
"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self control. Against such things there is no law.."

Galatians 5: 22-23

1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** please use office@stnm.org.uk to contact the school with queries. Email remains our main form of communication and we receive a huge amount – we will endeavour to respond as soon as possible.
- **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:
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

2. INFORMATION ABOUT UPCOMING EVENTS

- **Individual Pupil Photographs – Friday 25th September:** individual pupil photos will be taken next Friday 25th September in school. Unfortunately, due to the current situation we are unable to take any sibling photographs this year to prevent bubble cross contamination. However, Yellow Photography is offering a 25% discount to parents with siblings in school which will be applied when ordering. If you have a child in Little Fishes Nursery who does not normally attend on a Friday you are welcome to bring them in at 9.30am to have their photo taken. Please wait on the Cherry Tree Playground outside Little Fishes Nursery..

3. WORSHIP & ETHOS

- **Awesome Assemblies:** this term, Mr Etherton will be uploading one awesome assembly each week. Today's assembly is *Fruits of the Spirit: Strawberry Love*, please click on the link: https://www.youtube.com/watch?v=rC76_qZqAGo&safe=true We will no longer text links to our assemblies so do 'subscribe to Awesome Assemblies' and allow notifications if you want to watch them at home.

4. ARRANGEMENTS FOR AUTUMN 2020 SURVEY:

thank you to all parents and carers for so efficiently completing the survey! If anyone hasn't yet completed it please do so by Monday 21st September using this link: https://docs.google.com/forms/d/e/1FAIpQLSertfGX28E6d6yijN4DjiPhPNPOYgSwYTqEGsAvJisJk3EIA/viewform?usp=sf_link

5. DROP-OFF and PICK-UP ARRANGEMENTS:

we would like to thank all parents and carers for their understanding and support over the last few weeks with the new routines for dropping off and picking up. We realise it is not always easy when you have more than one child, however, we hope you appreciate the necessity of these arrangements. We will continue to monitor how it all works and tweak as necessary!

6. CHRISTMAS CARDS!

The children have been busy creating Christmas cards this week and will be bringing home their artwork today. Please ensure you order online and return the artwork to school by Thursday 8th October.

7. SCHOOL CENSUS DAY, Thursday 1st 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, 1st October and 21st 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, even if they do not normally have a hot meal; so they do not need to bring in a packed lunch on this day. The menu is at the end of this bulletin. You do not

need to take further action unless your child has a dietary requirement that Chartwells are not aware of – please read the [West Sussex Special Diet Process](#) which includes a form to return to Chartwells.

8. HEALTH & SAFETY

- **NO NUTS!** Please remember that we are a “no nuts” school. Do not send in any food items that contain nuts or nut products. We do have children with severe nut allergies.
- **Packed Lunches:** children need a named plastic lunch box which they put onto a trolley at the start of the day. Please note that the following is NOT allowed: glass bottles or jars, fizzy drinks, sweets and chocolate, foods containing nuts or nut products or hot drinks/soups in a flask. At school we encourage healthy eating and encourage children to have a healthy balanced lunchtime meal. If your child has a nut allergy or any other food allergy, please make sure this is noted on the Medical Form. Children are encouraged to compost waste such as apple cores and fruit skins. We do not allow children to throw away uneaten or half eaten food as it is important for parents to know what their child has or has not eaten. Some new reception and nursery children take a long time to eat their lunch so please ensure that they can open all their food packages/containers; have food that they are familiar with and like; and, don't have too much to eat!
- **Tesco car park:** could we please remind you not to use the Tesco car park for dropping off / picking up. Tesco's have always been very tolerant of parents using their car park but it is getting exceptionally dangerous with cars not parking in actual bays and driving too fast in and out. Please consider using Buckingham Park or surrounding roads, remembering to park considerately and safely.

