



On Monday this week, like millions of people around the world, we celebrated the life of Martin Luther King Jr. There are so many lessons we can take from his words however with our theme of Faith- we felt the image of taking the first step is one we can all relate to.

Have a wonderful weekend.

Mr Lincoln and the Senior Leadership Team

1. COMMUNICATION

- **Website:** please check the website for answers to queries before contacting the office. General information can be found under the Parents & Carers tab. Bulletins/letters are under Parents & Carers > News & Events.
- **Email:** office@stnm.org.uk - please do not email staff directly (unless agreed previously).
- **Calendar:** term dates, events. Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Language of the Month:** French
- **Sign of the Week:** Scotland (in honour of Burns Night this Saturday)
- **Facebook page:** facebook.com/stnmschool

2. DATES AND EVENTS: click [here](#) for the dates list.

- **Parent Consultations:** Thursday 6th February and Monday 10th February. Bookings went live on Arbor on Tuesday 21st January at 5.00pm. It is essential you have signed up to Arbor portal to book this. You will have till the 31st January to book a slot.
- **INSET DAY: Monday 27th January - school closed for children** (includes Little Fishes Nursery)
- **Y5 Applesham Farm - Turtles** Wednesday 2nd April / **Terrapins** Thursday 3rd April - PLEASE NOTE: Children will need to be dropped off at the farm at 9.15am, collected and brought back to school at 12pm.

3. REQUESTS, REMINDERS AND GENERAL NOTES

- School Uniform Reminder:** we have noticed that a lot of children are not wearing the correct uniform at school. Could we ask you all to please check the uniform policy and make sure your child is wearing the right uniform [St Nicolas and St Mary CE Primary School - Uniform](#) A quick summary of the uniform policy is below:
 - Grey shorts or trousers (non-fashion) OR navy pinafore/skirt (**pinafore/skirts must be no shorter than just above the knee**).
 - Leggings **MUST NOT** be worn.
 - Socks/Tights: plain grey, black, navy or white socks/tights with no coloured trims (except grey, black, navy or white) and no logos.
 - Navy or black shoes or sandals (**no boots, high heels, trainers or crocs**).
 - No jewellery to be worn except small stud earrings or cross on chain.
 - Long hair to be tied back with accessories in school colours (eg blue and white). No hair gel.
 - No make-up, nail varnish or tattoo style transfers.
 - No smart watches - inexpensive watches may be worn.
- Class Reading Reminder:** If you have come to read at the school, you **MUST** come via the office to sign in and receive a lanyard.
- Pick up from the Ark:** Please could all parents/carers with younger children ensure they remain with you at all times when picking up children from the Ark. Children should not be playing on the Fir tree playground or Tropical climber at the end of the day.



Mindfulness Club

*A nurturing, creative, fun
after-school club*

*for St Nicolas and St Mary's
Primary School*

At mindfulness club we will:

- Explore our emotions using the arts and play
- Learn new ways to manage and explore feelings
- Have space to de-stress and be creative
- Find calm, peace and support
- Have fun and get to know ourselves and each other!

Mindfulness club will be run by the same child therapist every week.

Day and Time: Tuesday's, 3.15-4.15pm

Dates: Spring term 2025, weekly from 7th January – 1st April

Year groups: 1,2,3,4,5 and 6

Cost: £9 per child, per week

Bonus for parents and guardians: *If your child attends Mindfulness club you will be given free access to the Your Space Therapies 'Boost the Bond webinar' so you can learn key strategies to support your child's emotional and mental health.*

To book please scan the QR code:



Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.

Parenting Peer Support Drop-ins Autumn Timetable



If you are a parent or carer to a child or young person who needs some support with their mental health, you may feel alone and need some support of your own.

We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support drop-ins across the county, where you can meet our Parenting Team and other parents who can provide some much needed empathy and understanding.

The Parenting Support Service at West Sussex Mind has a lot to offer:

- Peer Support Groups- both during the day (in person) and in the evening (on-line)
- Monthly 'Expert by Experience' Guest Speaker Zoom evening sessions, covering topics such as Self-Harm, EBSA, Autism and mental health, Masking and more...
- 1:1 sessions with a Peer Support Worker (who has lived and professional experience). These are in blocks of three and can be delivered at a time convenient for you
- Closed Facebook group; regular newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).

