



Dream big, shine bright

St NICHOLAS
C of E Primary School, Alcester

Issue 134

St Nicholas C of E Primary School – Newsletter

WB 6th March 2023



Dear families,

Thank you for supporting the children with our celebration of reading week which culminated in World Book Day, it was fantastic greeting Violet Beauregarde, David Attenborough, Miss Trunchbull and Bear Grylls (to name a few) on the gate. There were such a variety of outfits, well done to all.

This half term is a short one, only 5 weeks and there are so many things to fit in!

Over the next few weeks there are a number of sporting events happening. All the best to Noah who is running in the Cross Country and to all 27 children in the athletics team going to the finals! What an achievement!

After three years, our Film Nights are back, starting with year 3 and 4 this Friday (other year groups coming up in the Summer term), thank you to The Friends for organising. I'm sure the children will have a great time.

Mrs Laura Newell, Head of School

DIARY DATES SPRING TERM

Wednesday 8th March

Year 5 & 6 children Festival of Football
3H Heart of England trip (postponed)

Thursday 9th March

Year 6 SATs meeting

Friday 10th March

3KH Heart of England trip (postponed)
Film night – year 3/4

Monday 13th March

Reception – Cotswold Farm Park trip

Week beginning 13th March

Science week

Tuesday 14th March

Reception families stay and play session

Wednesday 15th March

Potential strike action

Year 2 SATs meeting

Wednesday 16th March

Potential strike action

Monday 20th March

Year 4 Sports enrichment

Tuesday 21st March

Reception – National Child measurement programme

Friday 24th March

Cricket experience for year 1 and 2 (at school)

Wednesday 22nd & Thursday 23rd March

Parent consultations (face to face)

School uniform sale

Monday 27th March

Year 5 Sports enrichment

Tuesday 28th March

Year 3 visit to St Nicholas Church

29th – 31st March

Year 4 Residential to Edgmond

Thursday 30th March

Year 5 Easter service

Friday 31st March

Break up for Easter holiday

St Nicholas C of E Primary School

St Faiths Road,
Alcester,
Warwickshire,
B49 6AG

01789 762578

admin3595@welearn365.com



We are in real need of volunteers to help at our swimming sessions. This would entail supporting groups of children to and from the pool and helping them with their belongings.

There are swimming sessions on a Wednesday, Thursday and Friday afternoon (1.15pm – 3.15pm) and a Thursday morning (9.10-11.30am)

If you are interested in supporting swimming please pop a message in via Studybugs and we can send you the volunteer information. Please note all volunteers will be subject to an enhanced DBS check.



**Easier Isn't
Always Easy**

This week, during Collective Worship, the children have been reflecting on things being 'easy' we have talked about easy sometimes being a barrier that stops us getting better and mastering many different types of skills.

We have refreshed our Growth Mindset language
'You might not be able to do something yet.'

To discuss further at home feel free to use the following;
For grown ups:

<https://www.youtube.com/watch?v=M1CHPnZfFmU>

For children:

<https://www.youtube.com/watch?v=8J3sDbWTPgo>



GROWTH MINDSET



HARD
DIFFICULTY OF TASKS

Questions:

Do you ever feel like giving up when you don't find something easy?
How can knowing that some things may never become easy help us
to carry on trying?

Prayer for Reflection

Dear God,

We are thankful for the skills that we have mastered so far. May we find the resilience to become better at the skills that we are currently working towards knowing that although we may never find them easy, they will certainly become easier.

Amen

**Uniform sale
during Parent
consultation
evenings 22nd/23rd
March**

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.

Thank you from Mrs O'Shea

Mrs O'Shea has been very busy filling her retirement time. She wanted to let everyone know that she has used the jewellery workshop experience that our families kindly gifted to her. As we know, she is such a creative lady and has made a wonderful sea glass pendant and a silver bangle.



Please check whether your child is eligible for FSM

If your child is eligible this brings in additional funding to school which can be used for the educational benefit of the children. Even if you think you are not eligible you can check your eligibility for benefits related FSM. If you do qualify you could benefit from vouchers for energy and food during the school holidays.

Please don't delay and check your eligibility by following the link below.

<https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>

Don't forget to book your Parents Evening appointment

Check the letter sent on Studybugs on 3rd March for instructions and book your appointment for Wednesday 22nd March or Thursday 24th March by the **deadline of midday on Monday 20th March.**

We look forward to welcoming you into school.

Scooters

It is great to see more children scooting and cycling to school. Recently, there have been a couple of mix ups with children's scooters. Some scooters have accidentally gone home with the wrong owners and been returned the next day. Thank you!

