

We all wish there was more of this in the world! Have a great weekend. Mr Lincoln, Mr Etherton and the senior leadership team.

I. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office. General information can be found under the Parents & Carers tab. Bulletins/letters are under Parents & Carers > News & Events.
- Emails: please use office@stnm.org.uk to contact the school do not email members of staff directly.
- <u>Calendar</u>: term dates, events (can be filtered by year group). Follow the link for instructions on how to <u>use</u> or <u>subscribe</u> to the calendar.
- 2. DATES AND UPCOMING EVENTS please see the <u>website</u> for all upcoming events.
 - Red Nose Day Friday 18th March: a red-themed non-uniform day and collecting donations for Red Nose Day.
 - PTA Mother's Day Sale Friday 18th March: come along at 3pm to the main hall for the PTA Mother's Day present sale and second hand uniform sale.
 - World Book Day collection for The Red Cross and Ukraine £515. A big thank you for all your kind donations to a very worthy cause.

3. REOUESTS AND REMINDERS

- **School run clubs:** subscription to our school run clubs opens at the beginning of each term. If you would like your child to join one of these clubs please complete the Ping form which will be sent out before the end of the spring term. Please note, we do not add children to clubs during term time.
- **Summer uniform:** children can wear summer uniform from Monday 25th April. Please see the <u>website</u> for the school uniform policy.
- **Book Donations:** If you have any good quality books you would like to donate to the school library please leave them in the donation box outside the office area next week.
- **4. BUILDING BRAINS LEARNING UPDATE:** We have been learning about the different parts of the brain and that the frontal lobe (also known as your thinking brain) is a bit like a control centre or an air traffic control centre as it keeps everything running smoothly.

The children have learnt that there are 6 main control centre skills (also called executive function skills). We will be thinking about when we are required to use these skills and how we can become even better at them if we find them difficult. We will be updating the Bulletin to let you know what we have been learning in the classroom so you can refer to the control centre skills at home!

This week the whole school has been thinking about energy and emotional regulation. Emotional and energy regulation is the skill of staying in control of your feelings and energy.



Steady Swans are calm when they are asked to change from a fun activity to a more serious one. They manage their feelings so others around them are not affected by their mood.



Changeable Chimps aren't so good at keeping control of their feelings. They are more impulsive and can let their feelings take charge of what they say and do. This is fine if the way they show these feelings fits in with other people.

It is important to note that being a Steady Swan isn't better than being a Changeable Chimp – they are both great at different times. See our website for more information on this.

Next week, we will be learning about:



Donkeys are not so good at flexible thinking, but they are good at being determined and persevering.



Flexi Foxes can stop something they are enjoying and move to a different task if needed. They look for other ways of doing things if they are stuck.

There is more information on our website about these animals and how we are teaching children about the executive function skills: https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Building+Brains+Learning&pid=1631

- **5. Message from the English Team:** Top Website Tip The readerteacher! A great way to find a book that's suitable for your child! https://www.thereaderteacher.com/
- **6. RECRUITMENT:** we are currently advertising for a part-time Teacher and part-time Teaching Assistant. Please see the adverts at the end of the bulletin for more information.

7. WSCC TRANSPORT PLAN CONSULTATION ON WALKING AND CYCLING IMPROVEMENTS

West Sussex is working on a range of walking and cycling improvements intended to improve safety and offer better travel choices across West Sussex. The schemes being considered include the creation of safe, dedicated cycle lanes, new crossings and wider footways. Initial proposals include improvements to:

- Route 1:A27/Busticle Lane in the north to A259/Western Road in the south
- Route 2:A27/Grinstead Lane in the north to A259/South Street in the south
- Route 3: Lambleys Lane/Upper Brighton Road in the west to A2025 Grinstead Lane/Crabtree Lane in the east
- A259 Shoreham to Brighton, from A259/East Street in the west to the county border in the east.

To find out more visit https://yourvoice.westsussex.gov.uk/cycling-improvements where you can also have your say by completing the questionnaire (this will close at 23:59 on Tuesday 5 th April 2022.)