Come and join us in:

Lancing

Lancing Parish Hall, South Street, Lancing BN15 8AJ
13.30-14.30

- Wed 2nd Oct / Wed 6th Nov / Wed 4th Dec

Worthing

The Gateway, 8-10 Durrington Lane, Worthing, BN13 2QG
13:00 - 14:00

- Tue 22nd Oct/ Tues 19th Nov/ Tues 17th Dec

Bognor Regis

Arun West Family Hub, Laburnam Grove, Bognor Regis PO22 9HT
11:00-12:00:

- Wed 25th Sep / Thur 24th Oct / Thur 21st Nov /
Thur 19th Dec

Crawley

Bewbush Family Centre, Dorsten Square, Crawley RH11 8XW
10.00-11.00

- Tues 10th Sep/ Tues 8th Oct/ Tues 12th Nov/
Tues 10th Dec

Horsham

i-Rock, Hurst Cafe, Hurst Road, Horsham RH12 2DN
13.00- 14.00

- Tues 3rd Sep/ Tues 1st Oct/ Tues 5th Nov/
Tues 3rd Dec

To access the Parenting Service you will need to register with us. If you would like to attend one of our groups, you can drop into a session and then register with the service, or contact us via our Help Point and state you would like a Parenting referral to access the groups.

**Please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652
or email helppoint@westsussexmind.org**



ANXIETY TOOLKIT FOR PARENTS AND CARERS WEBINAR

SATURDAY 25TH JANUARY 2025, 10AM- 12 MIDDAY

LEARN PRACTICAL TIPS AND STRATEGIES TO HELP PARENTS AND CARERS SUPPORT THEIR CHILDREN THROUGH ANXIETY IN THIS ONLINE EVENT!

Are you feeling overwhelmed by your child's anxiety? Join us for this online event where Your Space Therapies will provide you with practical tools and strategies to help you support your child. Emma Connor, Child Psychotherapist will share valuable, easy to implement strategies to navigate through challenging situations and promote your child's well-being. Don't miss out on this opportunity to learn and connect with other parents and carers facing similar experiences. Register now and equip yourself with the **tools** to better understand and manage anxiety in your child.

Price: £27.80

For more information and booking please scan the QR code:



West Sussex SENDIAS Service

Is your child starting primary school or transferring to junior or secondary school in September 2025?

Do you think, for
whatever reason, you
may struggle with the
Admissions process?

Secondary School

Online applications open:

Monday 2 September 2024.

Deadline for applying for a secondary school place for your child is:

Thursday 31 October 2024.

Primary School (inc. infant/junior)

Online applications open:

Monday 7 October 2024.

Deadline for applying for a school place for your child is:

Wednesday 15 January 2025.

For more information on the admissions process:
www.westsussex.gov.uk/admissions

If so, the West Sussex SENDIAS Service can:

- explain the admissions process to you
- help you to make an informed decision about your child's schools of preference
- help you to fill in the online application form.

Please contact the SENDIAS Service:

Helpline: 0330 222 8555

Email: send.ias@westsussex.gov.uk

www.westsussexsendias.org



Umbrellas

Parent Support Group Spring Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub (Shoreham)

14th Jan / 4th Feb / 4th Mar / 1st Apr

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

22nd Jan / 12th Feb / 12th Mar / 2nd Apr

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

21st Jan / 11th Feb / 18th Mar

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

15th Jan / 26th Feb / 19th Mar

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

30th Jan / 27th Feb / 27th Mar

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

28th Jan / 25th Feb / 25th Mar

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email:
outreach-training@reachingfamilies.org.uk



www.reachingfamilies.org.uk

Umbrellas Online

Thursdays via Zoom

| | |
|----------|----------------|
| 16th Jan | 7.30 pm - 9 pm |
| 6th Feb | 7.30 pm - 9 pm |
| 13th Mar | 7.30 pm - 9 pm |
| 3rd Apr | 7.30 pm - 9 pm |

