

FAMILIES

Some families are big,
Some families are small,
But no matter what size it's the same for them all.

Families are fathers, that frown and say
"We didn't do things like that in my day!
That shirt's rather bright, that skirt's far too tight
Now tell me again where you're going tonight"

Families are mothers, who flap and fuss
"Hurry up now or you'll miss the school bus!
Straighten your tie, tidy your hair
Are you sure those big ear-rings are what you can wear?"

Families are brothers, that joke and tease

And when you're not looking they give you a squeeze.
They think they're much bigger and better than you,
And far more important in all that they do.

Families are sisters who share all your things,
Your bedroom, your records, your bracelets and rings.
They use all your perfume and ladder your tights
Then keep you awake playing music all night.

But God's family's a unit where we all belong
He supports us in trouble when things have gone wrong.
He shares in our gladness, our sadness and fears.
He loves us and cares for us through all of the years

I. 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.
 - **Positive Test Email:** only use the email positivetest@stnm.org.uk to report a positive COVID test result.
 - **School Office:** the office is currently closed. Please refer to the school website for information or email office@stnm.org.uk if you have any queries.
 - **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 for past letters:
<http://www.stnicolasmmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
 - Mental Health and Wellbeing Week, 8th- 12th February - including *Comfy Clothes Tuesday!*
 - Home Learning Tips
2. **WORSHIP & ETHOS:** *I lift up my eyes to the mountains- where does my help come from? My help comes from the Lord, the Maker of heaven and earth. Psalms 121:1-2*
3. **EMAILS:** Please note that the school office receives 100s of emails per day and individual members of the Senior Leadership Team can get up to 100 emails per day. Please only email if necessary and bear with us if we do not get back to you straight away.

4. RAINBOW CLUB

- **Rainbow Club Spaces:** Any enquiries regarding places in Rainbow Classes must be emailed to office@stnm.org.uk. These will then be passed to the Senior Leadership Team who will meet weekly to make decisions about places. Each decision will be made on an individual basis, following which, parents will be informed whether or not we can offer a place. Priority is given to children of critical workers and vulnerable children as stated by government guidelines. Please remember that if you are able to care for your child at home then you should continue to do so for everyone's safety. Although there are less children physically in school, staff are working incredibly hard and in some areas there is more work needed than in normal circumstances.
- **Face Coverings:** Please ensure you are wearing a face covering at all times when you are on the school premises, this includes outside areas.

5. GOOGLE CLASSROOM:

Please do look on our Home Learning section on the school website for updated information on how to support your child with google classrooms. This includes information about how to upload work. <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Home+Learning&pid=1569>

Use of YouTube as a teaching resource: There may be occasions that teachers recommend/ask children to watch a YouTube clip as a helpful additional resource to support the children's learning. Google Classroom allows this to be done automatically and in a 'school safe' manner. e.g

1. Videos are overlaid, which means children are taken to just that video rather the you-tube site.
2. All adverts are removed
3. All comments on videos are removed.
4. As an additional measure, teachers will of course watch the video first to access its suitability before making it available to the children.

6. MENTAL HEALTH AND WELLBEING WEEK W/B 8th February:

Please see the letter sent home today which includes information about 'Comfy Tuesday', our non-school uniform day.

7. PARENT & CARER CONSULTATIONS:

We are planning to hold parent & carer consultations later this term in a similar format to the Autumn term. We will therefore again be conducting the meeting by telephone and parents will be invited to sign up for a 10 minute appointment slot. Due to the current Lockdown and uncertainty as to the exact date of when ALL children will be able to return, we have decided to delay the meetings to the weeks beginning 15th March and 22nd March. Further information, including how to book an appointment, will be sent out after half term which hopefully will follow any government announcements regarding re-opening.

8. SAFER INTERNET DAY:

This year's SID theme is **An internet we trust: exploring reliability in the online world**. To celebrate and support this important campaign, the Community Safety & Wellbeing Team are hosting a number of FREE webinars for parents & carers. The webinars will explore some of the key factors to be aware of regarding the online space and exploitation of children & young people. There will be a key focus on the following topics: trust online, fake news, conspiracy theories & radicalisation. To book a FREE place, please use either of the links: [9th February 2021](#) [12th February 2021](#)

9. HOME LEARNING

- **Useful Links and Resources:** please do look at the Useful Links and Resources section on our Home Learning section of the school website for additional resources to use alongside Google Classroom. <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Useful+Links+and+Resources&pid=1415>
- If your child has 10-15 minutes spare, teach them to type! Typing is an invaluable skill for education, social communication and the workplace.
- BBC Dance Mat is a free touch typing program <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr> OR <https://www.nessy.com/uk/product/nessy-fingers/> is £30 for a year with a free trial.
- **Brighton Science:** There are lots of science workshops running via Zoom during half term, including some which are free. To find out more and to sign up please visit www.brightonscience.com
- **Accelerated Reader:** It gives us great pleasure to announce that lots of children have been achieving fantastic results in their Accelerated Reading. Mrs Kennard, who has been tracking the children's progress since last March,

has been working extremely hard to put together all of the Reading Prizes for those pupils. The children will be told this week (by their teachers) who has won what and at what times you can come into the reception area to collect your prizes. Mrs Kennard will be there to say a huge CONGRATULATIONS to the children! We would be most grateful if you could come in at the allocated time, but understand if you can't. We will leave the prizes (they will be labelled clearly with name and class) out in the reception area for a couple of days for you to collect. If you do have any problems picking them up please contact the school. Well done again to all those fantastic readers! Enjoy your prizes!

Timetable for the Accelerated Readers (to come in) - Monday 8th February

- 8.45am - 9.15am - Year 6
- 10am - 10.30am - Year 5
- 11am - 11.30am - Year 4
- 11.30am-12noon - Year 3

7. **OCTOPUS BREAKFAST & STARFISH AFTER SCHOOL CLUBS**

- **Voucher payments:** all those who pay for Octopus and Starfish sessions with childcare vouchers have now been invoiced for this half-term. If your child is not attending school at this time, any sessions you booked before Christmas have been cancelled. Please get in touch if you have any queries.
- **Little Octopus and Little Starfish Clubs:** we are unable to offer sessions at Little Starfish and Little Octopus Clubs at this time. We will update you via the bulletin should this change.
- **Bookings slots** for the 2nd half of spring term are now available on sQuid. PLEASE DO NOT BOOK IF YOUR CHILD IS NOT IN SCHOOL, please wait until the Government announces schools are reopening. We appreciate your assistance in this matter as if slots are booked and not used due to lockdown it causes a lot of extra administration and children of critical workers may not be able to book their required sessions.

8. **FREE SCHOOL MEAL VOUCHERS - Vouchers for weeks commencing 1st and 8th February:** Vouchers for these weeks will be delivered and distributed on Monday 1st February. We are currently waiting for information with regards to the voucher scheme during the half term break.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



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5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



