



Dream big, shine bright
St NICHOLAS
C of E Primary School, Alcester

Issue 136

St Nicholas C of E Primary School – Newsletter

June 2023



Dear families,

This month's newsletter is most certainly a bumper edition, catching up with all the wonderful things that have been happening in school over the last few weeks.

William in year 5 has started his own Chess club, sporting events have been taking place across the MAT schools (with more to come) and we have a whole host of Mental Health Champions trained.

There have been so many developments with our playtimes, OPAL is certainly becoming embedded, this week we had a visit from our co-ordinator who was impressed with how much has changed in such a short amount of time. Thank you to the OPAL team for all their dedication to enhancing our children's time outside. A reminder to all our families that the OPAL equipment shouldn't be used at the end of the day please.

What an exciting week our Key stage 2 children have had, attending a huge concert - Alive! Praise party, that was organised by Coventry DBE. Look out for the video taster on Facebook later this week. I have a feeling that we may have created future concert goers, all children (and staff) got very immersed in the experience.

This academic year is certainly flying by, there are a mere 5 and a bit weeks until the end of term and all our children are now preparing themselves for their next transition of their education journey.

It has been exciting to welcome lots of new families to our setting recently, I have no doubt that the school community have made you all very welcome!

Mrs Laura Newell, Head of School



Ragley

House points

Congratulations to Ragley who were the winners of the House Cup.

DIARY DATES SUMMER TERM

Tuesday 20th June

Changing me sessions – Puberty support y5/6

Wednesday 21st – Friday 23rd June

Year 6 residential PGL

Tuesday 27th June

Year 5 - Open Water Swimming

Thursday 29th June

7pm New Reception (23/24) families meeting

Friday 30th June

Year 2 Fun Friday after school

Year 6 Open Water swimming

Wednesday 5th July

Moving up morning/Secondary transition day

Thursday 6th July

Alcester Rock Academy world tour

Friday 7th July

End of year reports sent to families

Monday 10th July

3KH Heart of England visit

Tuesday 11th July

3H Heart of England visit

Wednesday 12th July

Reception, year 1 and 2 Sports day (am)

Thursday 13th July

Optional Parents consultations

Friday 14th July

Summer Fayre at St Nicholas, – 3.30-6pm

Wednesday 19th July

Sports day KS2 (am)

Friday 21st July

Year 6 Farewell Festival 6-8pm

Monday 24th July

Year 6 leavers event (afternoon)

Tuesday 5th September

Children in years 1-6 return to school

St Nicholas C of E Primary School

St Faiths Road,
Alcester,
Warwickshire,
B49 6AG

01789 762578

admin3595@welearn365.com

What a great turnout at our first Stay and Play session. The children, and staff, loved having you in school and the feedback from you was fantastic.



Opal Stay & Play



Opal Stay & Play



Hopefully, you will have a much better understanding of what Opal looks like in our school and see why we value play so highly. It might have also become clearer why we are always asking you for your kind donations, also often referred to as junk!



We are embarking on a new project to improve our playtimes for all children at St. Nicholas Primary School.



What has happened already.....

Since Easter, our playgrounds have been filled with lots of equipment for the children to play with. These include: giant spinning tops, large construction tubes, water play areas, tyres, crates and cable reels. It has been so lovely watching the children being creative and having fun! We've seen trampoline parks, obstacle courses and foot massage stations!



The children have been so creative in their Mud Café play!



PIC•COLLAGE



How can you help.....

Thank you to those who have donated items. Currently we are looking for:
Cable reels, decking boards (max 1.5m), kitchen utensils and digging tools.

Small world – we have had a request for a farmyard and farm animals.

Wheeled toys – these are very popular! If anyone has any larger ride on toys (tractors, didicars, go karts etc) please let us know. We can always collect.

We have plenty of wellies for now. Thank you 😊



Congratulations to the children that graduated as Advanced Mental Health Champions. They have learnt how to promote positive mental health for themselves and for others.





New logo on uniform incoming! Letter sent to families via StudyBugs



**Preloved Uniform
sale dates:
12th, 14th & 19th July**



Uniform reminders

Our children wear their uniform with pride, promoting equality and a sense of community. We ask that everyone; children, parents and carers help to ensure that the school dress code is observed.

