

Whoever believes in me, as scripture has said, rivers of living water will flow from within them.

John 7:38

Another wonderful week with the children is almost at an end and as I watch them running around outside in the sunshine with smiles on their faces (and various red outfits!) I could not be happier that we are back together. Over the next two weeks, we will be building up to Easter, and although sadly we will not be able to come together in church, we look forward to remembering and celebrating this time in our own way.

Have a wonderful 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 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 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 24th March - Y2 Penguin Parent & Carer Consultations
 - Tuesday 30th March - Y2 Penguin Parent & Carer Consultations
 - Thursday 22nd April - PTA AGM Meeting
- **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>
 - Start of Y4 swimming lessons (em)

2. INFORMATION ABOUT UPCOMING EVENTS

- **Year 2 Penguin Parent Consultations:** These will be held on Wednesday 24th March and Tuesday 30th March from 1.00pm - 4.00pm. Please book a slot via the text link.

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. **Please use this address for this purpose only.** Emails about all other matters should continue to be sent to 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. REMINDERS

- **Pick Up Time:** please can all parents/carers ensure that they are supervising their children once they have been dismissed by the teachers, and that families move swiftly from the playground to avoid unnecessary mixing and congestion.

- **Appointments:** where possible, please book all medical and dental appointments outside of school hours. Where that isn't possible, please email the school the appointment confirmation details and the time you will be collecting your child. Please do not telephone with these details as we need to have them in writing.
- **School Uniform:** After Easter the children will be able to wear summer school uniform. This term we have not strictly enforced the uniform policy as we understand that children may have grown out of items during lockdown and it has been difficult to purchase items. However, we will be stricter about this after Easter and would appreciate your support - do take the opportunity over the break to check your child(ren) has the correct items. It will be great to see them all looking smart when they return after the break! Thank you.

5. STAFFING UPDATE

This term we say goodbye to Mrs Hayley Edmondson who has been with us for 11 years. Hayley was the first person to be appointed to the newly created role of 'School Business Manager' and she has done a superb job. Her remit covers not just finance, but HR, office management, premises, compliance, health and safety, IT and much, much more. Her skills and dedication have freed up a lot of time for other senior leaders, enabling us to focus on children and learning. She has been a vital part of the senior leadership team and we will miss her greatly. We wish her all the very best as she moves to Oak Grove College. Up until half term we released Hayley to her new school, and this half term she will be popping back on an occasional basis as part of our handover process.

We are delighted that Mrs Wendy Cooke has now stepped up as Acting School Business Manager and joined the Senior Leadership Team. Wendy has been with us for a number of years and is well supported by the rest of the admin team, some of whom have increased their hours and taken on new responsibilities. With Mrs Colley leaving at Christmas, this has been a huge change for the admin team and they are working really hard to learn the new roles - do bear with us if things take a little longer than usual!

6. **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 31st March 2021. Log in to your childcare account to check your details are up to date, and reconfirm your eligibility by 31st March 2021 to ensure you continue to be eligible for 30 hours free childcare - gov.uk/sign-in-childcare-account. Contact the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097.

7. WEST SUSSEX CYCLE ROUTES and DANGEROUS PARKING:

Earlier this week it was brought to our attention that parents/cars were dangerously parked in the area around the school. **PLEASE** can you ensure that you do not park on double yellow lines or on the corner of the junction to Park Road as this is putting the children of our school in danger.

At this time 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>. We would strongly recommend that you take part in the survey because as a school we would encourage as many families as possible to walk/ride/scoot to school which will have a positive impact on the environment but also (as mentioned above) will help to make the surrounding area to our school a safer place for us all.

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.

west sussex county council

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 actvetravel@westsussex.gov.uk or call us on 01243 642105.

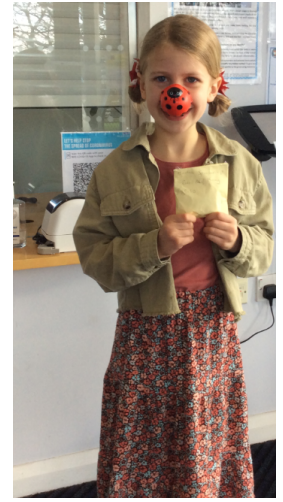
If you are deaf or hard of hearing and have an NGT texting app installed on your computer, laptop or smartphone, you can contact us on 18001 (01243 642105).

www.westsussex.gov.uk/Shoreham

8. CHARITY FUNDRAISING

a. **Christmas Jumper Day:** We are pleased to announce that the money raised from the Christmas Jumper Day has been divided between two charities which have been chosen by our Church communities of St Nicolas and St Mary: Family Support Work and Turning Tides. Many thanks for all your generous contributions.

b. **Red Nose Day - 'Going the Extra Mile':** A huge **WELL DONE** to India who has worked really hard to bake and sell Red Nose biscuits. She has been able to raise £26! Well done India, we are all very proud of you.