Training

Spring 2025

(1st half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



Training Workshops

January

| | | |
|---|---------------|---------|
| Understanding ADHD | Monday 13th | 7.30pm |
| Making Sense of Education Health & Care Needs Assessments & Plans | Thursday 23rd | 7.30pm |
| Making Sense of Behaviours that Challenge in Adolescence | Friday 24th | 10.30am |
| Understanding Autism | Monday 27th | 7.30pm |
| Making Sense of Wellbeing: Self-care and managing stress | Tuesday 28th | 7.30pm |

February

| | | |
|---|---------------|---------|
| Making Sense of Disability Living Allowance (DLA) | Wednesday 5th | 10.30am |
| Understanding Demand Avoidance | Friday 7th | 10.30am |
| Making Sense of Masking | Monday 10th | 7.30pm |
| Making Sense of Wellbeing: How to manage your anxiety | Tuesday 11th | 10.30am |

All training above will be delivered via Zoom

For further information visit our website or email:
outreach-training@reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

<https://reachingfamilies.eventbrite.com>



www.reachingfamilies.org.uk

Registered Charity No: 1150106
Company Limited by Guarantee No: 8261096

Shoreham Port Drawing Competition

Draw **Port Kitchen** as part of **Railway 200** for a chance to have your drawing displayed at Southwick station!

Use this photo as your inspiration, or why not come and visit us?



We're celebrating 200 years of modern railway!



The drawing competition is open to children in Key Stage 2 and will be judged by award-winning picture book author and illustrator **Sophy Henn**.

The winner will have their drawing displayed at Southwick Station and will receive a bumper pack of prizes including Port Kitchen vouchers, art supplies and Sophy Henn books.

Send a photo or scan of your drawing to community@shoreham-port.co.uk

**Competition closes
14th February**



Did you know...

- Shoreham Port has been operating as a commercial Trust Port since 1760 and is a certified EcoPort.
- Southwick station has been in place since 1840 and at this time there was a branch of the track that went directly into the Port from the Brighton to Shoreham line. This remained for more than a century before it was removed in the 1960s.
- Shoreham Port has been a Community Rail Station Partner at Southwick Train Station since 2012.

We are proud to run Port Kitchen sustainably, and will be handing out stickers to anyone who travels sustainably to Port Kitchen whilst the competition is running.

How to enter

Send a scan or photo of your drawing to us by **14th February 2025**. Please remember to include the name of the child with each submission. The Judging will take place over half term and the winning drawing will be chosen by author and illustrator Sophy Henn. The winner will be announced on **Monday 24th February 2025**.

Learn more about [Railway 200](#). Learn more about [Shoreham Port](#).

Conditions

The competition runs from 13th January - 14th February 2025. The winner will be chosen by Shoreham Port colleagues and Sophy Henn; judges' decision is final. One entry per child from Key Stage 2. Parents/Guardians must give permission for the child to enter the competition. The lucky winner will be contacted on 24th February 2025, via an email to the child's school. The winner will receive £50 of Port Kitchen vouchers, valid for 12 months, along with some art supplies and Sophy Henn books. The prize cannot be exchanged. The school will be contacted via the provided email address to arrange prize delivery. By entering, you agree that Shoreham Port may use any images you supply or we take, on our website and social media channels. Please note that surnames and email addresses will not be included or shared on our website or social media.



west
sussex
music

PLAY IN A BAND



Worthing Contemporary Music Centre

Northbrook College, BN12 6NU

Wednesdays from 4:30pm - 5:30pm

Ages 7 - 16 years

- ✓ Make new friends
- ✓ Develop your skills as a band member
- ✓ Expert tuition on all instruments

Weekly sessions designed for those who sing or play drums, guitar or keyboard



Book online

[westsussexmusic.co.uk/band](https://www.westsussexmusic.co.uk/band)

01403 286330

Supported using public funding by



Starting JANUARY 2025!

