

Have a wonderful weekend  
Mr Lincoln, Mr Etherton and school senior leadership team

## 1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office. Information about the school day, attendance & absence, medical issues, uniform, food & drink can be found under the Parents & Carers tab. Bulletins and letters can be found under Parents & Carers > News & Events
- **Emails:** please use [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with queries. **Please do not email members of staff directly.** All communication goes via the Office email address.
- **Calendar:** term dates, upcoming events etc (can be filtered by year group). Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Letters/Emails sent home this week:** click on the link for past letters:  
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

## 2. CORONAVIRUS – IMPORTANT INFORMATION

- **What to do if your child has symptoms:** please do not send in your child if they have symptoms e.g. a persistent cough. Please arrange for your child to have a PCR test as soon as possible. Your child cannot attend school again until they have received a negative test result or they have isolated for 10 days.
- **What to do if your child has a positive PCR test:** please inform the school and keep your child in isolation for 10 days as advised by the NHS.
- **What to do if you or a member of your household has a positive PCR test:** we recommend that you arrange a PCR test for all other members of your household before sending your child into school.
- **Lateral Flow Testing:** if your child comes into close contact with someone who has tested positive for Covid please can they take a lateral flow test regularly, ideally daily. Follow the link below for further guidance on lateral flow device testing: <https://www.gov.uk/guidance/understanding-lateral-flow-antigen-testing-for-people-without-symptoms>

## 3. DATES AND UPCOMING EVENTS:

- **Y6 Height and Weight Check:** This has been rescheduled for Monday 8<sup>th</sup> November.
- **INSET Day:** School closed for pupils on Friday 19<sup>th</sup> November
- **Reindeer Fun Day:** Thursday 16<sup>th</sup> December
- **Chartwells Christmas Dinner:** Thursday 16<sup>th</sup> December
- **Parent/Carer tour dates:** for parents/carers of children due to start school in September 2022. Please follow link <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=School+Tour+Dates&pid=1366>
- **Little Fishes Nursery tour dates:** if your child is preschool age and you would like to tour Little Fishes please visit this page: <https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Admissions&pid=30>

4. **ROAD SAFETY:** There has been a near accident at the top of Eastern Avenue where a parent and child were almost knocked down by a car. Please ensure you are driving safely and considerately on the roads around our school.

5. **THANK YOU!** We would love to say a big thank you to Mari who looks after the planters by the main office. They look brilliant. Thank you very much Mari.

