
'For God so loved the world that he gave his one and only son, that whoever believes in him shall not perish but have eternal life.' John 3:16

1. HEALTH & SAFETY – CORONAVIRUS – IMPORTANT INFORMATION

- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119.
- **Positive test result:** On Monday we sent out an email regarding a positive test within our school community. We advised contacts in Sea Lion class to self-isolate up to and including Friday 6th November. Notification of an additional positive test was received later in the week and this meant that a small number of members of our school community were also notified to self-isolate up to and including Friday 6th November. We appreciate that many parents/carers may have been concerned at the delay in advising you about the positive test result. Unfortunately, we were not contacted by Track and Trace over the holiday period and only found out about the first confirmed case on Monday at which point we contacted our Health Protection Team and followed their advice. As it has become apparent that we cannot rely on the Track and Trace alert system, we have set up a dedicated email address for you 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 Please use this address for this purpose only. Emails about all other matters should continue to be sent to office@stnm.org.uk
- **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.
- **ONE PERSON ONLY to drop-off and pick up:** as we enter this period of lock-down, could we please ask that only one person drop off/pick-up your child(ren). The playground does get extremely busy and we must all do what we can to minimise the risk.
- **Picking Up:** please remember to leave the premises as soon as you have picked up your child. You may wait at a distance from others with your child if waiting for an older sibling but please do not let them run around or climb on any of the play equipment. Thank you.
- **Face Coverings:** thank you to all those who have been wearing face coverings when coming onto the premises. As we enter this next lockdown we strongly encourage you all to wear a face covering when dropping off and picking up your children. We are aware that some people are exempt from wearing face coverings which is why we will not be challenging people on the playground.

2. 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 – please include your child's class.
- **School Office:** parents/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:
 - All – Remembrance
 - All – parent/carer consultations – information<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

3. INFORMATION ABOUT UPCOMING EVENTS

- **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. THERE WILL NOT BE THE OPPORTUNITY TO DO LATE ORDERS SO DON'T MISS OUT. PLACE YOUR ORDER TODAY!

- **Prayer Week – Coats needed on Wednesday 18th November:** Please can you ensure your child has a coat in school as the weather is turning colder. On Wednesday 18th November we will be doing a reconciliation/sorry activity with the children as part of the Brighton and City Mission's virtual prayer week. For this activity the children need access to a zip and so it would be great if they could use their coat (if it has a zip) or else bring in a zipped top for the purpose! Thank you for your support.

4. **WORSHIP & ETHOS – Awesome Assemblies:** next week's assembly is *Fruits of the Spirit: #7 Orange Faithfulness* which will be uploaded soon! https://www.youtube.com/channel/UCVs_954b4yEOTi5sAhKhGKw

5. **UNIFORM:** could we please ask you all to familiarise yourselves with our uniform policy (click [HERE](#) for the policy on the website) and ensure your child is wearing the correct uniform. We will be having a real push on uniform over the next few weeks and will contact parents if their child is wearing anything incorrect or inappropriate. It makes such a difference when children wear the correct uniform, both in appearance and behaviour, and we would appreciate your support with this. Thank you.

UNIFORM DONATIONS: we are running really short on spare uniform and would be grateful for clean donations, especially of clothes for 5 - 8yrs. Please leave them in the labelled box by the office. We will quarantine these items before use.

6. **ANXIETY WORKSHOP IS NOW FREE!** At St Nics, we really value the emotional well-being of all our children so we have made the decision to fully fund the anxiety workshop run by Emma Connor, a Child Psychotherapist on Wednesday 11th November via Zoom. Please see details on page 4. This is a fantastic opportunity to learn strategies to support your child even if they are currently not experiencing anxiety. There are limited numbers of spaces so please email office@stnm.org.uk by Monday to request a space.

7. **MARATHON RUNNERS:** Children are like buses – you wait for a marathon runner to come along and then there are 3! In 5 weeks, 3 boys in Y4 Seahorse class have run over 42.7k, the equivalent of a marathon. In our Marathon Kids scheme, Dominic, Huxley and Isaac not only ran during every session, they often ran 5k or 20 laps of the field during their lunch break. Mr Lincoln awarded them their medal, t shirt, badge and certificate this week, all courtesy of our PTA. They are now well on their way to their next marathon. The 'Keeping Kids Running' scheme is open to all in KS2 and the teachers. Seahorse class currently head the class leader board with Mr Mac having run over 25k. So far the children have run over 1770km and averaged 7.3km per child. This is a great way of keeping the children active during these difficult times when outside sport activities have been stopped.



