can we build our self-esteem or support others?

## What can you try?

### 1. Avoid confusion

Be careful not to confuse self-esteem with self-confidence. Self-esteem refers to a person's overall sense of his or her value or worth, whereas self-confidence is trust in yourself in a certain situation. You do not need to be confident in every area to have high self-esteem.

### 2. Accept your personality

Being an introvert or an extrovert is not related to self-esteem. In the same way that you would support others to value their own personality, do the same for yourself.

### 3. Guard against perfectionism

Recognise perfectionism for what it is: impossible! Strive for excellence or sometimes 'good enough' and be on guard for signs you are striving for perfection. This can damage self-esteem as you will never meet your own expectations.

# Thrive 365 #14

## Did you know?

Did you know that laughter can have a hugely positive impact on our mental health? There are even laughter workshops and laughter coaching emerging in many places. Laughing releases endorphins and relaxes your body and mind.

## What can you try?

### 1. The Duchenne Smile

Not all smiles are equal! In 1862, anatomist G B Duchenne noted that a muscle which surrounds the eye is only used in smiles that are real and not those that are posed. It's these real smiles and laughter that release the endorphins so find things that genuinely make you happy!

### 2. Find what works for you

Our sense of humour is very individual. Some people like slap-stick humour whilst others prefer witty repartee! Don't feel any pressure to follow the crowd but rather experiment with lots of types of comedy until you find something you like.

### 3. Your thoughts matter

It's really difficult to genuinely laugh or smile if our thoughts are unhappy, so try to challenge negative thinking. Reframe it to a positive (or neutral) thought and smile. This sends a signal to your body that everything is OK.