- 8. RECYCLED TOY SALE TO RAISE MONEY FOR UKRAINE: This week we have been thinking about our Christian Value, Compassion, and have reflected on how we can show compassion both to the people around us, as well as more widely across the world. In response to the tragic war situation in Ukraine, children from the Dream Team are organising a recycled toy sale, to raise money for the charities, Red Cross and Link to Hope, who are working hard to provide medical support, food and shelter for people in Ukraine and neighbouring countries taking in refugees. More information about these charities can be found at:
 - https://linktohope.co.uk/campaigns/donate-to-the-ukraine/
 - https://www.redcross.org.uk/stories/disasters-and-emergencies/world/ukraine-red-cross-response-in-europe

The sale will be held after school between 2.45-3.20pm on Wednesday 23rd March. If your child has any good-as-new toys or games, which they would like to donate to the sale, please put them in the Drop Box by Reception from Monday. Toys and games will be sold at very reasonable prices and we hope that it will be a fun event for all. We look forward to seeing you there.

9. PRICE INCREASES FROM SEPTEMBER 2022: The Governing Body has recently reviewed the charges for our breakfast and after school clubs and the nursery. We would like to inform you that from September 2022 the cost of the Octopus Breakfast Club, Starfish After School Club and Little Fishes Nursery will increase as indicated below. This is the first increase for the Octopus and Starfish clubs in two years and the nursery charge reflects the charges of other local providers.

	Current charge	Charge from Sept 2022
Starfish After School Club	£7.00	£7.50
Octopus Breakfast Club	£4.20	£4.50
Little Fishes	£16.00	£17.00

10. LITTLE FISHES NURSERY - 30 HOUR FREE CHILDCARE CODE REMINDER – Renew by 31st March Just a reminder to apply now to ensure you have renewed your 30 hours free childcare code by 31st March 2022. Log in to your childcare account to check your details are up to date, and reconfirm your eligibility by 31 March 2022 to ensure you continue to be eligible for 30 hours free childcare - gov.uk/sign-in-childcare-account. Contact the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097.

11. CORONAVIRUS - IMPORTANT INFORMATION

- What to do if your child has symptoms: If your child has one or more of the known Covid symptoms, ie new continuous cough, a high temperature or a loss of, or change in, your normal sense of taste or smell (anosmia), you should test them for the virus using a lateral flow test.
- If your child has a positive PCR/LFD test: inform the school & keep your child in isolation as advised by the NHS.
- **Self-isolation period:** we would ask that any pupil who tests positive for Covid to self-isolate for 5 full days. Pupils can take an LFD test from 5 days after the day their symptoms started (or the day your test was taken if they did not have symptoms), and another LFD test on the following day. The second LFD test should be taken at least 24 hours later. If both test results are negative, and they do not have a high temperature, they may end self-isolation immediately after the second negative test result.

• Face Coverings in school: Although the government has now removed the legal requirement to wear face coverings in communal areas of schools, we would still strongly encourage parents/visitors to wear a face covering when entering or moving around the school.

12. We have another name - Brighton& Hove Albion Junior Team

What an amazing achievement for our school football team. Today, our boys team played in the Albion Cup finals at Lancing against the best teams from around Sussex. Drawn in a very strong league, they won 4 and lost the last game. The boys quickly picked themselves up and defeated the Brighton schools champions 4-0 in the semis. In the final, they played Saltdean who they lost to earlier. This time it was different, they were passionate, determined, focussed and they played brilliantly to win 2-0.

The exciting bit is still to come. They now represent Brighton & Hove Albion



in the national finals at Watford FCs ground, Vicarage Road. Not only that, they get to travel in a coach, stay in a hotel overnight before playing other Premiership teams using the club kit. All paid for by the club. Wow, if that's not enough, their photo is shown in the tournament programme along with an article about them.



We're on the 'Road to Eastbourne'! Our year 4 tennis team played against other schools from Shoreham in the 'Road to Eastbourne' event where the eventual winners play at the Eastbourne tournament in June. Winning the skills relays section outright, they then split into 2 teams and went on to play matches against the other schools or compete in 4 further challenges. Despite not a lot of practice, they played brilliantly and enthusiastically to win overall and progress to the West Sussex finals. We wish them luck in the next round at Angmering.

