
'Every good and perfect gift comes from above, coming down from the Father.'
James 1:17

1. 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.
- **School Office:** parents and carers should **not** enter the foyer unless they have a pre-arranged appointment. Please refer to the school website for information or email / phone if you have any queries 01273 454470.
- **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 to see past letters:
<http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

2. INFORMATION ABOUT UPCOMING EVENTS

- Friday 15th October – deadline for return of Influenza Nasal Spray Vaccination forms
- **Parent Consultations:** we will be sending out information next week about the Autumn Term parent consultations which will be taking place in the two weeks after half term. We are sure you will understand, we are unable to conduct traditional face to face conversation in school at this time and the consultations will be in the form of a telephone conversation. *Mr Lincoln*

3. WORSHIP & ETHOS

- **Awesome Assemblies:** This week's assembly is *Fruits of the Spirit: #4 Pear Patience* please click on the link:
https://www.youtube.com/watch?v=ZH-aqdO_Gfo&safe=true
- **Harvest:** A big thank you for your monetary donations today. We will let you know next week how much we have raised – the money raised will be split between **Off the Fence** and **Turning Tides** (both wonderful local charities).

- 4. **TEA TOWELS:** the PTA will be selling year group tea towels that the children have designed with their own self-portraits. These make really lovely keepsakes and gifts for Christmas. If you wish to order any, please visit www.pta-events.co.uk/stnicspta and log in or create an account. Tea towels are £4 each, two for £7 or three for £10. The deadline for ordering is Friday 6th November.

- 5. **NEW PARENT GOVERNOR:** we are delighted to announce that Mrs Kate Kanga has been elected as our new parent governor. Kate has daughters in Y1 and Y3 and believes that every child should have an equal opportunity to achieve the very best education possible, in a safe environment and to have the ability to fulfil lifelong aspirations. We hope Kate enjoys her time on the governing body!

- 6. **ADMISSIONS FOR SEPTEMBER 2021:** the application process for children who will be starting primary school in September 2021 opens on Monday 5th October. Parents/Carers must apply online at www.westsussex.gov.uk/admissions by 15th January 2021. If you are applying for a place at St Nicolas & St Mary school you must also complete the Supplementary Information form and Church Form (if relevant) which can be found on our website: [Admissions Information for September 2021](#)



7. **ABSENCE FROM SCHOOL – Studbugs reminder:** if you haven't already registered, please follow the link below to start using the free absence-reporting app called Studybugs to report your child's absence from school: www.studybugs.com (Ctrl and click to follow the link). Thank you.
8. **Diversity and Equality within the curriculum:** following the BLM agenda, we are currently trialling some new materials within our curriculum to promote diversity and equality. These include some anti-racist RE lessons created by RE expert Lat Baylock, in Year 3 and 4 and some history/PSHE lessons from the Black Curriculum across KS2. We are also doing some special assemblies during the week before half term on important figures from Black British culture and history as part of Black History Month. During our up-coming inset we will be looking to see how we can develop the teaching of diversity in other curriculum areas.
9. **SECONDARY SCHOOL VIRTUAL OPEN DAYS**
- Cardinal Newman Catholic School: <https://www.cnscs.co.uk/information/virtual-open-day/>
 - Davison CE High School for Girls: <https://www.davison.w-sussex.sch.uk/>
 - St Andrew's CE High School: <https://youtu.be/M2SudyY7i8I>
10. **VEG POWER – EAT THEM TO DEFEAT THEM CAMPAIGN:** you may have seen in local supermarkets, on ITV, Channel 4 or SKY the Veg Power-Eat Them to Defeat Them Campaign! Chartwells is a huge part of it this year and there are some exciting, free things to keep an eye out for:
- *Activity Book:* A free activity book with recipes, puzzles and fun Food Facts will be available in selected supermarkets. Here's the downloadable version: <https://eatthemtodefearthem.com/>
 - *Cook along videos:* Chartwells very own Chef Andrew will be in The Super Yummy Kitchen to inspire children and teach families some deliciously fun recipes. There is one for each of the 6 veg and are live on Youtube:
 - Peas: https://youtu.be/VNHR2Oto_k4
 - Sweetcorn: <https://youtu.be/zXJboKXEleM>
 - Tomatoes: <https://youtu.be/ufVsLMLA9Do>
 - Broccoli: <https://youtu.be/RvRnatkYIuA>
 - Peppers: https://youtu.be/5XjD_s7N4xo
 - Carrots: <https://youtu.be/m83SmSriF5w>
 - *RECIPES:* Recipe cards will be on social media. Find us by clicking on the link! Facebook / Twitter / Instagram.
11. **HEALTH & SAFETY**
- **Packed Lunches:** we have noticed that some children have had chocolate items in their packed lunches. Could you please remember that the following items are **NOT** allowed:
 - ❖ Sweets and chocolate;
 - ❖ Foods containing nuts or nut products;
 - ❖ Glass bottles or jars;
 - ❖ Fizzy drinks; or
 - ❖ hot drinks/soup in a flask.
 - **Influenza Nasal Spray Vaccination – Tuesday 8th December:**
 - ❖ Consent forms for your child to have the nasal spray in school have been sent home this week.
 - ❖ Please complete & return the form to confirm whether you do or do not wish your child to have the vaccination.
 - ❖ Please return forms by Friday 15th October 2020.
 - ❖ If you have received a barcoded letter at home from the NHS; we do not need this in school for your child to have their vaccination.
12. **HEALTH & SAFETY – CORONAVIRUS**
- **Getting tested:** to book an appointment or order a home kit please go to <https://www.gov.uk/get-coronavirus-test> or call the NHS on 119 if you have problems using the internet.
 - **Be vigilant and careful:** it is everyone's responsibility to be aware of government guidance and to keep up-to-date with changes. We are relying on parents, carers and staff to be vigilant and careful. Please check the government website for information and updates <https://www.gov.uk/coronavirus>