Children need to wear a white polo shirt, navy cardigan or sweatshirt, grey skirt/pinafore/trousers/shorts.

During the summer term blue and white gingham dresses can be worn. Children may also wear a plain black/navy cap and sunglasses.

Footwear; Black, smart shoes with flat soles. No boots or sandals please. Socks and tights can be navy, black, grey or white.

PE and sports kit (PPA)

When children have PE and Sport (PPA) children need to come to school wearing their kit; White t-shirt, dark blue or black jogging bottoms or leggings (plain), dark blue or black shorts (plain), dark blue or black jumper/hoody and trainers.



Please note; no sport/brand logos on clothing

Please label all items of uniform and belongings clearly to enable lost property to be returned.

We expect hair styles to be smart and not extreme; no bleached, dyed or short shaved hair styles, with no patterns/lines shaved in. Hair that is longer than shoulder length should be worn up, any hair accessories need to be small, navy/black.

We ask that children do not wear temporary tattoos, nail varnish, make up or jewellery, safety studs can be worn for those with pierced ears, for sport /PE/swimming these need to be removed. If this is not possible, please cover with micropore to ensure children's safety.

A watch may be worn to school, due to safeguarding we ask that 'smart' watches are not worn.

SEND INCLUSION



Summer Coffee Mornings

Dates for your diary	Event
<u>Summer 2</u> -Monday 10 th July -Monday 17 th July -Time 1pm-3pm 	Coffee Morning & ASC Workshop -Heather Ramsay (Zoom Educational Support) will lead the session -Your child might be waiting an assessment or already has a diagnosis of ASC (Autism Spectrum Condition) -Useful strategies to help navigate behaviours at home and support with managing the holidays/returning to school -Supportive environment *Please contact Mrs Allen to register your interest: allen.h4@welearn365.com

SUPPORT SPOTLIGHT FOR FAMILIES



Community Autism Support Service

Coventry and Warwickshire

The Community Autism Support Service (CASS) provides a range of autism support for children, young people, and adults including one to one support, group support, a peer mentoring service, workshops, and short toolbox sessions. [Click here](#) for event details or [here](#) for information about the service.

If you live in Coventry or Warwickshire with a diagnosis of autism, or are awaiting a diagnosis, CASS may be able to help you, parents, and carers. Contact the CASS Navigation Team by calling 02476 012333 or emailing navigation@casspartnership.org.uk.

Alternatively, please speak to Mrs Allen about this, who will support families with a referral.

SUPPORT SPOTLIGHT FOR FAMILIES



New webpages to support positive transitions for children and young people.

Many of you will recently have received confirmation of your child or young person's school place for September 2023. From now until starting school in September it may be an exciting yet anxious time for both parents and carers and for the child or young person.

To help you prepare for a move to a new school, or other big changes such as moving to a new key stage or preparing for adulthood, a brand new [Transitions Guidance section](#) has recently launched on Warwickshire County Council's Local Offer webpages.

The guidance on these pages have been carefully selected with the aim of 'Supporting good transitions for all' so the resources will be helpful for all children and young people and their families and includes a suggested timeline which highlight good practice. This includes specific guidance for children and young people with SEND, although the information is aimed at 'supporting good transitions for all', meaning it will be helpful for all children and young people and their families.

- Transitions into reception and primary school
- Transition to secondary school

RAISE AWARENESS



AT



Dream big, shine bright

St NICHOLAS
C of E Primary School, Alcester



Arthur's Poetry Book *Raising money for autism*



We are really proud to announce that Arthur has written a fabulous poetry book to raise awareness and money for autism support. Arthur is very creative and has an incredible imagination. He found the love of poetry writing at the young age of 5 and has continued to flourish ever since! So far Arthur has raised over £300!

Congratulations Arthur (Year 6)

If you would like to donate and receive a digital version of the book, please follow this [link](#).

Isla's Bingo Night!

Raising money for Tourettes Action



On 24th June, Isla is raising money for Tourette's Action by holding a bingo night at the Greig Hall.