6. **SHOW RACISM THE RED CARD DAY:** We are pleased to announce we raised **£300.90** for the charity The Red Card <https://www.theredcard.org/>. Well done everyone!
7. **FREE SCHOOL MEALS AND PUPIL PREMIUM:** Have your circumstances changed? Could you be eligible for Free School Meals? If your child is in Year 3 and above they may still be eligible to receive free school meals which could save you more than £450 a year, as well as providing £1320 additional funding to the school via Pupil Premium funding. The Government is giving money to schools to help children from lower income families do their very best. No one will know you have registered and it will not affect any other benefits you are claiming. Children entitled to free school meals will automatically receive a meal, regardless of their year group, once confirmation of their entitlement has been received. This money is essential in supporting all that the school wishes to provide for pupils! Please complete the following form to check your eligibility:  
<http://www.stnicolasmary.w-sussex.sch.uk/site/data/files/hot%20meals/6FB7907B90EDBABFEEA5229D7E974EFA.pdf?pid=97>
8. **Y4 DT PROJECT:** If you have any triangular shaped packaging please could you donate it to Y4 for their DT project. Many thanks.
9. **ITEMS FOR OUR NEW KSI BOOK CORNERS:** We are creating new book corners in each of our KSI classes to provide an exciting reading environment for the children. These will be Gruffalo themed in Year 1 and Under the Sea themed in Year 2. If you have any unwanted Gruffalo or sea themed soft toys in good condition we would love to have them. We are also looking for cushions, small bean bags and baskets for books. Many thanks Mrs Bishop.
10. **SQUID GAMES:** We have been made aware of children playing a game at lunchtime that they have referred to as Squid game and involves an adaptation of the game What's the time Mr Wolf. Although we are of course always pleased to see children playing playground games we are concerned that they may have had access/heard of games from the Netflix TV Programme 'Squid Games' which has a 15+ rating. We will of course continue to encourage the children to play traditional playground games however I know that you will support us in making clear that the contents of the TV programme are unsuitable for a primary age group. Many Thanks
11. **SNAPCHAT:** National Online Safety have created a parent's guide to Snapchat which can be downloaded here <https://nationalonlinesafety.com/guides/snapchat-2021>
12. **EXPERT PARENT WORKSHOP - THE EARLY YEARS:** West Sussex Parent Carer Forum are putting on an online workshop to help you understand the Health System and discover how to work more effectively with Health Practitioners. They are running two sessions and you must be able to attend both sessions:  
Wednesday 10<sup>th</sup> November: 10am - 12:30pm, with a Q&A session from 12:30pm - 1pm  
Wednesday 24<sup>th</sup> November: 10am - 12:30pm, with a Q&A session from 12:30pm - 1pm  
You can find out more information about what the workshop will offer and you can book in here: [https://forms.office.com/Pages/ResponsePage.aspx?id=vLNOM-38Uky3cMU\\_3g-NZrmJlwfccqDpOkAZb-GOPFgIUMIVPQzc4TjZJWU4yVEFNNI BJWldRRFhIMS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=vLNOM-38Uky3cMU_3g-NZrmJlwfccqDpOkAZb-GOPFgIUMIVPQzc4TjZJWU4yVEFNNI BJWldRRFhIMS4u)
13. **ALBION CUP:** Our girls played in the Albion Cup at the Sussex FA at Culver Road, Lancing this week. Despite playing against some very strong teams from across West Sussex, they showed great passion, determination and skill to show that they are a team with a lot of potential. Their enthusiasm and great sportsmanship were noted by the organisers and they were a credit to our school.



**FESTIVE MENU!**  
Thursday 16<sup>th</sup> December

**Chartwells**  
So much more than fantastic food

**MAINS**  
£2.33 Roast Turkey or Roast Quorn Fillet  
Served with Roast Potatoes, Carrots, Peas, Stuffing, a Mini Sausage and Gravy

**DESSERTS**  
Chocolate Dipped Shortbread  
Choice of Fruit  
Milk, Water or Fruit Squash

**DON'T FORGET! SCHOOL MEALS ARE FREE FOR ALL PUPILS IN RECEPTION, YEAR 1 OR YEAR 2.**

Alternatively, you can order now until the 5<sup>th</sup> December at [www.mealselector.co.uk](http://www.mealselector.co.uk)  
or contact [73041@compass-group.co.uk](mailto:73041@compass-group.co.uk) for help and information

**COLLECT FOOD SUPER HERO PLAYING CARDS WHEN YOU EAT WITH US!**

**Chartwells**  
So much more than fantastic food

**COLLECT ONE FOOD SUPER HERO PLAYING CARD EACH DAY WHEN YOU EAT WITH US FROM 8<sup>TH</sup> NOVEMBER - 12<sup>TH</sup> NOVEMBER**

