

**I. Dates & Events**

Event	Yr	Date	Time
<b>Y6 Coral Bollywood Showcase</b> – parents & carers welcome	Y6 Cor	Thursday 12 <sup>th</sup> March	9.15–9.35am
<b>YR visit from Fire Brigade</b>	YR	Thursday 12 <sup>th</sup> March	11am–12pm
<b>Sport Relief Week</b>	All	Mon 9 <sup>th</sup> – Fri 13 <sup>th</sup> March	All week
<b>Sport Relief Mile</b> – parents & carers welcome to run too!	All	Friday 13 <sup>th</sup> March	2.30pm
<b>Y6 Oyster Bollywood Showcase</b> – parents & carers welcome (changed from 12 <sup>th</sup> March)	Y6 Oys	Thursday 19 <sup>th</sup> March	9.15am

**Don't forget to check the dates for the whole term on the website!**

**2. NEW DATES / AMENDMENTS TO DATES**

- Y1 SD trip to St Mary de Haura Church – Monday 23<sup>rd</sup> March, am
- Y1 DD trip to St Mary de Haura Church – Wednesday 25<sup>th</sup> March, am
- LFN tour for prospective parents/carers – Friday 27<sup>th</sup> March, 1.30pm
- LFN tour for prospective parents/carers – Monday 30<sup>th</sup> March, 9.30am
- Y1 visit from Hedgehog expert – Monday 18<sup>th</sup> May, pm
- LFN Photos – Monday 15<sup>th</sup> and Tuesday 16<sup>th</sup> June, am
- Y6 Leavers' Party – Thursday 16<sup>th</sup> July, 5 – 7pm

**INFORMATION ABOUT UPCOMING EVENTS**

- **Sport Relief Mile:** On Friday 13<sup>th</sup> March, we will be hosting our bi-annual sport relief mile. This will be taking place on the school field from 2.30pm and we would welcome as many parents/carers as possible to join us and run with the children. We have attached a copy of the sport relief sponsorship form to the bulletin if you wish to gain sponsors for the children's run. We will however also be taking donations on the day if you wish contribute in this way. We look forward to seeing lots of you (hopefully in the sunshine!) on Friday.

**3. Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

- xx

**4. WORSHIP & ETHOS**

'Do nothing out of selfish ambition or vain conceit. Rather in humanity value others above yourselves' **Philippians 2:3**

**5. Octopus & Starfish Club & Little Octopus & Little Starfish Clubs:** bookings slots for the 2<sup>nd</sup> half of the spring term are available on sQuid.**6. Book Week:** A huge thank you for the donations of books (and funds) to the school this week to support the schools book week- We can never have too many books! World book day dressing up was once again a huge success and we will share some photos of the amazing children's (and staffs) costumes in the next school newsletter.**7. PTA Minutes:** please follow the link to read the minutes from the PTA meeting held in January. These are also available on the website Parents & Carers > PTA [PTA Minutes from 23 January 2020](#)**8. REQUESTS & REMINDERS**

- School ties – If your child has borrowed a school tie can it please be returned to the school office ASAP. It should have the school name written on the back if you're unsure.

**9. HEALTH & SAFETY**

- **Fire Alarm:** On Wednesday morning the fire alarm sounded during registration. Our staff and children carry out a fire drill termly and immediately knew what to do, calmly and quickly evacuating the school buildings straight away. Wardens performed a great job too, rapidly checking to ensure that nobody was left inside and establishing that it was a false alarm. Thank you to parents and visitors too who either waited outside the school building or headed straight to the assembly point. Next time you are in school, please check our 'Guidelines and Information for Visitors' which includes an evacuation plan and our assembly point on the back.

- **Period Product availability:** The school is taking part in the government funded scheme to provide free period products (eg sanitary pads) for children who need it during the school day, on educational visits or residential trips. Period products will be stored in the year 5 and 6 teacher cupboards and medical room. Girls in year 6 know that they can ask for the 'pink box' and girls in year 5 will be told soon. When off site, some supplies will be carried by the first aider. We will also displaying posters about it in some of our toilets.

