

*May the Lord direct your hearts into God's love and Christ's perseverance.*

## 2 Thessalonians 3:5

50 years ago today the school was officially opened for the first time, so therefore let's remember that the year we are in and all that has taken place (including your encouragement and support to your children and all of our staff) will also live long in memory.

Have a great weekend.

Mr Lincoln, Mr Etherton and the school staff team.

### 1. COMMUNICATION

- **Website:** please check the website for answers to any queries before contacting the office.
- **Emails:** use [office@stnm.org.uk](mailto:office@stnm.org.uk) to contact the school with queries – please include your child's class.
- **School Office:** the office will remain closed until further notice. Please refer to the school website for information or email [office@stnm.org.uk](mailto:office@stnm.org.uk) if you have any queries. **YOU MUST NOT ENTER THE SCHOOL FOYER UNLESS YOU HAVE A PRIOR ARRANGEMENT TO DO SO.**
- **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.
- **New dates/events added:**
  - Wednesday 21<sup>st</sup> April – Parent & Carer Consultations
  - Tuesday 27<sup>th</sup> April – Parent & Carer Consultations
- **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>
  - West Sussex Mind
  - Y2 - Maternity Cover
  - Y4 - Paternity Cover
  - West Sussex - letter from Dr Tony Hill, Interim Director of Public Health

### 2. INFORMATION ABOUT UPCOMING EVENTS

- **Red Nose Day - 19<sup>th</sup> March:** Red Noses can be purchased from the class teacher for £1.50, however we have almost sold out of them. They can also be bought from Sainsburys. On Friday 19<sup>th</sup> March children can come into school in non school uniform (as long as they are wearing one item of red clothing) for a donation to Comic Relief.
- **Parent & Carer Consultations - Wednesday 21<sup>st</sup> April and Tuesday 27<sup>th</sup> April:** the link to book appointments for the parent/carer consultations will be sent out next Monday at 4.30pm.

### 3. HEALTH & SAFETY – CORONAVIRUS – IMPORTANT INFORMATION

- **Symptoms:** It is of extreme importance that if you or members of your household have symptoms of coronavirus the whole household must immediately go into self-isolation and children in the household should not attend school. Please arrange a test(s) for anyone with the symptoms urgently. This will help to ensure that in the case of a positive test result, contacts of the person can self isolate promptly to prevent further spread of infection to the wider community.
- **Getting tested:** <https://www.gov.uk/get-coronavirus-test> or call 119. If having a home test, please use the test as soon as it arrives and return it in the post the same day using a priority postbox.
- **Positive test result:** we have a dedicated email address for you to advise us if you receive a positive test result for your child (or yourself if you have been volunteering in school or if you consider that pupils or school staff have been in close contact with you), which will be monitored over weekends and holidays so that prompt action can be taken: [positivetest@stnm.org.uk](mailto:positivetest@stnm.org.uk) **Please use this address for this purpose only.** Emails about all other matters should continue to be sent to [office@stnm.org.uk](mailto:office@stnm.org.uk)
- **Tracing contacts:** If we are notified of a positive case, it is likely that the entire class, to which a pupil testing positive belongs, will immediately be asked to stay at home whilst we consider which members of the school community need to self isolate.

4. **LITTLE FISHES NURSERY - 30 HOUR FREE CHILDCARE CODE REMINDER:** Just a reminder to apply now to ensure you have renewed your 30 hours free childcare code by 31<sup>st</sup> March 2021. Log in to your childcare account to check your details are up to date, and reconfirm your eligibility by 31<sup>st</sup> March 2021 to ensure you continue to be eligible for 30 hours free childcare - [gov.uk/sign-in-childcare-account](https://gov.uk/sign-in-childcare-account). Contact the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097.
5. **CHARTWELLS MENU:** To see the updated lunchtime menu from Chartwells please visit this page on the website <https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Hot+School+Meals+%2D+Chartwells&pid=1317>
6. **RECOMMENDED READING:** Books For Topics have released their top reads for February. See which books made the list here: <https://www.booksfortopics.com/february-2021-books-of-the-month>
7. **WEST SUSSEX CYCLE ROUTES:** WSCC is currently looking to develop a high quality scheme for the Shoreham area that could bring many benefits to the local area such as improved air quality, increased safety and better opportunities for walking and cycling. The Upper Shoreham Road, Middle Road and Eastern Avenue are being considered for walking and cycling improvements as part of the Government's Active Travel Fund (ATF). To find out more and to share your views please visit: <https://yourvoice.westsussex.gov.uk/shoreham-by-sea>
8. **THE STORY OF SHOREHAM:** Do you want to learn more about Shoreham history? From pleasure gardens to escaping kings, ship building to oyster farming, there's plenty to learn about Shoreham-by-Sea. Tour guide Nick Richmond will host a talk on Zoom and take us back in time to see what Shoreham was like in years gone by. He'll share all sorts of popular Shoreham history - to interest all ages. The talk is on Sunday 21<sup>st</sup> March from 7pm. You can find more info here: <https://fb.me/e/3layFfpqI>