Isla and her family want people to realise that Tourette's isn't the funny condition that the media leave you to believe and that swearing is such a tiny part of Tourette's. It is mentally and physically exhausting. She wants to raise awareness about what living with Tourette's is really like.



Isla sold 148 tickets in 14 minutes and has now got 200 people attending. She has had Tourette's for 3 years now and is determined to raise as much awareness as possible so people understand it better.

If you would like to donate a raffle prize or buy some raffle tickets, please let Mrs Allen know or email Katie at:

katieelliott03@yahoo.co.uk

£2 a strip or 3 for £5

Isla we are incredibly proud of you!

OUT AND ABOUT

Animal Experiences

Contributions from our families...

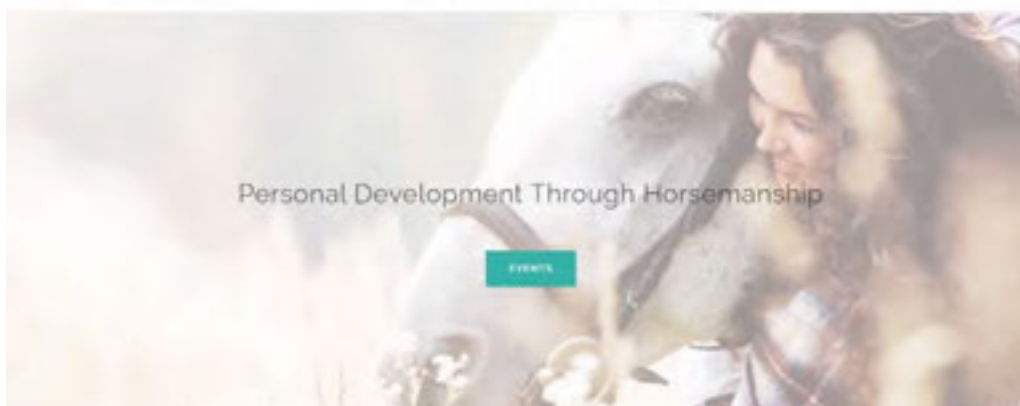


Lucky Tails Alpaca Farm

Click [here](#) to explore some of their amazing walks!

Equine Learning [Website](#)

Equine Learning



Providing equine facilitated learning, alternative education, therapeutic horsemanship, horse riding, pony club and camps to people in and around Henley-in-Arden, Stratford-upon-Avon, Alcester, Redditch, Solihull, Warwick, Leamington Spa and beyond!

Courageous Advocacy

Right now, millions of children around the world don't have clean water to drink, decent toilets to use or good hygiene to protect themselves. The children of St Nicholas C of E Primary School want this to change.

To raise awareness of this issue, we are taking action!

We are planning a whole school 'Water Walk' on Tuesday 18th July to raise awareness of the journey many children have to make every day to get water. This will take place during the school day. More information will follow.

You can take action too! Would you like to support our chosen cause of 'Clean Water for Everyone Everywhere'? Do you have any of the following unwanted items lurking in a drawer at home? If so, please consider donating to help us raise money for WaterAid. Our recycling sack will be located in the community pantry for the rest of this term. Donating your unwanted items is a great way to help the environment and support our chosen cause. For more information about why the children have chosen this cause then visit : <https://www.wateraid.org/uk/what-we-do/water>

Recycling FOR GOOD CAUSES

Find us: Recycling for Good Causes
14 Amber Business Village
Amington
Tamworth
B77 4BP

Call: 0800 633 5323
Email: info@recyclingforgoodcauses.org
Web: www.recyclingforgoodcauses.org

Items we recycle

Jewellery Unwanted gold & silver including damaged items Costume jewellery Watches	Coins & Currency Banknotes & Coins Any currency UK or foreign of any age/unchangeable currency
Mobile Phones, Cameras & Gadgets Mobile Phones . Video Cameras Old Film Cameras . Digital Cameras . Sat Navs Game Consoles . Games & Accessories . iPods MP3 Players . Tablet Computers	Stamps Loose / Single Stamps First Day Covers Presentation Packs

NO Ink or Toner Cartridges Thank You

Donors: Please place your items into the sack provided at your designated drop off point.
Drop off point representative: Call Recycling For Good Causes on 0800 633 5323 (freephone) when your sack is full or weighs over 10kg for your free collection.

