



What a difference it makes when the sunshine comes out and we get to enjoy the wonderful grounds we are so blessed to have here at the school.

With Easter being so late this year, it seems strange to have celebrated Palm Sunday so early however it is never too early to know that we can ALL be blessed!

Have a wonderful weekend.

Mr Lincoln, Mr Etherton and the senior leadership team.

1. 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 unless this has been agreed previously/they email you directly.**
- **Calendar:** term dates, events (can be filtered by year group). Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.

2. DATES AND UPCOMING EVENTS - please see the [website](#) for all upcoming events.

- **Recycled Toy Sale:** Wednesday 30th March, 3 - 3.30pm

3. REQUESTS AND REMINDERS

- **Clubs:** next week is the final week that our school run clubs will run this spring term. The timetable and sign ups for the summer term will be sent out the last week of the spring term.
- **SAMA Karate** club has restarted on Thursday's after school. If your child wishes to join this fun club, please see the flyer at the end of this bulletin.
- **Parent/Carer Helpers:** we are really enjoying being able to have parents/carers come in to listen to the children read. This is really beneficial and we would love to encourage more parents/carers to do so. We will need to conduct DBS checks on all volunteers so please be prepared to show the office the relevant documents if asked. Many thanks.

4. STAFF NEWS

- We are sadly saying goodbye to Tracey Channon at the end of this term as she moves on to a new and exciting role as a marriage registrar. We will miss her a lot and wish her all the best.

5. 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 31st 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.

6. WELL DONE!

- **Tristan, our budding chef!** Tristan has raised £580 for Unicef Ukraine through cooking, and people have been requesting his recipes left, right and centre! He is going to be interviewed by Young Lives vs Cancer about his cooking too which is exciting! You can find out more here: <https://www.instagram.com/kickingcancercooking/>. Well done Tristan!



7. 102ND BIRTHDAY CELEBRATION!

Children in the Nursery, Year 2 Penguins and Year 5 Terrapins helped local resident, Joan Mellow, celebrate her 102nd birthday last week by creating beautiful birthday cards for her. The special surprise had been organised between the school and her care home, Meadowcroft. Joan was delighted to receive the cards and sent the children the following message:

'To all the children who made me wonderful birthday cards for my 102 birthday, I cannot thank you enough. My family and I sat and read every one of those colourful cards and my daughter who lives in Australia took photos to show my family there. I hope you all have a good day at School.'



The school will continue to form a link with Meadowcroft care home and hopes that the choir will be able to perform to residents during the summer term.

8. Secondary School Open Days:

please see below information about the upcoming secondary school open days. Where possible, please book tours outside of school hours. Many thanks,

- **Christ's Hospital School:** open morning on 30th April 2022. For more information visit their website: www.christs-hospital.org.uk

9. 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.

Thrive 365

Dragonfly: Impact Education



Did you know?

Anxiety is a normal feeling and not something negative in itself. It even has its uses because it can help us to anticipate problems and sharpen our focus. However, when someone becomes 'stuck' in an anxious state it becomes a problem and can be overwhelming and distressing. Anxiety is a 'combination of physical sensations, thoughts and feelings' [1] and can therefore have a detrimental impact on many areas of a person's life if it is left unchecked.

[1] <https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>

1 Know it passes

The physical sensations that come with anxiety can be quite frightening: breathlessness, dizziness, rapid heart rate and aches and pains are just a few! Knowing that this is a natural response can help.

It can be useful to compare a situation that causes anxiety to jumping into a cold swimming pool. At first it takes your breath away and you want to jump straight back out - that's the anxiety. However, if you get through that initial discomfort, you get used to the temperature of the pool - which reflects the idea that anxiety comes and goes.

2 Recognise signs

Learning where you feel anxiety in your body (your stomach/chest/head) can be the first step in recognising your anxiety.




Those who become 'stuck' in anxious feelings, or find them distressing might develop coping behaviours. These could include isolating themselves, withdrawing from things they used to enjoy, engaging in repetitive behaviours or self-harming. Recognising these behaviours as coping strategies for anxiety can help you to replace them with more healthy coping strategies, such as talking to a friend or family member, engaging in mindful activity or exercise.

3 Have a plan

If you know a certain situation always triggers feelings of anxiety, rehearse that scenario with a safe person, in a safe place. Plan out how you will stand, what you will say and what you will do. Repeat this until you notice the feelings of anxiety begin to lessen.

It can also be a good idea to have an action plan of what you will do if you feel 'hi-jacked' by feelings of anxiety or begin to feel panicked. Where will you go? Who will you go to? What activities do you know will soothe you or calm you? In the moment, it can be hard to think rationally so having these things prepared and even written down can help.

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

   @dragonflyimpact

Email: info@dragonflyimpact.co.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:	9 th 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



SAVE THE DATE

JUBILEE SUMMER FAYRE



FRIDAY 8TH JULY

FROM 3PM

**STALLS
INFLATABLES
DISCO DOME
RAFFLE
GAMES
SHOWS**

FOOD & DRINK

**STAR ATTRACTION
LASER ZONE**





**Albion in the
Community**



St Nicholas & St Mary CE Primary School

Mondays from 9 May - 11 July (excluding 2 May & 30 May)

3.10 - 4.10pm, £45 for 9 weeks.