10. HEALTH & SAFETY – CORONAVIRUS

- **Keep your distance!** Please be very mindful about keeping your 2m distance from other parents/carers, children and staff. This not only reduces the risk of infection but also reduces the number of people who will be required to self-isolate if they have been in ‘close contact’ with someone who has been on site and subsequently develops symptoms/confirmed case of coronavirus.
- **Leave promptly and do not linger!** To help with social distancing, compliance with coronavirus guidelines and congestion, please do not congregate on the playground and chat in groups – this week it has been quite congested around the main foyer area and at the end of the footpath. It is vital that you drop off/pick up your child and leave the playground immediately via the gate near the main office. Thank you.
- **Getting tested:** the NHS number for getting tested has changed from 111 to 119. The fastest way to get a test result is to go to a testing site. You will need a pre-booked appointment or you will not be given a test. You can also order home test kits to be sent directly to you. To book an appointment or order a home kit please visit: <https://www.gov.uk/get-coronavirus-test>
- **Everyone's responsibility:** could we please remind you all that 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. We have had a lot of queries regarding isolation and we hope the table below will help you. Please check the government website for information and updates <https://www.gov.uk/coronavirus>

AFFECTED PERSON	SELF-ISOLATION GUIDANCE
<p>INDIVIDUAL (the symptomatic individual)</p>	<p>Must self-isolate until the test result is received</p> <ul style="list-style-type: none"> • If positive, must self-isolate for 10 days from the onset of symptoms and until the individual's high temperature has fallen within normal range • If negative, the individual may end their self-isolation
<p>INDIVIDUAL'S HOUSEHOLD (the people who live with the symptomatic individual)</p>	<p>Must self-isolate until the test result is received</p> <ul style="list-style-type: none"> • If positive, continue to self-isolate for a total period of 14 days • If negative, the household may end their self-isolation <p>If the symptomatic individual does not get tested, the individual's household must self-isolate for 14 days (this is because the individual could have COVID-19).</p>
<p>CONTACTS (the people who have...)</p> <ul style="list-style-type: none"> • been within 2 metres for more than 15 minutes; or • had face-to-face contact within 1 metre for any length of time; or • been within 1 metre for more than 1 minute <p>...with the symptomatic individual anytime from 2 days (48 hours) before the onset of symptoms)</p>	<p>Do not need to self-isolate unless they develop symptoms or the symptomatic individual tests positive.</p>
<p>CONTACTS' HOUSEHOLDS (the people who live with a person who had been identified as being in contact with a symptomatic individual)</p>	<p>Do not need to self-isolate unless the Contact develops symptoms.</p>



Important

Advice for schools

CORONAVIRUS SYMPTOMS IN CHILDREN

A CHILD WHO DEVELOPS ONE OR MORE OF THE FOLLOWING SYMPTOMS SHOULD BE CONSIDERED AS A POTENTIAL CORONAVIRUS CASE:



NEW CONTINUOUS COUGH

This means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if the child usually has a cough, it may be worse than usual)



FEVER (TEMPERATURE OF 37.8°C OR HIGHER)

The child will also feel hot to touch on their chest or back



A LOSS OR CHANGE TO SENSE OF SMELL OR TASTE

this means the child has noticed they cannot smell or taste anything, or things smell or taste different to normal.

MOST CHILDREN WITH CORONAVIRUS HAVE AT LEAST ONE OF THESE SYMPTOMS.



If a child is unwell with one or more of these specific symptoms they should be told not to come into school or sent home as soon as possible and advised to get a coronavirus test. **ONLY** those children with one or more of these symptoms or those advised by their clinician or Local Authority should get a test.



Children reporting other symptoms such as a headache, sore throat, runny or sniffly nose, earache, itchy eyes, lethargy or tiredness **WITHOUT** a fever should **NOT** be treated as potential coronavirus cases or advised to take a test.

If the national guidance on symptoms of coronavirus in children changes, updated information will be provided at a local level as soon as possible. This information about coronavirus symptoms in children can be shared with all school teaching and administration staff as well as parents and carers where necessary.