- **Self-isolating and Home Learning:** if your household is self-isolating and your child is absent from school, home learning materials can be found on the class pages on the website.

WEST SUSSEX YOUTH CABINET

The West Sussex Youth Cabinet are working on a **Racial Inequality Campaign** at the moment and have created 3 exciting webinars for people to join. This can be students, adults or anyone interested in the topics. You can attend one, two or all three if you would like to and they would love to have you there.

Information and registration links for each one can be found below out. Why not sign up for one (or 2 or all 3). They will be on:

- Tues 20th October – Black History
- Weds 21st October – Religion and Culture
- Thurs 22nd October – Racial Inequality

Day 1: Black history

Topic: Black History Webinar - Run by West Sussex Youth Cabinet

Description: We welcome anyone aged 11+ from anywhere to this session, where we will be teaching our audience about black history.

This session will include a history lesson led by our young people and speeches from 3 amazing speakers. This will be to explore, educate and inform, and a chance for you to listen, learn and ask questions.

The session will be an hour and a half long, from 6:00pm-7:30pm on Tuesday 20th October 2020. We hope you will join us!

This is the first of 3 webinars being run by the West Sussex Youth Cabinet in relation to their Racial Inequality Campaign. If you would like more information on the others please email caz.evans@westsussex.gov.uk.

https://us02web.zoom.us/webinar/register/WN_yNz7iOzYQPC5EJThZTWc2A

Day 2: Religion and Culture

Topic: Religion and Culture Webinar - Run by West Sussex Youth Cabinet

Description: We welcome anyone aged 11+ from anywhere to this session, where we will be teaching our audience about religions and cultures from across the world.

This session will include a lesson led by our young people and speeches from 3 amazing speakers. This will be to explore, educate and inform, and a chance for you to listen, learn and ask questions.

The session will be an hour and a half long, from 6:00pm-7:30pm on Wednesday 21st October 2020. We hope you will join us!

This is the 2nd of 3 webinars being run by the West Sussex Youth Cabinet in relation to their Racial Inequality Campaign. If you would like more information on the others please email caz.evans@westsussex.gov.uk.

Time: Oct 21, 2020 06:00 PM in [London](#)

https://us02web.zoom.us/webinar/register/WN_ibES3G6URqCd2eTsuccktQ

Day 3: Racial Inequality

Racial Inequality Webinar - Run by West Sussex Youth Cabinet

Description: We welcome anyone aged 11+ from anywhere to this session, where we will be sharing our experiences and daily struggles related to our race.