How to make the most out of your recycling sack

Fill your sack to between 10Kg & 30Kg

Yes Please

- Gold or Silver Jewellery
- Watches
- Stamps
- Costume Jewellery
- Banknotes & coins
- First Day Covers
- Mobile Phones
- Cameras
- Video Cameras
- Sat Navs
- Electronic gaming devices
- IPods/MP3 players
- Tablet Computers

The ONLY electrical devices we accept are:

No Thank you

- Laptops
- Home phones
- Fax machines
- DVD players
- Printers
- Modems or routers
- Kitchen appliances
- Perfume or glass items
- Personal Grooming items (straighteners, razors, hair dryers, etc.)

Recycling FOR GOOD CAUSES

Please do not add anything to the recycling sack that is not on this list as it won't be accepted. Please refer to the second photo for advice on what they don't want.

Dream Big Shine Bright

How lovely to receive an email from a member of the community after spotting this young man being a community champion!

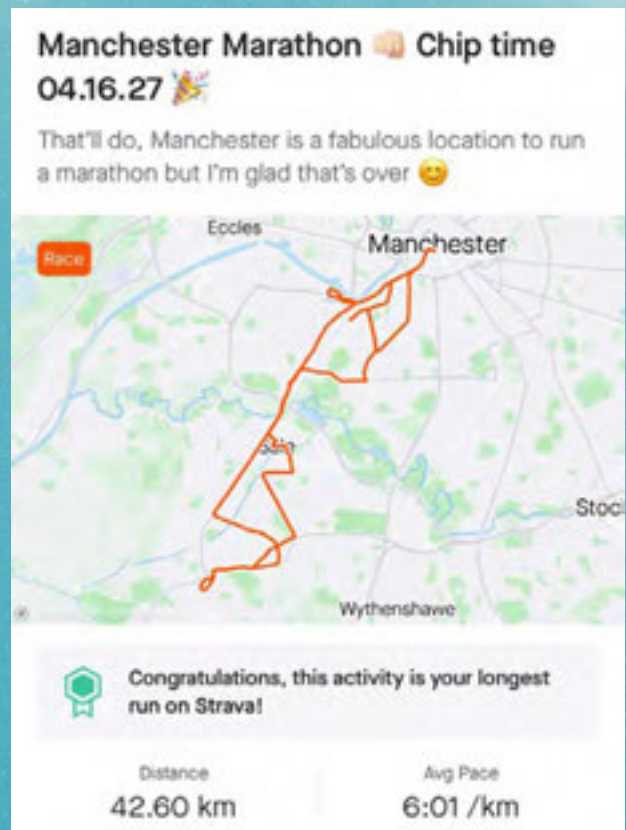


Thank you Liam for taking care of the community and picking up lots of litter on your travels.

Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter

Dream Big Shine Bright

Congratulations to Mrs Cowley who has smashed the Manchester Marathon.
What an inspiration!



Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter

Dream Big Shine Bright

Super swimmer Violet has completed her Gold challenge.
This is the last of the swim badges that can be achieved at her level!
What an achievement Violet!



Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter

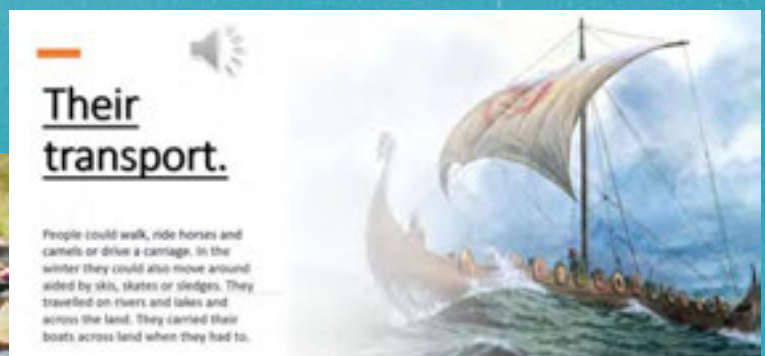
Dream Big Shine Bright

Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter

Paige, in her own time, has created a very professional 12 page slide show with so many facts and such interesting information about the Vikings.