At the moment we have one scooter which may have gone home with the wrong owner; It is dark purple with a footplate in a tie dye pattern. The make is a Bold Cube.



SEND INCLUSION

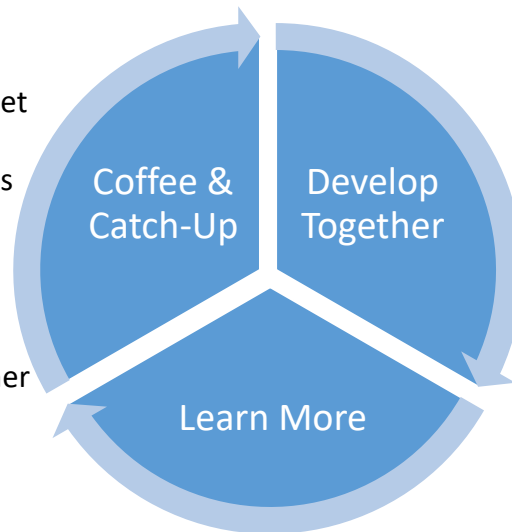


3rd March 2023



Thank you to all the families who attended our first coffee morning just before half term. The first meeting focused on finding out about what support or opportunities families would like to engage with. Here are the ideas shared:

- Opportunity to meet new people
- Meet other families with children with SEND
- Share experiences
- Discuss difficulties
- Support one another – know we are not alone



- What makes St Nicholas inclusive?
- How can we develop inclusion?
- Review current practice
- Consult parents/carers
- Contribute towards change

- Support: anxiety, sleep, anger, social skills
- Applications: DLA, ECHP, Secondary School
- Specific learning needs: Autism, ADHD, sensory
- How to support your child with learning
- Meet other professionals
- Extra opportunities for children with SEND



Focus:

- Share St Nicholas SEND Information Report
- Show and Share – Parents to share tactics/resources they are using at home – that work!
- Updates about what's on offer in Warwickshire
- Opportunity for questions or help with something specific

Tuesday 28th March 2023

Arrive from 8:30am

Start: **9:10am**

Approx – 1.5 hours

LEARN TOGETHER



For the last 6 weeks we have been running our Family THRIVE course to some of our wonderful families.

Family Thrive is a six-week course to introduce you to the fundamentals of Thrive and how it works in practice.

Come on the course to find out about:

- The Thrive approach
- How our brains develop
- How you right brain talks to your left brain
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday trigger times and how to keep calm
- How to be a behaviour detective



To **register your interest**, please [follow the link](#) below to complete a MS Form so that we can arrange a day and time that suits you.



Our next course will be running in the Summer Term – Week beginning: 5th June 2023*

*Day/time to be decided

UPCOMING



At St Nicholas we work closely with a range of external professionals. Watch this space for a workshop running in the summer term:
Helping your child with anxiety
with the Mental Health in Schools Team

SUPPORT SPOTLIGHT FOR FAMILIES



Dream big, shine bright

St NICHOLAS
C of E Primary School, Alcester

Family Information Service

0800 408 1558

[Website](#)



We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare
- health and wellbeing

SLEEP WORKSHOP



Sleep issues are common for children and young people and can have a huge impact on the quality of family life.

This two-hour interactive workshop looks at the importance of sleep, understanding of sleep science, causes of sleep issues and strategies to help.

This session will be delivered by Warwickshire's parent programme facilitators who have been trained to a high standard by The National Sleep Charity.

To check availability and book a workshop or programme in your area please go to [Eventbrite](#).

Dream Big Shine Bright

What an achievement! Martha came first in an under 12s downhill skiing race whilst on holiday during half term.



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

Reception – Out in the Community

The children and staff in Reception have been out and about looking after our community by taking part in a litter pick.

Even reusing the bags from our surplus food collections.

Well done Reception Team!



The children at Art Club have created the most wonderful, colourful giraffe pictures using a mixture of techniques.