This session will include captivating speeches by 5 amazing speakers. This will be to explore, educate and inform, and a chance for you to listen, learn and ask questions.

The session will be an hour and a half long, from 6:00pm-7:30pm on Thursday 22nd October 2020. We hope you will join us!

This is the third of 3 webinars being run by the West Sussex Youth Cabinet in relation to their Racial Inequality Campaign. If you would like more information on the others please email caz.evans@westsussex.gov.uk.

Time: Oct 22, 2020 06:00 PM in [London](#)

https://us02web.zoom.us/webinar/register/WN_xyQIL_oR-KU9NHsnjPd3g

If you require any further information please feel free to get in touch.

[Caz Henry-Evans](#) | Digital Participation Lead & West Sussex Youth Cabinet and UK Youth Parliament Lead
Integrated Prevention and Earliest Help Service (IPEH)

West Sussex County Council, East Wing Attic, Third Floor, County Hall, Chichester, West Sussex, PO19 1RQ

Contact: 27139 | 0330 222 7139 | Mobile: 07764 327157 | Caz.Henry-Evans@westsussex.gov.uk | Twitter: [@WSYourSpace](#) |
Facebook: [YourSpace West Sussex](#)



**EAT THEM
TO DEFEAT THEM**

Encouraging kids to eat more vegetables!

We're pleased to announce that we have partnered with Public Health England, Channel 4, Sky, Veg Power, Coop, ASDA and Sainsburys on a **NEW Eat Them to Defeat Them** campaign. The campaign aims to encourage children to eat more vegetables as research shows that 33% of children (5-10 years) are eating less than one portion of vegetables per day
(source: NDNS, waves 5-9 (2012-2017))

To learn more, scan the below QR code...





WWW.TURNING-TIDES.ORG.UK/HARVEST

CHARITY REG NO: 102782

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Saturday October 17th 3pm - 4pm

Celebrating Autumn

Messy Church is back! We welcome families to our first session since the pandemic. This will be socially distanced and Covid secure with each family seated at their own table in our well ventilated church hall. The session includes craft, games and a story, all with an autumn theme. Places are limited. If you'd like to come with your children please book a place by emailing

cogssundayschool10@gmail.com



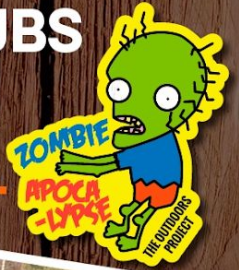
Church of the Good Shepherd, Kings Walk, Shoreham Beach

Messy Church is free but donations are welcome



OCTOBER HALF TERM HOLIDAY CLUBS LANCING AND WORTHING

"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.



"MY DAUGHTER CAME HOME A MUDDY EXCITED YOUNG LADY BUZZING TO TELL ME ALL ABOUT HER DAY!"

GORING C OF E PRIMARY SCHOOL WORTHING

- MON 26/10 CREEPY COOKOUT & GHOULISH GAMES
- TUES 27/10 YETI HUNTING
- WED 28/10 NERFAGEDDON
- THURS 29/10 ZOMBIES, BLOOD & SNOT
- FRI 30/10 HARRY POTTER



THE GLOBE PRIMARY ACADEMY LANCING

- MON 26/10 HARRY POTTER
- TUES 27/10 NERFAGEDDON
- WED 28/10 YETI HUNTING
- THURS 29/10 CREEPY COOKOUT & GHOULISH GAMES
- FRI 30/10 ZOMBIES BLOOD & SNOT



"MY SON HAD SO MUCH FUN. HE WANTS TO GO BACK FOR MORE TOMORROW!"



"THE STAFF ARE ENCOURAGING, ENTHUSIASTIC & GREAT ROLE MODELS"

FOR MORE INFO ON THE ACTIVITIES, HOW THE CLUBS RUN & TO BOOK: WWW.THEOUTDOORSPROJECT.CO.UK
BIRTHDAY PARTIES - AFTER SCHOOL CLUBS - SCHOOL WORKSHOPS - PARENT TODDLER GROUP

Build your child's
confidence, coordination,
independence.