8. **EXTRA-CURRICULAR CLUBS:** all externally run clubs eg Premier Sport, Dance, Outdoors Project etc, are not running during this lockdown period.

9. **CHRISTMAS!**

- **Chartwells Christmas Dinner – Wednesday 16th December:** if your child is in Years 3, 4, 5 or 6 and they would like to have a Christmas dinner on this day, you need to book a meal for them online (menu on page 5) <https://westsussex.mealselector.co.uk/> The deadline to book is Sunday 6th December.



- **Gifts for Staff:** we have been asked about arrangements for giving staff gifts at Christmas. We would like to emphasise that staff do not expect gifts but recognise that some of you would like to give staff a token of appreciation! Could we please ask that any gifts are sent to the office by the end of the school day on Monday 14th December. We will then quarantine the gifts for 72 hrs before passing onto staff! Thank you.

10. ADMISSIONS FOR SEPTEMBER 2021: the deadline for applications for children who will be starting primary school in September 2021 is 15th January 2021. Parents/Carers must apply online at www.westsussex.gov.uk/admissions. 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](#)

11. OCTOPUS AND STARFISH CLUBS: bookings are available on sQuid for the 2nd half of the Autumn Term.

- Clubs are booked on a first come first served basis but at present 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.
- Four weeks' notice must be given for cancellation of any bookings (this is in line with other providers).
- All bookings for the **whole** of the 2nd half of the Autumn Term must be made by 4pm on **Friday 13th November** as sessions will not be available to be booked after this date.

12. sQUID – HOW FRIENDS AND FAMILY CAN TOP-UP A CHILD’S sQUID ACCOUNT

sQuid accounts at present can only create one online account for each child

If both parents intend to top up the child's account with funds, the login details will need to be shared between both parties. If they do not wish to share any financial information then they do not store any bank details on the system or set up Auto Top Up. This way both parties will need to use their own bank details to add funds to the child's account. sQuid can provide a 'substitute registration' that is not linked to a specific child so this can be added to a new sQuid account which would allow 'Friends & Family' top up. Parents need to email sQuid customer service to obtain a 'substitute registration' customerservice@squidcard.com

Instructions for Friends & Family to top up sQuid accounts

For using the 'Friends & Family' option to top up sQuid accounts please follow these steps:

- Select 'Top up' in the pink navigation bar
- Select 'Friends & Family'
- Enter the purse number or purse reference
- Select the amount to top up using the drop down box
- Click 'Add to Basket'
- Click 'Checkout'
- Select payment card type and click 'Next'
- Enter your payment card details
- Select the 'Store for future use' option if you would like to store your payment card
- Click 'Pay now'



Friends & Family

Please enter the 6 digit purse reference or 18 digit purse number of the account you would like to add funds to, and add to basket. Please note: the 18 digit purse number is a different number to their sQuid registration number.

Top up - friends & family

Purse Number or Purse Reference

Select top up amount ▼

Add to basket

14. WEST SUSSEX

- **Pop-up Cycle Lane Survey:** Tim Loughton MP is asking for residents to provide feedback about what worked well and what didn't work well with the Upper Shoreham Road cycle lane. There will be a further round of funding for future cycle lanes and they want to see more of them in Adur but in the right place and where people will get maximum use from them and minimising obstacles for residents. Please click on the link for the survey and more information: [Pop-up cycle lane survey](#)
- **Library Service:** West Sussex libraries are currently closed for browsing and only open for returns and collections. Limited computer sessions are only available when pre-booked in advance. Customers are required to wear face coverings (unless exempt). There are also lots of services you can access from home. Click on the link for further information: <https://arena.westsussex.gov.uk/web/arena/currentoffer>
- **West Sussex Transport Plan:** West Sussex County Council is reviewing the West Sussex Transport Plan. The current plan, which covers the 2011-26 period, needs to be reviewed to take account of changes to national and local policy, such as the Government's legally-binding commitment to achieve net zero carbon by 2050. The new plan will set out how we aim to continue supporting the economy and communities while protecting the environment. We will consider the best approaches to tackle key transport issues such as congestion, road safety and pollution, and set out our plans for all modes of transport. We are asking stakeholders to complete a survey to gather information about key issues and priorities. The survey is accessible to all, so members of the public can submit their views if they wish to do so, the closing date is Thursday 17th December 2020. Survey link: www.westsussex.gov.uk/WSTPSurvey
The survey results will help shape the draft version of the plan, which will be published for public consultation in summer 2021. We aim to adopt the plan in early 2022. For further information, please contact lt@westsussex.gov.uk; 01243 642105. *The Transport Planning and Policy Team.*