## 10. Coronavirus Update

The BBC have produced a helpful article: [Coronavirus: Keep it simple, stick to facts - how parents should tell kids](#) **[CLICK HERE]** Experts suggest keep the message calm, understandable and try not to overemphasise the risks.

You may have seen several reports in the news that confirm there have been two confirmed cases of Coronavirus – COVID-19 in West Sussex. We would like to reassure you that we remain in regular contact with West Sussex County Council and Public Health England to ensure we have the most up-to-date advice and information. On their advice the school remains open as usual.

The Department for Education has established a coronavirus **telephone helpline 0800 0468687**, which is operational 0800-1800 Monday-Friday to answer your queries. You can also email [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

The latest advice and information about the virus and the situation in the UK can be found on:

- the NHS website at <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- the government website <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-forthe-public>

The situation is continuing to change and therefore guidance regarding actions that should be taken for schools is being regularly updated. Following the advice from the Department for Education and Public Health England, we are ensuring that children have been reminded about how to thoroughly wash their hands along with the importance of this.

In line with the most recent guidance, we will be ensuring that the children wash their hands when they come in to school and before they leave school at the end of the day. The advice also states that we should all wash our hands before leaving home to go to school or work.

Good hygiene is important at all times but, due to the current situation, we would ask for your support in playing our part in minimising the risk of the virus spreading at this time.

The NHS website contains useful hygiene and prevention advice: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

### FAQs

#### **If I live in West Sussex or Surrey am I at extra risk because of the recent cases?**

- We ensure that someone with coronavirus doesn't put others at risk by treating them in isolation and carefully investigating who they had close contact with through contact tracing.
- [Contact tracing is a fundamental part of outbreak control](#) that's used by public health professionals around the world.
- If a person tests positive for coronavirus, we speak to the patient to identify anyone who has had close contact with them during the time that they are considered to be infectious, and make every effort to find these people as soon as possible.
- Once we have contacted them we can then give them the advice they need. If they are in groups considered to be a higher risk, we make sure that we follow up with them daily to see how they are. If they become unwell we are then able to assess them quickly and take appropriate action.
- <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

#### **What does self-isolation mean for people who don't have symptoms?**

- Just like when you have the flu, individuals should remain at home and should not go to work, school or public areas. Where possible, individuals should avoid having visitors to their home but it is ok for friends, family or delivery drivers to drop off food. Individuals should not use public transport or taxis until 14 days after their return from Wuhan.
- Individuals should monitor their symptoms and call NHS 111 (or your national alternative) if they develop any of the following symptoms – fever, cough, and difficulty breathing.

**What can I do to help stop germs like coronavirus spreading and to reduce my risk of catching it:**

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

### **Do I need to avoid public places?**

Most people can continue to go to work, school and other public places. You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

### **What about our forthcoming school trips?**

We would advise you to look at the FCO website and monitor this as the situation is evolving. <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

### **PHE advice on public events**

- Most people can continue to go to work, school and other public places and only need to stay away (self-isolate) if they have been advised by NHS 111 or a medical professional.
- The virus is spread person-to-person and as the individual is receiving treatment at a specialist centre that immediate risk has been reduced.
- PHE are tracing all contacts of the case and will advise people on any actions they need to take including in some cases self-isolation.
- Everyone else should continue as normal but take care to follow public health advice to help reduce the risk of infection <https://www.nhs.uk/conditions/coronavirus-covid-19/>



# YOU CREW

## EASTER HOLIDAYS 2020

ST NIC'S SCHOOL SHOREHAM

Do you have a 7-12 year old budding YouTube star?  
Send them to YouCrew to learn how to make their own videos  
in a fun and **safe** environment, at the first club of its kind in Sussex!



Star in YouTube-style videos & learn awesome editing tricks



Videos inc: Choc Tasting | Egg Smash | Slime | Animation | Easter Egg Hunt



All equipment provided & videos to keep!

**6th April @ St Nicholas & St Mary's School, Shoreham**  
**10am - 5pm: A Full Day of Awesome Video Creating!**  
**£50 inc. 4 x Videos, all Equipment & Easter treats**

Call or email us to book!