Pre-school dance
classes,
Sparkle, spin, twirl

Fridays Mornings.
email: enquiries@a2arts.org.uk

Quayside Offices, Basin Rd South, Portslade. Near Hove Lagoon.

Thrive 365 #38

Did you know?

Anger is sometimes referred to as a 'secondary emotion' or a 'masking emotion'. That's because as well as being a valid emotion in its own right, we can also feel anger as a response to other, more vulnerable feelings such as shame, loneliness, sadness, nervousness, embarrassment...or a combination of any of these, and the list could go on! Teaching young people to identify the feeling beneath the anger is an important part of teaching self-regulation.

What can you try?

1. Co-regulation

Children and young people – particularly those who find self-regulation difficult – look to the adults in their lives to help them regulate strong emotions such as anger and the associated behaviours. The adult can do this by consistently modelling the desired tone and behaviour (i.e. not joining them in their anger!) and narrating what's happening and what needs to happen. This explicitly shows them how to react and respond appropriately. The adult remains calm but engaged, continues to communicate with warmth, and ensures that predictable and consistent boundaries and consequences are in place so that children learn to recognise the cues.

2. Explain how to feel it

Anger can be unpleasant and uncomfortable to feel – it can often seem easier to act on it, even though in the longer term this could make things worse. Learning how to tolerate an uncomfortable emotion takes practise. Encourage the child to take deep breaths and focus on the areas in their body where they feel the anger. It might be in the jaw, the shoulders, as a ball in the stomach etc. This takes their attention to **what** they're feeling instead of **why** they're feeling it. Encourage them to continue breathing deeply, focusing on those areas, and noticing what they feel without judging the feelings or trying to make them go away. After a while, if they notice any other feelings with the anger, ask if they can put names to the other feelings that are there.

3. 'Go to' activities

Once children are able to identify the physical cues that tell them they're becoming angry, support them in identifying 'go to' activities that help them to feel calmer before it becomes a problem for them. Quite often this is physical activity – 'walking it off', running, dancing around to loud music, star jumps or anything that gets the heart rate going. Favourite activities can also help, such as playing computer games. In a school context, this quite often needs communication and imagination! Having a 'squeeze ball', a scribble pad or an activity that occupies without raising stress levels, such as a word search, are ideas that have been used successfully.

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



Was your child born between 1 September 2016 and 31 August 2017?

If so they are eligible to start
school in September 2021.

Apply online!

It's simple, convenient
and timesaving. If your
application is received after
the deadline of Friday 15
January 2021 your chance
of securing a place at one of
your preference schools could
be seriously affected.

You can apply online from Monday
5 October 2020. 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



W111081 06/2020

Apply online at:
www.westsussex.gov.uk/admissions
Deadline: Friday 15 January 2021





Is your child due to transfer to secondary school in September 2021?



Apply online!

It's simple, convenient and timesaving. If your application is received after the deadline of Saturday 31 October 2020 your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from Monday 7 September 2020. 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



Apply online at:

□ www.westsussex.gov.uk/admissions

Deadline: Saturday 31 October 2020



West Sussex SEND IAS Service

Is your child starting primary or transferring to junior or secondary school in September 2021?

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

If you feel that you may find it difficult to understand or complete the primary and secondary admissions processes, the West Sussex SEND IAS 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.

If your child is starting primary school or transferring to junior or secondary school in 2021 and you feel you would need support in considering your options, or perhaps will need help with the forms, please contact the West Sussex SEND IAS Service:

Helpline: 0330 222 8555

Email: send.ias@westsussex.gov.uk

Secondary School

Online applications open:

Monday 7 September 2020

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

Saturday 31 October 2020.

Primary School (inc. infant/junior)

Online applications open:

Monday 5 October 2020

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

Friday 15th January 2021

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



SCHOOL HOLIDAYS ACTIVITIES CLUB

OCTOBER HALF TERM
26TH - 30TH OCTOBER 2020

QUAYSIDE YOUTH CENTRE
UPPER KINGSTON LANE
SOUTHWICK BN42 4RE

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BOOK A FREE TRIAL

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