Art Club



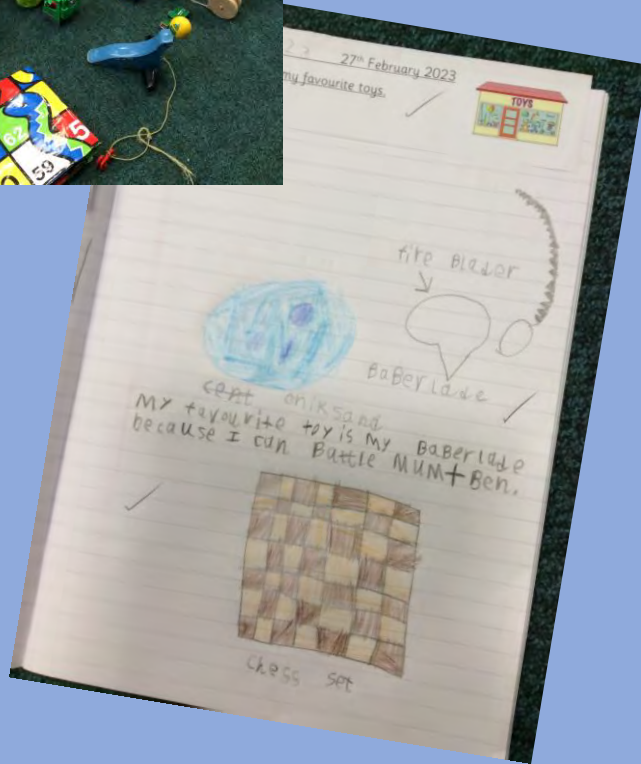
What fabulous costumes we had for World Book Day.



Well done to Esmie, Mason and Oscar. Winners of our #shelfie competition



Year 1



Year 1 have enjoyed starting their new history topic TOYS!

They have been talking about their favourite toys and sorting different toys into groups. Abigail and Jack did a wonderful job of drawing their favourite toys at home and Parker sorted his toys into 2 groups, toys with wheels and toys without.

Well done Year 1.

Year 1 have been painting beautiful meadows in Art!



*LOVE
IS...*



*FEELING SAFE
FRIENDSHIPS
BEING LISTENED TO*



*BEING WARM
YUMMY FOOD
LAUGHING
MY FAMILY*



Year 4 – Rock Heroes

Alfred and Andrew are both Rock Heroes now as they can answer questions in under a minute. They keep knocking each other off the top spot!

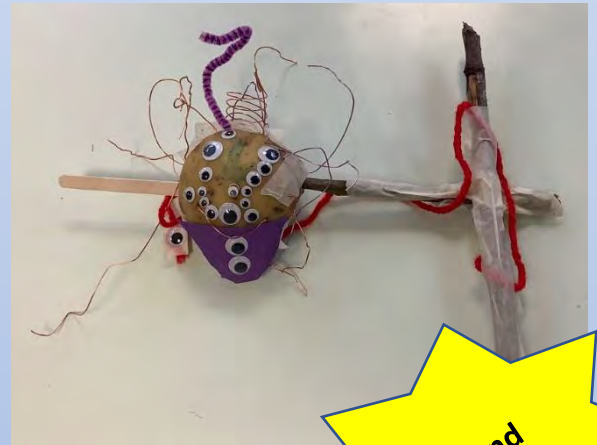
Year 4 – PSHE

In our final two PSHE lessons for our topic of Dreams and Goals this half term, we focused on working out the steps to take to achieve a goal successfully as part of a team and we identified the contributions made by ourselves and others to the group's achievements.

We held a 'funniest potato competition', where our task was to design and make the funniest potato we could with lots of different resources. The groups worked successfully as a team and the final results were hilarious!

Our last task was to vote for the funniest potato. We talked about the British value of democracy and how we all had the opportunity to have our voice heard and the right to express our own opinion.

And the results are in...





ACTIVISM IN ART



In year 6, children have analysed the work of Luba Lukova and discussed how artists can use art to portray messages that are important to them.

Pupils responded to this by creating their own meaningful art work, displaying a message that is important to them. They used a combination of skills including collage, drawing, painting and print.



JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 12

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 12th MARCH 2023**

Enquiries:

applyforjuniorbakeoff@loveproductions.co.uk

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

8th March - International
Women's Day

RELAXATION

Relaxation is when our mind and body is free from stress and tension. When we are relaxed, endorphins (natural chemicals) are released, which can make us feel more positive and happy.

Research has found that when we are relaxed and we are able to think clearly, it also helps us to focus, concentrate, sleep better, feel more confident and even boost our immune system!

Our tips for relaxation:

1- Try some **breathing exercises**, such as finger breathing or bubble breathing. Breathing exercises are great as you can do them in any place, at any time! Follow the QR codes for video guides on these exercises.



Scan for
finger breathing

2- Practice **mindfulness** by taking a break away from any screens and devices, pay attention to your surroundings and go on a walk outside to de-stress! Use your senses to help you relax too, e.g., squeeze a stress ball or smell calming smells, such as lavender.



Try bubble
breathing!

3- Listen to **music**! You could create a playlist with your favourite songs, or calming music, to listen to when you want to relax.

5- Create a **calming space** at home where you can take time to yourself, you may also want to add blankets and toys to make it more cosy!

#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.