07802749181

[CrookedTreeEvents.com](http://CrookedTreeEvents.com)  
Hello@[CrookedTreeEvents.com](http://CrookedTreeEvents.com)



**GIGS 4 KIDZ**

*Party entertainment for all the family!*

**SATURDAY 7<sup>th</sup> MARCH**  
From 5pm – 8pm  
at the Longshore pub, Shoreham



**An evening of live music,  
singing & dancing fun  
for the whole family!**

**Open to all and  
free entry!**

**[www.gigs4kidz.co.uk](http://www.gigs4kidz.co.uk)**



**Church of the  
Good Shepherd**

**Saturday 21<sup>st</sup> March, 3pm to 5pm**

**Getting Ready!**

**Come and learn about Lent**

**A time to prepare for Easter**

Crafts, games, story, song, celebration and food  
*Suitable for all the family (children must be accompanied)*

The Church of the Good Shepherd, Kings Walk, Shoreham Beach

# ONLINE SAFETY TALK FOR PARENTS & CARERS

HOSTED BY ST ANDREW'S COFE HIGH SCHOOL FOR BOYS, WORTHING

WIN  
a Samsung  
tablet!

- IS YOUR FAMILY BATTLING WITH SCREENTIME?
- OUT OF TOUCH WITH THE APPS YOUR CHILD IS USING?
- WANT TO BE A PART OF THEIR ONLINE LIFE?

JOIN US FOR AN INFORMATIVE WORKSHOP WITH DIGITAL AWARENESS UK, SUPPORTED BY VODAFONE.

- DATE: Wednesday 18th March 2020
- VENUE: St Andrew's, Sackville Road, Worthing, BN14 8BG
- TIME: 18:00 - 19:15
- COST: Free
- REGISTER YOUR SPACE (link): [tinyurl.com/vzoob7r](https://tinyurl.com/vzoob7r)

For more information, please contact:  
[mackayj@st-andrews-boys.org.uk](mailto:mackayj@st-andrews-boys.org.uk)



[www.digitalawarenessuk.com](http://www.digitalawarenessuk.com)

[www.vodafone.co.uk/mobile/digital-parenting](http://www.vodafone.co.uk/mobile/digital-parenting)

# HIP HOP TILL YOU DROP

WORTHING'S ULTIMATE STREETDANCE CAMP

THURSDAY | APRIL 16TH | 9.30AM-04.00PM

BAGSY | WAACKIN' SuperMalcom | HOUSE

FRIDAY | APRIL 17TH | 9.30AM-04.00PM

Sasha Raw | BREAKIN' MACHIS | HIP HOP

THOMAS A BECKETT INFANT SCHOOL

£60 both days | £40 single day

All Abilities, Ages: 5 years – Adults

Registration from 9:15am

All places must be booked in advance Limited Spaces



[Kerry@WannadoStreetDance.com](mailto:Kerry@WannadoStreetDance.com)



[www.3alldesigns.com/07949475531](http://www.3alldesigns.com/07949475531)



# DOES YOUR CHILD AND THEIR FRIENDS HAVE WHAT IT TAKES TO BE ASTRONAUTS?

Wall to Wall Productions are looking for teams of 3 children (aged 10-12) to take part in a space travel action adventure gameshow.

Set in the world of astronaut training, the teams will participate in a series of thrilling physical and mental challenges.

One team will triumph and win a remarkable space prize package.

**Application Deadline**  
**SUNDAY 5<sup>TH</sup> APRIL 2020**

For more information go to [spaceadventurecasting.com](http://spaceadventurecasting.com)

PARENTS MUST APPLY ON BEHALF OF THEIR CHILDREN

Must be 10-12 years of age as of 15th July 2020 and legal residents of the country from which they are applying.  
Other eligibility requirements apply.

A photograph of a young child wearing a blue swim cap and a colorful, multi-colored swimsuit, swimming in a pool. The child is looking down and to the side. The background is a clear blue sky.