Website: www.stnicolasmary.w-sussex.sch.uk

Em: office@stnm.org.uk

Calendar: click on link for how to use or subscribe

Thrive 365

Dragonfly: Impact Education



Did you know?

There's a secure evidence base now which tells us that the relationship between sleep and mental health is bi-directional [1]. This means that a lack of good quality sleep can have a negative impact on your mental health, but likewise, poor mental health can negatively impact your sleep.

Good sleep increases our capacity to cope with the challenges of everyday life. But what can we do to help ourselves when sleep seems elusive? And, bearing in mind the link between disturbed sleep and emotional and behavioural difficulties [2] how can parents help their children?

[1] https://www.sleepfoundation.org/mental-health [2]Kortesoja et al (2020) https://doi.org/10.1007/s10964-020-01203-3

Sleep education

Knowing the benefits of sleep is an important motivating factor in making sleep a priority. Many people think that your brain 'switches off' during sleep but this isn't the case. Different areas of the brain become active during different stages of sleep.

No one is sure exactly what goes on in the brain during sleep yet, but we do know that it reduces stress, improves balance, supports the immune system and helps you to maintain a healthy weight. It also helps memory and higher functioning such as decision making and planning, and helps you to process emotional information from the day.

Sleep hygiene

Sleep hygiene means adopting lifestyle choices and habits that promote healthy sleep.

Making sure you've had exercise during the day can help. Make sure that the room isn't too warm and that it is dark enough. Certain foods have a stimulating effect such as caffeine or fatty foods, so these are best avoided in the evening. Blue light also signals to the body that it's daytime, so screen free time an hour or so before bed helps you to wind down, as does dimming the lights and having the same routine each night, so that your body starts to become accustomed to the cues that it's almost time to sleep.

3 Seek help

It's important to acknowledge that sometimes, people follow all the necessary steps to promote good sleep but still find it hard to get a good night. This can be incredibly frustrating and distressing.

There is support available for those who find lack of sleep is impacting their quality of life. The GP is often the first port of call. A type of counselling known as CBT-I (CBT for insomnia) has a good track record of helping people with sleep problems. The sleep charity is also a useful resource and they offer courses and provide a helpline. You can find them here: https://thesleepcharity.org.uk/