Paige's favourite facts about the Vikings are;

- That Odin is not actually the father of Loki and Thor.
- The Viking's diet was considerably better than that of an English peasant.



Dream Big Shine Bright

Please do let us know if your child has an entry for Dream Big, Shine Bright on the next newsletter



Scarlett, Blake and Ashleigh, helped at a charity St George's Day Music Event in Evesham organised by The Valkyrie Bar. They raised money for The Royal British Legion.

Scarlett helped by selling used books and raffle tickets and Ashleigh looked after the teddy tombola to raise more money for the charity.

Blake helped by selling used books and raffle tickets to raise more money for the charity. They were all very confident and polite when speaking to members of the public.



Year 1 – what happens to a bean seed over time?



The children planted a seed to observe over time.



I'm sure if the children continue to look after their beans so carefully at home, they will have lots of delicious beans to eat over the summer.

Lots of preparation to develop our Times Tables knowledge

How wonderful to see all the year 4 children excitedly sharing their times tables knowledge with family and friends at the workshop organised by the year 4 team.



A huge thank you to all the families that attended.

The children made us very proud during the MTC last week, each and every one did their absolute best! Well done!



Year 6 – Art

The children have really enjoyed the start to our new Art topic this half term – Brave colour. They used magazines to 'capture colour' and create their own mood-boards, based on colours that appeal to them



In year 6, we have finally finished our DT project from last half term – making SATs mascots. The children had to draw their template on square paper, before pinning this to their felt and cutting it around it. They then used applique or decorate stitching on the front of their mascots, before sewing the back on and stuffing it.



The children made us all so proud during the run up to and throughout the SATs week, we can't ask more than for you to all do your best, you certainly did that! Well done!

All the children and staff in year 5 had the pleasure of meeting Horothgar, a real Viking who spent the whole day with year 5 immersing them into the Viking ways of life. Mrs Godson was so impressed with the letters that the children wrote to Horothgar, particularly this one by Jerry.

St Nicholas C-
of E, St. Faiths road,
Alcester,
Warwickshire,
B49 6AG
Friday 5th May 2-
023

Dear Horothgar

Thank you so much for all you taught me yesterday. You taught me not to judge a book by its cover, because a Viking never wanted to kill people.

I am very grateful that you drove 4-5 hours just to spend a day with us and I very much enjoyed it because not only did we learn we learned with drama. The adventurous journey started with the 3 folk weapons (where it took ages to find one) (a sword) The other 2 consisted: hand axe and spears. But I do have a question: How did you wear that 15 kg chain mail? I could barely lift the 8 kg one.

However, my favourite part was the acting where the plot was, Sir's hair got cut by Loti. So thank you for the magical day really devastated your retired, wish you good luck.

Yours sincerely Jerry



As artists, Year 2 created stick sculptures using worry dolls as inspiration.



All the children have created portraits of our new King. They had WAGOLLS, created by Mrs Watson, to support them with the process.



Thank you to Scarlett and Jorja for planting a tree at Ragley Hall on the school's behalf. This tree will from part of the Queen's Green Canopy.



Year 4 - Science



The children in year 4 had a great time exploring the process of digestion, it was a messy process but lots of fun!



Year 1 have walked around Alcester town to look for geographical features. We saw St Nicholas Church, the River Arrow and the Post Office, the children created a simple map of their journey whilst out in Alcester! They were wonderful representatives of our school.



Year 1 have been writing leaflets as part of our Geography unit, Our Local Area. The children have done a fabulous job of naming the features of Alcester town and explaining why it is such a good place to visit.





Year 1, church visit



Year 1 visited St Nicholas' Church this week and were showed round by Reverend Daniel and Katie. They helped us to identify the key features of the church and read us a story from the Bible. After, we listened to



DO YOU KNOW A CHILD WITH A

PASSION FOR FASHION?