Join us for our Easter,  
Summer intensives and  
Term Time Swimming  
courses at Lancing College

Classes available for all abilities  
Expert teachers, beautiful facilities  
T 07922 156459  
E [info@penguinswimminglessons.co.uk](mailto:info@penguinswimminglessons.co.uk)  
[www.penguinswimminglessons.co.uk](http://www.penguinswimminglessons.co.uk)

A circular logo with a penguin in the center, surrounded by the text 'PENGUINS' at the top and '25 YEARS' at the bottom.A row of five small circular logos: ASA, IOS, and three others that are partially obscured.

With Spring and Summer approaching and more and more time being spent in the water, we feel our Intensive Courses and our Rookie Lifeguard Course are both great ways to build water confidence and raise awareness about water safety. Our Intensive Courses are small classes that take place every morning for four or five days during the school holidays:

**Lesson length:** 30 minutes. Morning classes

### **INTENSIVE COURSES 2020**

**EASTER** 6 April – 9 April (4 day course – £54.00)

**SUMMER** 27 July – 31 July (5 day course – £67.50)

**ALSO, Easter & Summer Stroke Clinic (Advanced & Squad Swimmers) -**

There will be 1 hour sessions available for Advanced swimmers to focus on technique, starts and turns.

Contact us to book; <https://www.penguinswimlessons.co.uk/intensive/>

**Our Rookie Lifeguard course will be running for the next 5 weeks, starting this Sunday 8th March. The lessons are 1 hour long and children must be able to swim at least 25m and be confident in deep water.** The cost for the 5 week course is £73.00. We are taking bookings now

Rachel Malpass

Office Penguin

Tel: 07922 156459

<http://www.penguinswimlessons.co.uk>

<http://www.facebook.com/PenguinsSwimming/>

# Thrive 365 #4

## Did you know?

What you eat is as important for your mental health as it is for your physical health. Dr Andrew McCulloch, a former Chief Executive at The Mental Health Foundation, said that "nutrition should become a mainstream, everyday component of mental health care".

## What can you try?

### 1. Eat Regularly

It's important to eat regularly because low blood sugar can result in loss of concentration, tiredness and low mood/depression. Foods that release energy slowly (pasta, rice, oats, wholegrain bread and cereals, nuts and seeds) keep blood sugar levels stable and so can help with maintaining a stable mood.

### 2. Beat the Stress Cycle

Sustained stress leads to fatigue and depression, leading you to crave fatty and sugary foods that create highs and lows in blood sugar levels. Big dips in blood sugar levels cause you to crave more high fat/sugar foods! It's a vicious cycle and weight gain can lead to more stress, adding to the cycle. To avoid this, eat little and often if you're going through a stressful time or if stress is affecting your appetite.

### 3. Know What You Need

**B VITAMINS** - help you to regain energy after stressful time (found in bananas, leafy greens, nuts, seeds)

**VITAMIN C** - the largest store of the body's Vitamin C is in the adrenal glands, so it can be 'burned up' by stress (found in oranges, tomatoes, leafy greens, kiwi, broccoli)

**MAGNESIUM** - relaxes muscles and reduces anxiety (found in brazil nuts, hazelnuts, peanuts, leafy greens, oats, brown rice, beans – and can also be absorbed through skin, so run a lovely Epsom salt bath!)

**OILY FISH** - omega 3 chains found in oily fish are important for healthy brain functioning (found in mackerel, sardines, salmon)

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

**TALKS**  
[www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk)

**TRAINING**  
[@dragonflyimpact](https://twitter.com/dragonflyimpact)

**CONSULTANCY**  
[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)

# Thrive 365 #5

## Did you know?

The definition of health is not just 'an absence of illness'. It is a state of physical, mental and social wellbeing (World Health Organisation). Therefore, all these elements are important in order to be truly healthy.

## What can you try?

### 1. Be a Team Player

Activities like team sports or walking/running/dancing with friends are good because they support all 3 aspects of wellbeing - mental, physical and social.