Our training: www.dragonflyimpact.com/link-tree

Off @dragonflyimpact

Email: info@dragonflyimpact.co.uk



Em: office@stnm.org.uk



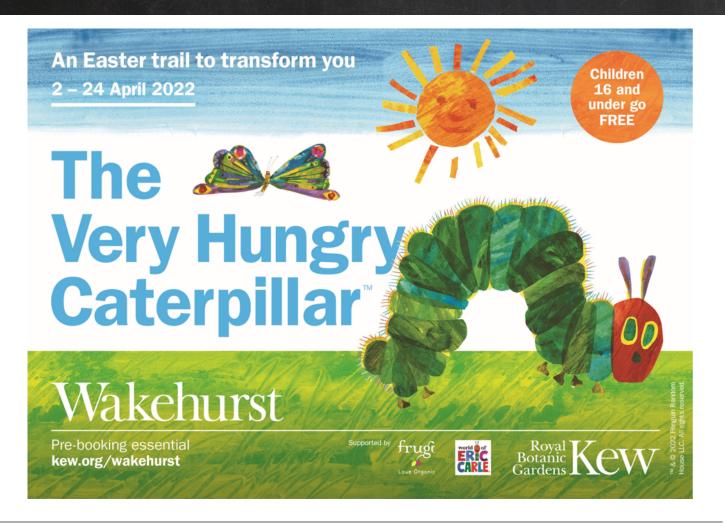
EASTER HOLIDAY CLUBS APRIL 2022

Worthing, Shoreham, Lancing & Three Bridges

CLUBS RUN AT 5 LOCATIONS: G = GORING // TG = THE GLOBE // STN = ST NICS // LP = LANCING PREP // 3B = THREE BRIDGES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 28 LP:SURVIVEJURASSICISLAND	MARCH 29 LP:CAMPFIRE COOKOUT	MARCH 30 LP: NERFAGEDDON MERF SHARP ANOTER	MARCH 31 LP: WILD THINGS ADVENTURE	APRIL LP: MINECRAFT
APRIL 4 LP: CAMPFIRE COOKOUT	APRIL 5 LP: NERFAGEDDON NERF SHARP	APRIL 6 LP: CAMPCRAFT BUSHCRAFT	APRIL 7 LP: SURVIVE JURASSIC ISLAND	APRIL 8
APRIL G: CAMPFIRE COOKOUT TG: NERFAGEDDON STN: SURVIVE JURASSIC ISLAND 3B: CAMPFIRE COOKOUT	APRIL 12 G: NERFAGEDDON TG: WILD THINGS ADVENTURE STN: CAMPFIRE COOKOUT 3B: NERFAGEDDON	APRIL G: WILD THINGS ADVENTURE TG: BIG WILD EGG DAY STN: NERFAGEDDON 3B: WILD THINGS ADVENTURE	APRIL G: BIG WILD EGG DAY TG: SURVIVE JURASSIC ISLAND STN: WILD THINGS ADVENTURE 3B: BIG WILD EGG DAY	APRIL 15
APRIL 18	APRIL G: SURVIVE JURASSIC ISLAND TG: CAMPFIRE COOKOUT STN: BIG WILD EGG DAY 3B: SURVIVE JURASSIC ISLAND	APRIL 20 G: CAMPFIRE COOKOUT TG: NERFAGEDDON STN: SURVIVE JURASSIC ISLAND 3B: CAMPFIRE COOKOUT	APRIL 21 G: NERFAGEDDON TG: WILD THINGS ADVENTURE STN: CAMPFIRE COOKOUT 3B: NERFAGEDDON	APRIL 22 G: WILD THINGS ADVENTURE TG: BIG WILD EGG DAY STN: NERFAGEDDON 3B: WILD THINGS ADVENTURE

To book and for more info on activities and how the holiday clubs run www.theoutdoorsproject.co.uk









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 Small classes and feedback on your child's progress
- Specially created scripts, videos and apps to support your child's learning
- **▶** End of term presentation for family and friends



— I'm very impressed by the thoughtful way each session is run. It is great to know that Ethan is not just being 'entertained' for the hour but proactively being taught new life skills. Kate Whyley



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CAFE CHURCH

AT ST GILES CHURCH

Every 2nd Sunday, 9.45am

Informal Morning Worship Food, Fellowship, Worship

Upper Shoreham Road opp. Greenways Crescent





SARAH ON 01273 462100 OR SUSAN ON 01273 463833



Em: office@stnm.org.uk



St Nicolas and St Mary Church of England Voluntary Aided Primary School

Eastern Avenue, Shoreham-by-Sea, West Sussex BN43 6PE

Tel: 01273 454470 Email: office@stnm.org.uk Web: http://www.stnicolasmary.w-sussex.sch.uk/

Acting Headteacher: Mr A Lincoln BA Hons

Executive Headteacher: Mr D Etherton B,Ed Hons. NPQH

Teacher Vacancy- Maternity Cover

We are pleased to announce that we have an exciting opportunity for a part time class teacher to join our wonderful St Nicolas and St Mary C.E. Primary School team from June 2022.

We welcome applications from experienced teachers who are both outstanding and ambitious. Subject to the experience of the successful candidates, deployment is likely to be in **Year 4**.

Location: St Nicolas and St Mary C.E. Primary School, Shoreham Age Range: 3 - 11 year

Positions: Teacher - Part Time (0.4 Thursday and Friday- There may be the option of an additional 0.1 on

a Wednesday afternoon)

Required from: 9th June 2022 - February 2023 (If possible, we would be interested in the successful candidate

coming in for some transition days before the May half term holidays)

Contract: Temporary (potential to become a permanent contract)

Teacher's Main Scale

St Nic's is a 'FABULOUS' place to work:

Fantastic facilities – staff room, well-equipped PPA room, additional hall, large classrooms and spacious grounds.