THE STORY OF  
**SHOREHAM**  
& ST MARY DE HAURA

TICKETS  
£3

DO YOU KNOW YOUR  
SHOREHAM HISTORY?

From pleasure gardens to escaping kings, ship building to  
oyster farming...and not forgetting St Mary's, our Norman church!  
There's plenty to learn about Shoreham-by-Sea.

Hope you'll join us for a Zoom tour 7PM-8.30PM

**SUNDAY 21ST MARCH**

NICK IS KINDLY GIVING ALL TICKET SALES TO THE FRIENDS OF ST MARY'S  
FACEBOOK EVENT LINK: [HTTPS://FB.ME/E/3LAYFFPQL](https://fb.me/e/3layFfpqI)

# Cycling and walking improvements in your local area

## Have your say

West Sussex County Council is considering your feedback on some initial ideas for walking and cycling in:

🚲 Shoreham-by-Sea (including Middle Road, Eastern Avenue and Upper Shoreham Road).

Survey is open from 8 March to 26 March 2021.



Your feedback will be vital in helping to help shape how this scheme is progressed, ahead of public consultation later in the year.

To get involved, please visit our website below. Alternatively email us at [activetravel@westsussex.gov.uk](mailto:activetravel@westsussex.gov.uk) or call us on 01243 642105.

If you are deaf or hard of hearing and have an NGT texting app installed on your computer, laptop or smartphone, you can contact us on 18001 (01243 642105).

[www.westsussex.gov.uk/Shoreham](http://www.westsussex.gov.uk/Shoreham)

W21/061 02.21

# Dragonfly: Impact Education

## Thrive 365 2021 #10

### Safe Foundations

Book our Safeguarding course [here](#)

<https://www.dragonflyimpact.com/link-tree>

### Did you know?

Allostasis is the name given to the process of regulating the body to maintain a consistent balance. The release of adrenalin and cortisol are part of the allostasis response, helping the body to adapt to stressful situations, maintaining its status quo. When these responses are invoked too frequently it results in an allostatic load, which has been shown to cause significant damage over time. This is what we refer to as toxic stress: it is stress that goes on for a prolonged period and has a negative impact on our health (both physical and mental). Children who suffer multiple ACEs<sup>1</sup> are more likely to have a fixed allostatic load and it's vitally important for us to teach these children healthy ways of relieving this toxic stress.

### How can you help?

#### 1. Encourage long-term thinking.

When we are in a heightened state of stress it is natural to only think about the short term. Unfortunately, alcohol and drugs are a tempting quick fix to relieve stress but only add to long term problems. A way to encourage long term thinking is to get pupils thinking about what they would be like if they were living their perfect life and support them in writing a description of that person in the present tense. From here, conversations can follow about what choices that future self must have taken to get to where they are.

#### 2. Create a bank of go to activities.

In addition to the long-term thinking, children who are suffering from toxic stress need a bank of activities that they can easily access in the short term. They should be readily available and something that will offer a quick feeling of relief. An activity like stroking a pet releases oxytocin which is the body's natural antidote to cortisol. Things like running or exercise can help, or eating a chocolate bar as slowly as possible and concentrating on the taste. Also, identifying things that the child particularly enjoys – a certain TV show, gaming etc can offer ideas to add to the list!

#### 3. Balance the books.

Every day, we all do things that energise us, and things that drain us. For a child who has experienced multiple ACEs, they are likely to feel depleted much more quickly. At the end of the day, encourage the child to create two lists: things that have drained/stressed them and things that have lifted them or given them energy. They should give each item in their lists a score. If the score for activities that have drained them is greater, they need to schedule more things into the next day that will make them feel good to balance the books.

<sup>1</sup> ACEs – adverse childhood experiences

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



**First Aid for Mental Health; Safeguarding Level 3; Coaching in Healthy Schools; First Aid for Mental Health (Learners)**  
[www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk)  
[@dragonflyimpact](https://twitter.com/dragonflyimpact)  
[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)