Back for another year the incredible TOMORROW'S ORCHESTRA PROGRAMME

Free group lessons on orchestral instruments for
children aged 7 - 11

- ✓ Free for term one
- ✓ Free Instrument hire
- ✓ Play in an orchestra



BOGNOR REGIS
Thursdays

CHICHESTER
Saturdays

HORSHAM
Saturdays

WORTHING
Saturdays



ONLINE BOOKING ESSENTIAL LIMITED PLACES

www.westsussexmusic.co.uk/top
01403 286330



#GetPlaying
#EveryChildAMusician

Supported using public funding by



THE HOLIDAY SKATE CLUB



CHILDREN AGED 6-12
ALL ABILITIES WELCOME
GAMES AND ACTIVITIES
EQUIPMENT PROVIDED
MOBILE SKATEPARK
ARTS AND CRAFTS

EASTBROOK PRIMARY ACADEMY
SOUTHWICK

PATCHAM HIGH SCHOOL
BRIGHTON

£45 PER DAY | FULL-WEEK DISCOUNT
LATE PICK AVAILABLE

MONDAY 17TH - FRIDAY 21ST FEB | 9AM - 3PM

FOR MORE INFORMATION GO TO:
[THESKATECLUB.COM/HOLIDAYSKATECLUB](https://theskateclub.com/holidayskateclub)



Help us to clean Shoreham's War Memorial



Our war memorial is badly in need of a clean. In March 2025, cadets from the Shoreham Air Cadets and Army Cadets will undertake the work with the help of an expert.

We need to raise **£1,300** to purchase specialist tools and materials.

If you would like to donate, please use the QR code below.



SAMA

KIDS KARATE

St Nicolas & St Marys C.E. Primary
Thursdays 3.40pm



register your
child here

CLASSES £6.00 PAY AS YOU GO

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

SamaKarateandKickboxing.co.uk
01903 767616

<https://Recycledart.eventbrite.co.uk:>

RECYCLED ART WORKSHOP

3pm - 5pm

Saturday 25th January 2025

Create art from
recycled materials.
inspired by the
exhibition
Donald's Den
now open at
The Skyway
Gallery



<https://Recycledart.eventbrite.co.uk:>

The Skyway Gallery 2 Pond Road BN43 4WU

4 CFC - Girls Elite Academy Horsham
Physical, Technical, Psychological &
Social development in Football

4 CORNER FOOTBALL COACHING





4 CFC - Girls Elite Academy Training
5-14 years old welcome
Trail Date - Wednesday 19th February
Venue - Horsham Rugby Club 4G Pitch - RH13 6PJ
5.00-6.00pm
BOOK NOW - www.4cfc.co.uk
Email - info@4cfc.co.uk

CHILDCARE VOUCHERS ACCEPTED

Ofsted
Registered

4 CORNER FOOTBALL COACHING

JUNIOR ALLPAWS

PAWS

FREE EVENT





HAVE A GO AT DOG AGILITY EVENING FOR JUNIORS
(Limited Spaces)
Thursday 6th February - 7:15pm
Indoor Venue - Hunters Lodge Riding Centre Nr Chichester
To book a space or for further details call/email or scan

 **07519 792914**
 **allpawsdogagility@gmail.com**



Home of Junior UK Harmonica
Champions since 2011

harpacademy

where musicians are made

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL

Try a **FREE**
TASTER SESSION
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£40.00 per half-term



A great way to make music

We recently showed your school how much fun it is to play the harmonica. It sounds great, it's easy to carry and it's cool for boys and girls alike. In fact it's the perfect way to access music for children of any age, from Pre-School to Key Stage 2, and it's much more affordable than other instruments. No tricky keys, frets or finger holes for small hands either. If you can breathe in and out, you can enjoy making music on the harmonica!

Thank you so much for introducing my daughter to this wonderful art form. She absolutely loves harmonica and will keep playing forever!

Woodingdean Primary School

Why learn harmonica?

- ✓ It sounds great
- ✓ It's affordable
- ✓ It's portable
- ✓ It's cool for boys & girls
- ✓ Free taster session
- ✓ Performance opportunities
- ✓ Music aids wider learning

Musical Enrichment with Harp Academy

We provide daytime harmonica classes at your school for groups of up to 8 children. Each session is half an hour and we provide ten sessions per term. We also offer individual tuition on request. Lesson content includes fun warm-up activities, instrument skills, exploring musical elements from the national curriculum and learning songs for enjoyment and performance. Our teachers are professional musicians, with DBS certification, safeguarding and first aid training.