For further guidance on coronavirus testing for schools, please read the letter from PHE and NHS Test and Trace to school and college leaders at: bit.ly/phe-schools



Let's do it
for Doncaster.



Doncaster
Council

£2.35

Menu

Thursday 1st October

Choose a main...

**Beef Burger in a Bun
or
Quorn Nuggets & Chips**

On the side...

**Baked Beans or Salad
Tomato Ketchup**

For dessert...

**Jammy Jack
(flapjack)**

For drink...

**Blackcurrant Squash, Milk
or Water**



Please place orders by Sunday 20th September at www.mealselector.co.uk, where further details are displayed.

For more information on special diets please contact
westsussexspecialdiets@compass-group.co.uk.

Special diet requests must be made no later than Wednesday 16th September .





Secure Attachments – Robust Learners- Building Futures

Your Space Therapies are pleased to present an online Therapeutic Parenting Course.

We are a counselling and play therapy service that work holistically with schools, parents and professionals supporting vulnerable children. We help children and their communities to have good mental health, resilience to learn and be the best they can be.

Boosting the Bond - *For the BEST relationship with your child*



Course dates:

Thursday 9th July 2020, 6-8pm

Tuesday 3rd November 2020, 6-8pm

Tuesday 2nd February 2021, 6-8pm

Training online via Zoom (details to follow on booking)

Ticket price: £20

**To book your place, please email:
bookings@yourspacetherapies.org**

Your Space Therapies are offering a unique and down-to-earth course for parents and carers providing practical ways to have the best relationship with their children. The course will offer an overview of children's emotional brain development and offers practical strategies and theraplay games to develop strong emotional bonds and help parents therapeutically manage children's anxiety or challenging behaviours. Strategies will be tailored to think about particular responses that are needed during COVID-19 and lockdown.

93% of parents or carers who have attended this course rated in 'Excellent'

About the trainer: Emma Connor is a Child Psychotherapist, MA, UKCP, Director, Consultant and Trainer for Your Space Therapies. Emma is a senior lecturer at the Institute for Arts and Therapy in Education as well as working in various schools providing therapy for children and therapeutic support for families.

For more information regarding Your Space Therapies counselling services, consultancy and training please visit: www.yourspacetherapies.org

Thrive 365 #34

Did you know?

Play is very significant for the wellbeing of both children and adults. Psychiatrist Dr Stuart Brown claims that play is much more than just fun, suggesting nothing lights up the frontal lobe of the brain quite like play; he says the opposite of play is not work, it's depression. He compared the front cover of the New York Times magazine in 2008 with a painting of a courtyard from the fifteenth century. The latter depicted people of all ages taking part in games, working together and playing with toys. His hypothesis is that we have lost something from our culture because we now encourage the importance of play just for children – and young children at that. Dr Brown says that play is far more than preparation for the future; it has a biological place in our lives just like sleeping and dreaming.

What can you try?

1. Prioritise Play

Changing your perception of play is important. If play spontaneously occurs through curiosity and impulsivity then try to resist the grown-up urge to return to your task list, clean the house or make a phone call. Children will often lead the way with play, so be open to going with the flow. If you don't have small children around you to play alongside, experiment with things you liked to play with when you were a child. Explore backwards to the clearest image of what filled you with joy.

Try to make connections with how you live your life now and if necessary make changes to incorporate more opportunity for play.

2. Watch animals play

If you watch animals, you will see that even in rough and tumble play, they follow certain patterns and have rules of the game. Although from a distance, animals may look like they are fighting, on closer examination it's often possible to see the hallmarks of play. For example, their claws are retracted, their fur is flat, they have soft eyes and gentle movements. As an adult, it can be easy to begin something with the intention of being in the mode of play, and then this become overly competitive or aggressive. This undermines the benefits.

3. Play before purpose

Dr Brown says we need to infuse our lives with play. If we are putting the purpose before the play, then we are probably not playing. Rather than scheduling time for play so that you can tick it off your to-do list, work out what you love and explore how it can become a big part of your life.



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/