**THEN COLLECT A FOOD SUPER HERO PLAYING CARD EACH THURSDAY FROM 18<sup>TH</sup> NOVEMBER - 9<sup>TH</sup> DECEMBER**

**DON'T FORGET! SCHOOL MEALS ARE FREE FOR ALL PUPILS IN RECEPTION, YEAR 1 OR YEAR 2.**



**SPACES  
LIMITED**

**JOIN US TO MAKE  
A CHRISTMAS  
WREATH**

**AT ST NICOLAS' CHURCH OLD SHOREHAM  
WWW.SAINTNICOLAS.ORG.UK**


**£25 PER PERSON  
INCLUDING FESTIVE REFRESHMENTS**

ALL PROCEEDS GO TO 'FRIENDS OF ST NICOLAS' A REGISTERED CHARITY

**THURSDAY 2 DECEMBER  
10-12 NOON  
AND  
7-9PM**

**BOOK YOUR TICKETS NOW  
<https://www.trybooking.co.uk/BIHL>**



 **YOUNG VOICES  
COMMUNITY CHOIR**  
AGES 9 - 15

Join Daisy for a fun filled hour of singing with a chance to learn new skills and work towards performances.

No musical experience necessary!

Monday Evenings, 18.30 - 19.30  
@ The Church of The Good Shepherd,  
Shoreham Beach  
£2 per child (£1 for additional siblings)

For more information please email:  
daisy@daisydurrant.co.uk

**ADVENT**

**Messy Church**  
**Church of the Good Shepherd**

**Saturday 20<sup>th</sup> November**  
**3pm to 5pm**

Family crafts, games, story, song, reflection  
and a tea party!

*The Good Shepherd, Kings Walk, Shoreham Beach*



Every week we have Sea Lights, our fun Sunday school at 10am in the church hall.

The first Sunday of each month there's an all age service.

New children always welcome!

If you'd like to know more email: cogssundayschool10@gmail.com



Church of the Good Shepherd, Kings Walk,  
Shoreham Beach



## Lamb's Tales

A group for parents/carers with children under 4 years

Fridays 9.15am - 10.45am

For details email: cogssundayschool10@gmail.com

creative play



 Church of the Good Shepherd  
Kings Walk, Shoreham Beach, BN43 5LG

# Dragonfly: Impact Education

## Thrive 365

2021 #38

### Professional Wellbeing

Book our [First Aid for Mental Health](#) course [here](https://www.dragonflyimpact.com/link-tree)  
<https://www.dragonflyimpact.com/link-tree>

### Did you know?

Imagine each morning you're given a bucket of water. That water is your concentration and focus for the day...but with every decision you make, you have to empty out a bit of that water. Now think about how many decisions you have to make each day: what to wear, what to have for breakfast, what your priorities for the day are...there are a lot of decisions to be made before you even leave the house. Add to that the thousands of small things that crop up during the day that require instant decisions and it's no wonder that our brains feel like cotton wool by the end of the day - sometimes by the end of the morning! We all know that feeling where our brains are foggy and we can't seem to make even simple decisions any more because it's simply part of being human. Regularly trying to ignore that feeling, push through it or berating yourself for it will not only lead to mistakes, in the end it'll also lead to burnout.

### What can you try?

#### 1. Make it routine

Take as many decisions as possible out of the equation. Plan meals ahead for the week, decide what you're wearing the night before, and make as many things as possible routine so you don't even have to think about them.

#### 2. Let your mind wander

Give your brain some downtime to recharge. This doesn't mean switching off, it means getting your mind to work in a different way. Psychologists call it 'soft fascination' and it can feel like day-dreaming or your mind wandering. Your mind is still active but not intensely focused on one thing.

#### 3. Switch off the intense focus

Time in nature lends itself to this as you are paying soft attention to lots of different sights and sounds without focusing on any one. This type of wandering attention can actually provide your mind with the rest it needs to refill your focus bucket again!

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*





## Was your child born between 1 September 2017 and 31 August 2018?

If so they are eligible to start school  
in September 2022.

### Apply online!

It's simple, convenient  
and timesaving. If your  
application is received after  
the deadline of Saturday 15  
January 2022 your chance  
of securing a place at one of  
your preference schools could  
be seriously affected.

You can apply online from Monday  
4 October 2021. 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



WS110(M) 08.2021

Apply online at:  
[www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions)  
**Deadline: Saturday 15 January 2022**



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