Secure Attachments – Robust Learners – Building Futures



Anxiety Workshop for parents and carers

Wednesday 11th November 2020
4pm – 5.30pm - Via Zoom

**Do you think your child worries too much?
Would you like to better understand anxiety?
Repair after Covid-19**

Learn strategies to manage and reduce your child's worries.

Workshop led by Emma Connor, Child Psychotherapist
Commissioned and subsidised by
St Nicolas & St Mary's School

£ 10 per ticket
Normally £20

*Limited number of places available.
Please email the office if you would like to reserve a space by Monday 2nd
November.
office@stnm.org.uk
You will get a message to confirm your space on the course by Wednesday 4th
November.*

THIS WORKSHOP IS NOW FREE!

Wednesday 16th December

£2.35



Festive Menu

Choose a main meal...

Roast Turkey
with Stuffing, Cocktail Sausage & Gravy

or

Quorn Fillet
with Stuffing Ball & Gravy

on the side...

Roast Potatoes
Peas and Carrots

for dessert...

Chocolate Dipped Shortbread
or

Fruit Salad

for a drink...

Fruit Squash

Milk

Water



*To enjoy our festive-inspired day, please
order at www.mealselector.co.uk
no later than Sunday 6th December*

2020



Thrive 365 #42

Well Young Minds

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

Did you know?

Positive psychology is a relatively new field that focuses on how human-beings flourish. Its counterpart, Positive Education, is the name for how this theory is applied to teaching children and young people. One of its main areas of focus is around positive feelings and psychology Professor Barbara Fredrickson has done a lot of work in this area.



What can you try?

1. A good story

An old Cherokee is teaching his grandson about life.

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"
The old Cherokee simply replied, "The one you feed."

2. Keep a gratitude journal

Keeping a gratitude journal has been proven to have a positive impact on mental health. Each day for a week, list three things that you are grateful for and then reflect on your mood at the end of the week. See what you notice.

3. Aim for a 3:1 ratio

Fredrickson's research suggests that feeling three positive emotions to every one negative emotion is the key to wellbeing. Rather than trying to manufacture positive emotions, simply try to notice what makes you feel good emotions – such as being in nature, dancing, watching comedy or singing in the shower.

NOV/DEC 2020

PARENT NEWSLETTER

FROM CHARTWELLS,
WEST SUSSEX


Chartwells
EAT LEARN LIVE



What's on?


The
Super Yummy
Kitchen
© 2019 Chartwells

TO BE A PART OF

NATIONAL SCHOOL MEALS WEEK

9TH - 13TH NOVEMBER

School meals have never been so good!

11TH NOVEMBER IS **NATIONAL ROAST DINNER DAY**. WHAT BETTER TIME TO JOIN THE NATION IN ENJOYING A ROAST DINNER AT SCHOOL?



@THESUPERYUMMYKITCHEN



THE SUPER YUMMY KITCHEN



@THESYKITCHEN



THE SUPER YUMMY KITCHEN

CHRISTMAS DINNERS

ASK YOUR SCHOOL OFFICE IF THEY'RE TAKING PART IN THIS YEAR'S CHRISTMAS DINNERS. VISIT

WESTSUSSEX.MEALSELECTOR.CO.UK
TO VIEW THE MENU, IT'S A TREAT!



PLACE ORDERS BY **29/11/20**, AND MAKE SURE SPECIAL DIET REQUESTS ARE PROCESSED 2 WEEKS PRIOR TO THE DAY!

THE SUPER YUMMY KITCHEN WILL BE CELEBRATING NATIONAL SCHOOL MEALS WEEK ON TWITTER, FACEBOOK AND INSTAGRAM.

THIS INCLUDES A **KNIFE AND FORK TRAINING ACTIVITY**, TO HELP THOSE HANDS ENJOY MEALS AT SCHOOL AND AT HOME.



CHECK IT OUT FOR ACTIVITIES, NEWS AND FUN FOODIE FACTS!



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



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