DO THEY HAVE STAND-OUT STYLE?

lionTV
MEDIA

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THE MAKERS OF "HORRIBLE HISTORIES" ARE
LOOKING FOR 10 TO 14 YEAR OLDS FOR A
BRAND NEW STYLING CHALLENGE SHOW FOR

BBC
CBBC + **iPLAYER**

For more details, parents/guardians should contact:

Fashion@liontv.co.uk

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What Can I Do When My Child Feels Angry? - Free Class



Thursday, 6th July 2023



8:00pm



https://www.myfamilycoach.com/parent-class-calming-down-communication-conversations-dysregulation-child-feels-angry/?utm_source=email&utm_id=parents+33



Event Details

This month's theme is: How to support your child if they feel angry

If your child often gets angry, and you struggle to know how to best help them calm down, this is the class for you. We'll share ideas to help you spot the warning signs that your child is getting distressed, along with simple ways to calm down emotionally-charged situations.

In this class, you will learn about:

- What happens to our bodies when we feel angry and why children can struggle to recognise their own emotions
- Signs that your child is becoming angry and strategies you can use to help them calm down before they feel out of control
- How you can help them calm down in a safe way



Parenting Together as a Separated Family - Free Class



Thursday, 22nd June 2023



7:30pm



https://www.myfamilycoach.com/parent-class-communication-connection-change-loss-divorce-parenting-together-separated-family/?utm_source=email&utm_id=parents+33



Event Details

The class theme is: Parenting together as a separated family

Parenting together as a separated family brings its own challenges. It can be hard to agree parenting approaches and create consistency between you and your child's other parent. We'll share practical ideas to help you work together, reduce conflict, and make sure your child stays at the centre of decision making.

In this class, you will learn about:

- Common challenges you might be facing as a separated family
- How to create consistency for your child despite different homes and routines
- Positive ways you can work together with your child's other parent.

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

BEING MINDFUL

Do you ever worry about the future and what might happen? Do you ever have lots of thoughts running through your mind? Or butterflies in your stomach and a racing heart? When we feel like this, it can be difficult to know what to do. These are normal symptoms of anxiety and can be helped by practicing **mindfulness**.

Mindfulness is about slowing down and noticing what is happening in that exact moment, inside and outside of your body. It helps us to let go of those buzzing thoughts and feelings, to focus on the 'now'.

Mindfulness can be great fun and can be done anywhere!

Our tips for being mindful:

- 1- Watch a mindfulness video and follow along! Try this one on YouTube:
- 2- Listen to your favourite song and notice how it makes you feel. What do you feel in your body? What instruments are playing?
- 3- Grab some paper and pens, and doodle away! Let your mind decide what you draw. How does the pen feel on the paper? What do the shapes and colours remind you of?
- 4- Get outside and take notice of nature around you. What shapes do the clouds make? Think about your **5 senses** and list 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.



More
mindfulness
activities!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

STRESS AWARENESS

We can all feel stressed at times and it is a normal reaction to some situations. A certain level of stress can actually be helpful, however too much stress can make us feel anxious or depressed, and may impact on our sleep, eating habits and general wellbeing.

Everyone experience stress differently, so it is important to understand how stress affects *you*. Therefore, you can manage your stress better and stay healthy!

The Stress Bucket:

The Stress Bucket is a way to explain how stress can build up. The stress in our lives is represented by water filling up a bucket - too much water is a problem and can cause an overflow. It is helpful to identify the things in our day that contribute to filling up our bucket and start doing things that help to empty our bucket.

We can talk about our stress levels in terms of how full our stress bucket is. Different problems and demands can fill up our stress bucket, such as education, family worries, friendship problems and losing someone close.

Some people may have a smaller bucket than others - these people may find it more difficult to cope with stress and therefore, they may feel overwhelmed quicker than others.

We can't change the size of our bucket but we can learn to recognise when our bucket is filling up, and what coping strategies can help us manage stress so that our bucket doesn't overflow. Relaxing activities, such as watching TV, going for a walk, reading a book, sitting outside in the sun and talking to a friend, can all help to empty our stress bucket!



Stress bucket explained!



Scan for more info about stress.

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thankskids@covwarkpt.nhs.uk

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