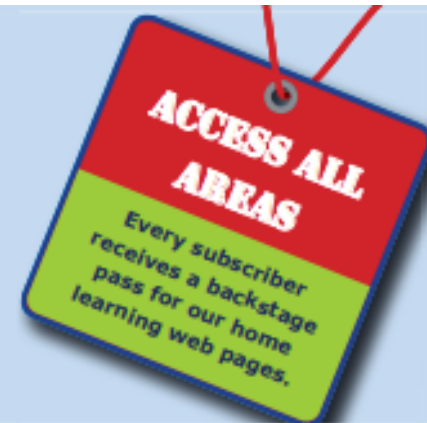
Free Taster Session

Why not take advantage of a **FREE TASTER SESSION?** We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the **Gold Harmonica** on our homepage and we will email you further details. Subscription for further sessions is just **£40.00 per half term**. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK

Try a **FREE**
TASTER SESSION
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£40.00 per half-term



DEDICATED HARMONICA CLASSES IN YOUR SCHOOL



Harp Academy online

Children and parents who subscribe to Harp Academy also enjoy a complimentary backstage pass for the protected content on our website. There are carefully prepared support pages for the music we are learning, some helpful key skill advice and exercises to help build musical technique. For weekends and holidays, there is also an exciting Harp QI section to explore, with fun videos, music activity ideas and wider learning topics.



The home of champions

At Harp Academy having fun is top of our wish list, and playing to audiences is a vital part of our curriculum. We understand how performance builds self confidence and creates happy memories for everyone. When children are ready, their journey starts with playbacks in school assembly. From there we attend local festivals such as Paddle Round The Pier, Harpin' By The Sea and entertain in children's hospitals. There is also an opportunity to compete at the national harmonica festival, where we have been producing junior champions since 2011!



Free Taster Session

Why not take advantage of a **FREE TASTER SESSION**? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the **Gold Harmonica** on our homepage and we will email you further details. Subscription for further sessions is just **£40.00 per half term**. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK

THERE'S NO PLACE LIKE *home!* 15 – 23 FEBRUARY



Join us this February half term to
celebrate houses and homes

Have a go at hands on activities and follow the
house hunting trail around our 40 acres site.



Weald & Downland Living Museum
Singleton | Chichester | PO18 0EU



Find out more at wealddown.co.uk
01243 811363



SewCrafty

February Half Term Holiday Club 2025
For children in Y3-Y8



When: Monday 17, Wednesday 19, Thursday 20 February
(classes will run providing minimum 4 children book on each date)

9am - 4pm (whole day: £60, or half day AM or PM sessions may be available: £35)

Complete this Google form to request to book: <https://forms.gle/FwmpiuZL2cszvD4q9>

Contact: Yo at yosewcrafty@gmail.com m. 07825 381160



Small friendly classes in Shoreham-By-Sea (places limited to max 6 children)

Learn how to use a sewing machine, create unique projects & have lots of fun!
No prior experience required.

Run by Yo Clay (Mum of 3, experienced qualified teacher, fully insured & DBS clearance)



After school club, holiday workshops, parties, 1:1 lessons
Check out @yosewcrafty



FEB 17TH - 21ST NEXT THING EDUCATION PRESENTS **9am-4pm**

FEBRUARY HALF TERM



TECH CAMP

Ofsted Registered



FEBRUARY CAMPS 2025

£39.99 PER DAY OR £175 FOR 5 DAYS FOR BOYS AND GIRLS AGED 5-11

FIND YOUR NEAREST CAMP ON OUR WEBSITE
www.nextthing.education

SCAN FOR LOCATIONS MAP



NEXT THING EDUCATION CAMPS PRESENTS

FEB HALF TERM 2025

17TH - 21ST FEBRUARY 2025







Coding & Robots | Circuitry & Inventions | Creative Technology | Expert Engineers | Media Madness

Movie Making | Video Game Design | Robot Coding | STEM Experiments | Engineering

17TH - 21ST FEBRUARY - LIMITED SPACES
AGES 5 - 11 MULTI DAY BOOKING DISCOUNTS!