9. **MENTAL HEALTH WEBINAR:** The WSCC Youth Cabinet ran a webinar to help those experiencing mental health issues, whether that be young people or friends/family members last week. Youth Cabinet members delivered their workshop on mental health, which included an opportunity to ask questions to a professional who works for the Youth Emotional Support Team in West Sussex. You can watch a replay of this webinar here:

https://www.youtube.com/watch?v=r7SB3p_mVWm4

10. **SUSSEX WINTER VIRTUAL GAMES:** During lockdown, Active Sussex, part of Sport England, organised the Winter Games for school children in school or at home in Sussex. This included challenges based on ice hockey, bobsleigh, slalom skiing and several other winter sports. We are very proud of the children (and adults) who participated and, because of them, our school came top of the Shoreham schools league! **WELL DONE** to all those who had a go. We feel it is very important for children's mental and physical health that they are given opportunities and encouraged to be active. We are pleased that the children have lots of opportunities to run and be active in PE, on the field, at after-school clubs and Marathon Kids, which has restarted during Wednesday and Thursday lunchtimes. We hope to have lots of children running around our field, and build on the 30 children who have already run a Marathon (42.4Km) in the first term.

11. **MOTHERING SUNDAY CARDS:** *"I just wanted to say thank you again to all the children who made those absolutely beautiful cards for Mothering Sunday. They were greatly appreciated by everyone who received one and I have had so many thank yous and people wanting to compliment the children, so please will you do so on our behalf."* From Revd Ann

12. **PTA AGM MEETING:** The PTA will be holding their AGM Meeting on Thursday 22nd April at 1.30pm. This will be an online meeting and the agenda for the meeting can be found below. If you would like the link to join the meeting please email ptasecretary@stnm.org.uk.

13. **RED NOSE DAY:** We hope you have enjoyed Red Nose Day as much as Mr Badger has!





AGM

online

Thursday 22nd April 2021
1.30pm

For meeting access details please email
ptasecretary@stnm.org.uk

All Welcome!



Registered Charity No. 291223



Annual General Meeting

Thursday 22nd April 2021 1.30pm

1. Agree minutes of the PTA AGM held on Wednesday 20th November 2019
2. Matters arising from minutes of previous AGM
3. Chair's report (SL)
4. Financial report for the year ending 31 December 2019 (JP)
5. Re-appointment of Independent Examiner of Accounts
6. Election of Officers and Trustees of the Committee
 - Chair and/or Co-Chair(s)
 - Secretary and/or Co-secretary
 - Treasurer and/or Co-Treasurer
 - Core Committee Members
7. AOB

30-Minute 1:1 Music Lessons

Guitar | Drums | Piano | Vocals

ONLINE



- Price:
- **Half-price taster offer = £8.25!**
- 1:1 lesson = £16.50
- We accept childcare vouchers
- Lessons online after school & weekends
- Booked half termly
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SHOREHAM
& ST MARY DE HAURA

TICKETS
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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/3JAYFFQL](https://fb.me/e/3JAYFFQL)

The poster features a historical painting of the Shoreham suspension bridge over a river. The text is arranged in a clean, modern layout with a mix of bold and regular fonts. A circular badge on the left indicates the ticket price. The bottom section provides details about the Zoom tour, including the date and time, and mentions that ticket sales are being donated to the Friends of St Mary's.

Dragonfly: Impact Education

Thrive 365 2021 #11

Character & Culture

Book our Coaching in Healthy Schools course [here](https://www.dragonflyimpact.com/link-tree)
<https://www.dragonflyimpact.com/link-tree>

Did you know?

Most people think of stress as being caused by a significant event or something that forms a large part of our life. For example, 'workload' is the reason most cited for work related stress¹. However, when we think about what comes under the general umbrella term 'workload' – our commute, relationships, daily interactions, admin, tasks, remembering to pick up shopping on the way home – we realise that the things causing us stress are actually much more specific. Dr Chatterjee refers to micro stress doses, or MSDs², to describe how the tiny details of our day (for example having to stop and put petrol in the car on the way to work; the tone a colleague uses to greet you as you walk through the door etc) all compound to have a significant effect on our stress levels.

What can you try?

1. Have a tech free lunch break.

Many of the MSDs we are exposed to each day come our way via the magic of technology. An unwanted email, reminders pinging on the phone, scrolling through social media at the highlight reels of other people's lives while you're drowning in paperwork. Cutting down on your use of technology instantly cuts down on the MSDs you are exposed to. Try it for a week and notice the difference it makes.

2. Plan to do something you love every day.

This doesn't have to be something expensive or time consuming – simple works best. Think about what moments really bring you joy – it might be watching a favourite TV programme, spending half an hour on your own with a book, drawing or chatting to a friend on the phone. Make sure this is planned into your day – not only to make sure it happens, but because the anticipation of it will lift your mood throughout the day.

3. Always take the smallest possible action

When things feel overwhelming, don't even think about trying to get everything done. Just take the smallest possible action, even if that is answering one question or marking one assessment. This side steps our natural resistance to beginning a task that seems overwhelming, and small wins lead to a lift in mood and more motivation.

¹ Health and Safety Executive (2018), *Work-related Stress, Depression or Anxiety Statistics in Great Britain*

² Chatterjee, R. (2018), *The Stress Solution*, Penguin: London

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)
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info@dragonflyimpact.co.uk

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