Accessible - Only a 7-mile drive (15+ minutes) from Brighton or 10-15 minutes by train plus a 10-minute walk.

Brilliant buddies - We are a friendly, sociable, caring team.

Utterly amazing pupils - Our pupils are delightful, creative and high achieving.

Lovely environment - A 'family feel' and strong Christian ethos.

Outstanding behaviour – As judged by inspectors.

Understanding and supportive - We have successfully inducted 14+ NQTs over the last few years.

Successful school - We are officially a good/outstanding school with an excellent reputation.

The successful applicant will be expected to attend staff meetings (virtual and in-person), attend parent meetings and undertake other duties within "directed time". In addition, teachers are expected to work reasonable additional hours to enable them to discharge their professional duties effectively.

- Are you an enthusiastic and excellent teacher?
- Do you have high expectations and want children to do their very best?
- Do you have strong KS2 experience?
- · Can you work effectively as a team and support our Christian ethos?

Shortlisted applicants will be contacted to confirm interview day arrangements. The school will take up references of all shortlisted candidates prior to interview.

This post is subject to safeguarding, health and reference checks. The school is committed to safeguarding and promoting the welfare of the children and young people and expects all staff to share this commitment.

Optional Tour / Visit: Please email office@stnm.org.uk or call 01273 454470 to arrange a tour of the

school (these will be at set times.)

Deadline for applications: 12 noon Thursday 31st March 2022

Interview day(s): Tuesday 5th April 2022

Further information

If you have any questions please email Andy Lincoln: head@stnm.org.uk

An application form and other information is available from the school office office@stnm.org.uk or visit www.westsussex.gov.uk/living/jobs/working for us/teacher recruitment/school job search.aspx



St Nicolas and St Mary Church of England Voluntary Aided Primary School

Eastern Avenue, Shoreham-by-Sea, West Sussex BN43 6PE

Tel: 01273 454470 Email: office@stnm.org.uk
Web: http://www.stnicolasmary.w-sussex.sch.uk/

Executive Headteacher Mr D Etherton B.Ed Hons. NPQH Acting Headteacher Mr A Lincoln BA Hons.

ADVERT - Teaching Assistant

St Nicolas and St Mary C.E. Primary School is an award winning school and an excellent place to work. We have a very friendly, dedicated staff team and well-behaved children. Our classrooms are large and we have spacious grounds.

Ofsted inspected the school in March 2017 and recognised that the school continues to offer a GOOD quality of education and safeguarding is effective. The inspection noted children's good behaviour and excellent attitudes to learning. In December 2016 the school, as a Church of England school in the Diocese of Chichester, received a 'SIAMS' inspection and was judged to be "outstanding".

We are seeking to appoint a fantastic Teaching Assistant to work in our school from **April 2022**. We may be able to offer some flexibility in the hours we can offer.

Teaching Assistant

Location: St Nicolas and St Mary C.E. Primary School, Shoreham-by-Sea

Required from: 25th April 2022 (or earlier if possible)

Contract: Role will be Temporary (until Dec 2022 or Apr 2023), Part time, term-time only.

(Possibility of becoming permanent)

Hours per week: We are looking for candidates that can work 18 hours - 24 hours (this will include

some Midday Meals Supervisor duties) [Potentially 3 days Monday - Thursday]
We may be able to offer additional hours for the successful candidate to work in our

Breakfast/After School Club.

Salary: Grade 3 Point 3 (£9.62 per hour)

Please refer to the Job/Person Specification in your supporting statement and indicate which days you are available for work.

It is desirable, but not essential, to have experience of:

- Experience of working in Key Stage I and 2
- Experience of working with SEND pupils

Relevant qualifications or training an advantage but not essential.

The closing date for all applications is 12 noon on Thursday 24th March 2022 (email to office@stnm.org.uk or post to above address).

Interviews are scheduled to take place Tuesday 29th March 2022

Please contact the office for an application pack or visit:

www.westsussex.gov.uk/living/jobs/working_for_us/teacher_recruitment/school_job_search.aspx

The successful applicant will need to undertake an Enhanced Disclosure via the Disclosure and Barring Service (DBS) and references will be checked prior to interview. This school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.

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).