What Parents Say

"Absolutely Fantastic!
First time attending &
my son loved it!"

★★★★★



HOW TO BOOK

STEP 1
SCAN THE QR CODE



STEP 2
FIND YOUR NEAREST CAMP



STEP 3
BOOK ONLINE SPACES LIMITED

BOOK

W: WWW.NEXTTHING.EDUCATION
E: INFO@NEXTTHING.EDUCATION T: 01442 873150



West Sussex Young People's Service



February Half Term Activities 2025: Families and Young People

| | | | | | |
|----------------------------|---|----------------------------|---------------------------|---|--------------------------|
| Monday 17th February | Worthing Holiday Camp For Young People Age 8+ 10:00-15:00 | Worthing, West Sussex | Friday 21st February | Woodland Activity Day For Young People Age 8+ Session 1 is 10:00-12:30 Session 2 is 13:00-15:30 In Collaboration with Sussex Forest Activities. Both sessions can be booked. | Arun, West Sussex |
| Tuesday 18th February | Worthing Holiday Camp For Young People Age 8+ 10:00-15:00 | Worthing, West Sussex | | | |
| Wednesday 19th February | Aspens Fun Day For Families of All Ages 10:00-14:00 In Collaboration with Sussex Cricket. More information to be released, keep an eye out! | Arun, West Sussex | Friday 21st February | Girls Group Social Evening For Girls Age 12-18 17:00-20:00 Girls Group is a safe place find friendships, have fun and enjoy activities with the opportunity to ask questions that others may not understand | Worthing, West Sussex |
| Thursday 20th February | Sword Master Workshop For Families of All Ages 10:00-12:00 In Collaboration with Mark Gilbert. Learn basic training and exciting team games using realistic looking high density foam weapons. | Chichester, West Sussex | Saturday 22nd February | Youth Club Worthing For Young People Age 14-18 10:00-12:00 With a range of fun activities | Worthing, West Sussex |

To find out more or book a place please go to <http://wsxshortbreaks.aspens.org.uk/bookings>

These sessions have been designed specifically for families and young people on the neurodevelopmental pathway (including but not exclusive to SEMH, ASC, ADHD).

Website: aspens.org.uk

Charity no: 1171446

MESSY CHURCH CANDLEMAS



JOIN US WITH YOUR FAMILY FOR WORSHIP,
CRAFTS AND FOOD

25TH JANUARY 3 PM

ST GILES CHURCH, UPPER SHOREHAM ROAD,
SHOREHAM-BY-SEA, BN43 6BT



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

If you can't make the date ask for the link to the
recording, available for 48 hours afterwards

Book online at facefamilyadvice.co.uk
go to the PARENT page

| | |
|--|--------------------------------|
| FREE - Decreasing Depression FREE - Anxiety Explained | 25 NOV 20 JAN |
| What is ACT? | 26 NOV, 21 JAN |
| Understanding Addictive Behaviour | 28 NOV |
| Supporting a Child with ADHD | 5 DEC, 2 JAN |
| Understanding Anger | 16 DEC, 13 JAN |
| Facing Defiance | 17 DEC, 14 JAN |
| Supporting Healthy Screen Use | 19 DEC, 16 JAN |
| Anxiety-Based School Avoidance | 7 JAN |
| AUTISM: Improving Communication | 9 JAN |
| Raising Self-Esteem | 27 JAN |
| Supporting Healthy Sleep | 28 JAN |
| Improving Family Communication | 4 FEB |
| Introduction to OCD | 18 FEB |

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



St Mary de Haura 

Mary's Music

Songs, toys,
bubbles and
fun!

A fun morning
for children
0-4 and their
grown-up.

 Monday's
10 - 1130 am
Term Time
£2

St Mary's Hall
25 East St
S'ham
BN43 5ZQ
(Opp the
Church)



St Mary
de Haura



Toddler Time

Baby and Toddler Group

St Mary de Haura
Church

 Join us for songs
Stories and craft activities
in the church
Every Wednesday
(term time)
10-11am
Suggested donation £2 



St Mary
de Haura