### 2. Get Out of Your Head

It's good to have some reflection time to acknowledge our thoughts and feelings, but too much time spent inside your own head puts things out of balance! Mindful activities are an effective way of taking you out of your mind (and away from whirring thoughts) and putting the focus back on the body by concentrating on the senses. The grounding technique of taking time to notice what you can hear, see, feel, taste and smell is a popular way of doing this.

### 3. Do What's Good for Mind & Body

Try out activities where you can combine mindfulness with physical exercise, such as yoga, walking or running.

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

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**TRAINING**  
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**CONSULTANCY**  
[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)

*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).*

# PLEASE SPONSOR ME



NAME \_\_\_\_\_

IS GOING TO \_\_\_\_\_

FOR SPORT RELIEF 2020

**BY BEING A BRILLIANT SPONSOR YOU'LL HELP TO CHANGE LIVES FOR THE BETTER**

**£10** could provide a child living on the streets of Malawi with three meals and a counselling session.

**£20** could fund a potentially lifesaving webchat for a young man at risk of suicide in the UK.

**£30** could fund a specialist therapy session for a young woman in the UK with PTSD following domestic abuse.

When you tick the Gift Aid\* box, the government will give us 20% on top of your donation. It doesn't cost you a penny and it means that every pound that you donate can go towards helping to transform people's lives in the UK and the world's poorest communities. This declaration can be used to collect Gift Aid on any donations you make in the future or have made in the past 4 years.

*giftaid it*

If you're making a personal donation, please give your full name and home address and tick the box so we can claim Gift Aid. We won't use this information for any other purpose. Find out more about how we use your personal data at [comicroelf.com/privacy](http://comicroelf.com/privacy)

Full name	Home address	Postcode		Total amount	Date collected
Mr. Ade O'Nation	A House, A Town	AB12 3CD	<input checked="" type="checkbox"/>	£15	DD/MM/YY
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\* You must be a UK taxpayer and understand that if you pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all your donations, it is your responsibility to pay any difference.

Go to [sportrelief.com/fundraise](http://sportrelief.com/fundraise) to download more sponsorship forms, and for advice on how to fundraise safely.



When you tick the Gift Aid\* box, the government will give us 25% on top of your donation. It doesn't cost you a penny and it means that every pound that you donate can go towards helping to transform people's lives in the UK and the world's poorest communities. This declaration can be used to collect Gift Aid on any donations you make in the future or have made in the past 4 years.

*giftaid it*

If you're making a personal donation, please give your full name and home address and tick the box so we can claim Gift Aid.

We won't use this information for any other purpose. Find out more about how we use your personal data at [oomicrelief.com/privacy](http://oomicrelief.com/privacy)

Full name	Home address	Postcode	<input type="checkbox"/>	Total amount	Date collected
Mr. Ade O'Nation	A House, A Town	AB12 3CD	<input checked="" type="checkbox"/>	£15	DD/MM/YY
26.			<input type="checkbox"/>		
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\* You must be a UK taxpayer and understand that if you pay less Income Tax and/or Capital Gains Tax in a tax year than the amount of Gift Aid claimed on all your donations to charitable organisations, it is your responsibility to pay any difference.

## A MESSAGE FOR GROWN UPS

### YOU CAN PAY IN THE MONEY RAISED IN THREE EASY WAYS:

**BY POST** – return this sponsorship form with a cheque made payable to **'Sport Relief 2020 (Fundraising)'** to **Sport Relief 2020, EY, PO Box 51543, London SE1 2UG**. This isn't our office address so unfortunately we won't receive letters sent there.

**AT THE BANK** – ask for a Sport Relief giro at the counter of any high street bank to pay in cash, or cheques made payable to Sport Relief 2020 (Fundraising). You can also pay in money at most building societies by asking to pay into the Sport Relief account. Please send any completed sponsorship forms and the receipts from paying the money in, to the address above so we can claim Gift Aid.

**ONLINE** – you can also pay the money in using a credit or debit card at [sportrelief.com/payin](http://sportrelief.com/payin). Remember to enter your web payment reference below and send this form to the address above as well so that we can still claim Gift Aid.



**Total raised**

For office use only. Event code 151 (Fundraise)