**Years
1-2**

BOOK ONLINE NOW
albioninthecommunity.org.uk

Email: soccerschools@albioninthecommunity.org.uk for more information.

Brighton & Hove Albion After-School Clubs delivered by Albion in the Community.
American Express Community Stadium, Village Way, Brighton BN1 19L, Tel: 01273 876345
Company limited by guarantee in England and Wales (No. 9122142). Registered charity in England and Wales (No. 1110076).





**Albion in the
Community**



St Nicholas & St Mary CE Primary School

Fridays from 6 May - 15 July (excluding 27 May, 3 June & 24 June)
3.10 - 4.10pm, £40 for 8 weeks.

**Years
3-6**

BOOK ONLINE NOW
albioninthecommunity.org.uk

Email: soccerschools@albioninthecommunity.org.uk for more information.

Brighton & Hove Albion After-School Clubs delivered by Albion in the Community.
American Express Community Stadium, Village Way, Brighton BN1 1FL. Tel: 01273 876244
Company limited by guarantee in England and Wales (No. 5122342). Registered charity in England and Wales (No. 1110876).








Easter Holiday Camps
19th/20th/21st April 2022
9:30-3:30pm

Rhythmic Gymnastics, Acro, Circus Arts, Dance and Arts and Crafts

£35 per day. Discounts apply if booking more than 1 session.

Suitable for Ages 4-11 years
Visit our website to book your space today!
www.i-staracademy.co.uk



ACE Football Academy

EASTER HOLIDAY FOOTBALL FUN

Date	Time	Age
12/13/14 April	09.30am – 15.30pm	4 – 12 Years
19/20/21 April	09.30am – 15.30pm	4 – 12 Years

2 WEEKS OF FOOTBALL MADNESS AT FOUR VENUES IN SUSSEX
 Holiday football courses for children aged 4-12 years. All abilities welcome.
 All courses are led by qualified coaches in a professional, safe environment.

LANCING SIR Robert Woodard Academy, BN15 9QZ

PORTSLADE Portslade Leisure Centre, BN41 2WS

STORRINGTON Chanctonbury Leisure Centre, RH20 4BG

WORTHING Worthing Leisure Centre, BN12 4ET



THREE DAY COURSE
ONLY £39

BOOK NOW

INDIVIDUAL DAYS
ONLY £15

WWW.ACEFOOTBALLACADEMY.CO.UK
INFO@ACEFOOTBALLACADEMY.CO.UK
07772 073926 / 07817 304334

FIND US ON



MIDDLETON ESTATES & CLEARPATHMEDIA
PRESENT

THE LANCING EASTER EGG HUNT

2022

SATURDAY 2ND APRIL
10AM - 1PM

FOLLOW THE TRAIL & COLLECT THE LETTERS
LANCING HIGH STREET
EASTER EGGS TO BE COLLECTED ON ROUTE
& THE CHANCE TO WIN A LARGE HAMPER

Ricky Heagman
middleton

CLEARPATHMEIDA

St Nic's
PTA
supporting our children together

EASTER EGG HUNT

Solve the clues to claim
your Easter Egg

**£2.50
PER CHILD**

**FRI 8 APRIL
FROM 3PM
SCHOOL
GROUNDS**

TICKETS AVAILABLE ON PLAYGROUND W/C 4 APRIL

SAMA

KIDS KARATE

ST NICOLAS & ST MARYS C.E. PRIMARY SCHOOL
THURSDAYS 3.30PM

CLASSES £5 PAY AS YOU GO

GREAT FOR KIDS • DISCIPLINE • FITNESS • RESPECT
CONFIDENCE • SELF- DEFENCE • GREAT FUN

SamaKarateandKickboxing.co.uk
01903 767616

Aspens' Au-Some 10 for 10 Virtual Challenge

Celebrating Autism Acceptance Week and the
10 Year Anniversary of our Family Support Team

26 March – 3 April 2022



I am so grateful to everyone at **St.Nicolas and St.Mary** who are amazing at nurturing my sons personality and education, but for tricky times outside of school
Aspens are just a webchat away. To participate and raise funds in the #10for10challenge this week, I'm looking forward to sharing 10 videos on IG and FB (HappyTunesMusicMakers) 10 short simple tunes, 10 instruments, 10 keys!

The Aspens Family Support Team are Au-some, and celebrating 10 years of providing much-needed support to families and individuals across the south east. I know they are a lifeline to families with challenges and needs far more complex than I can imagine or will ever have to cope with. So PLEASE join me on my musical quest and Donate to help the Aspens team reach more people and expand their services within our community.

Lisa

Thank you!



<https://aspens.enthuse.com/pf/lisa-o-connor/post/1456139>