

Friday 22nd March 2024

St Nicholas CE Primary Academy

Newsletter

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Dear Parents and Carers,

I hope this newsletter finds you well. In light of recent news coverage regarding measles we have been asked by health professionals to share some important information with you, to ensure the health and well-being of our school community is supported.

Measles is a highly contagious infection that can lead to serious complications. Studies indicate that 9 out of 10 unvaccinated children are at risk of contracting measles if a classmate is infected.

The most effective preventive measure against measles is the MMR vaccine (Measles, Mumps, and Rubella, also known as German Measles). Typically administered at 1 year old and again at three years old, the two doses offer lifetime immunity.

A shortfall in the number of MMR vaccines administered nationally has been noticed. If you are uncertain about your child's vaccination status, please check their red book or contact your GP surgery for clarification.

If your child needs to catch up on vaccinations, it can be done at any time at your GP practice, and appointments with nurses are available, making it a convenient and cost-free service provided by the NHS.

Measles often begins with cold-like symptoms, followed by a rash a few days later. Small spots in the mouth may also develop. For detailed information on measles signs and symptoms, please refer to the NHS website at www.nhs.uk/conditions/measles

Should you suspect your child has measles, please call 111 or inform your GP practice, which may conduct a phone appointment due to the highly contagious nature of the virus. **It's crucial not to attend nursery, school, work, or medical facilities to prevent the spread.** Additionally, avoid close contact with infants, pregnant individuals, and those with weakened immune systems, as they are more vulnerable to measles.

If your child is diagnosed with measles, it is essential for them to stay off nursery or school and you must notify the school. If there are other unvaccinated children who live in the house, they should also isolate in case they are infectious.

Wishing you all a good weekend

Yours sincerely

Christopher Dale
Headteacher

Dates for your diary

MARCH

Tues 26th

Road Safety

Presentation YR, 2 & 3

Y1 trip to Bedgebury

Wed 27th

Guy Bass – author to work with whole school

Thurs 28th

Easter Breakfast

END OF TERM

APRIL

Mon 15th

Children return to school

Tues 16th

National Offer Day for September 2024 intake

Attendance tea party

Mon 29th

Year 5 Medic Fitness training

Summer Term 2024

First day of term:

Monday 15 April 2024

May Day Bank Holiday:

Monday 6 May 2024

Half-term: Monday 27 –

Friday 31 May 2024

End of Year:

Thursday 18 July 2024



“Learning loving and encouraging through Christ.”

“St Nicholas Church of England Primary Academy a place where pupils always come first.” **OFSTED**

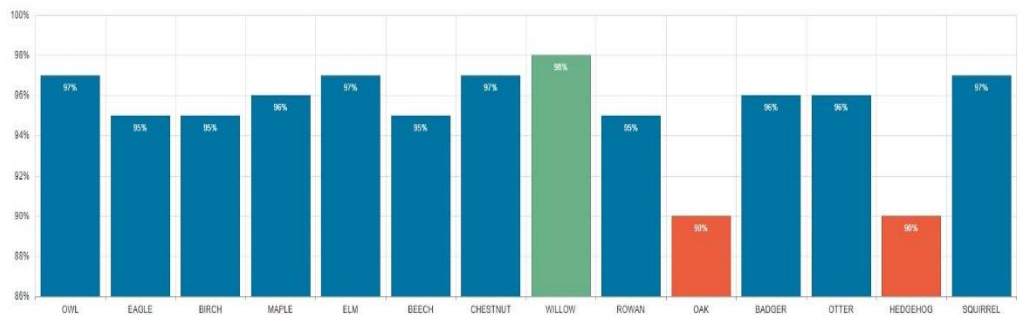


Attendance every day counts.

It is essential that your child comes to school on time every day. **Learning starts when the class doors open at 8:30am with SODA** (Start of Day Activities), some interventions start at this time and this WILL include your child at some point!

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Top attenders are:		
Year	Class	%
5	Willow	98
2	Owl	97
6	Elm	97
R	Squirrel	97
1	Badger	96
1	Otter	96
5	Maple	96



Congratulations to all the classes above with their super attendance

Thank you for realising the importance of sending your child to school every day.

Star of the Week Awards went to:



Hedgehog: Henry K **Squirrel:** Dougie B
Badger: Jessa B **Eagle:** Olly I **Chestnut:** Jacob R
Beech: Connor P **Maple:** Charlie B **Oak:** Lola B



This term's worship focus is on our value:

RESPECT

Romans 12:10

"Love each other with genuine affection, and take delight in honouring each other."

This verse shows us respect is demonstrated through our love and consideration for others



This week's birthdays:

Dollie A, Piper K, Archie T, Kenzie V, Taha H, Mason H, Jude S, Kallie-Rose W, Joshua S and Frankie W – many happy returns to you all!

Author visit to St Nicholas – Wednesday 27th March



WHO IS THIS GUY?

Hi! I'm an award-winning author whose children's books series include *Stitch Head*, *SCRAP*, *Skeleton Keys*, *Spynosaur* and lots of books that don't begin with 'S' like *Dinkin Dings*, *Anna Gain*, *Laura Norder* and *Noah Scope*. In 2010 *Dinkin Dings* and *the Frightening Things* won the Blue Peter Award for Most Fun Book with Pictures.

I have also written plays for both adults and children. I've previously been a theatre producer, illustrator, temp, gerbil whisperer and have acted my way out of several paper bags.

I spent my childhood reading comics and hoping one day to become a superhero. I spend my adulthood in more or less the same way.

I live in London with my wife and *Imaginary friends!*

Guy Bass will be visiting our school on Wednesday.

He will be around during the day for book signings - books can be purchased at the above link which also gives you more information about the books he writes

<https://littletiger.co.uk/author-illustrator/guy-bass>

Term Dates Consultation

Please find below information on a public consultation regarding Kent County Council School Term Dates for **2025-26**, **2026-27** and **2027-28**.

Kent County Council are currently consulting on school term and holiday date patterns for the next three academic years. This consultation closes on 30 April. Please visit www.kent.gov.uk/termdatesconsultation to find out more and participate in this consultation.

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Safeguarding at St Nicholas – it's everyone's responsibility.

Stranger Danger

Sadly, children may be at greater danger from people they know, from other children, or on the internet, than from the traditional bogeyman – but abuse and abductions continue to happen and it's important to teach your child how to stay safe. Rather than giving warnings about certain types of people, teach them how to identify and respond to threatening situations. Children need to understand the difference between strangers who could hurt them and strangers who may help them. Let them know who they can trust if they need help – such as a uniformed police officer or a teacher. Explain they must tell a trusted adult if they have been approached by a stranger or if they feel uncomfortable about a situation. Help your child learn to be aware of their surroundings; encourage them to trust their instincts if they have a bad feeling about a place or person; and encourage them to be assertive.

Tips when talking to your child about staying safe not scared

Try using language like this when talking to your child about staying safe:

Staying safe – “Pay attention to what people do. Tell me right away if anyone asks you to keep a secret, makes you feel uncomfortable, or tries to get you to go with them.”

Going somewhere with someone – “It's important for you to ask me and get my permission before going anywhere with anyone.”

If you have a problem – “Don't approach just anyone – if you need help, look for a uniformed police officer, a store clerk with a nametag, or a parent with children.”

Avoid using language like this:

“You can tell someone is bad just by looking at them.”

“Stay away from people you don't know.”

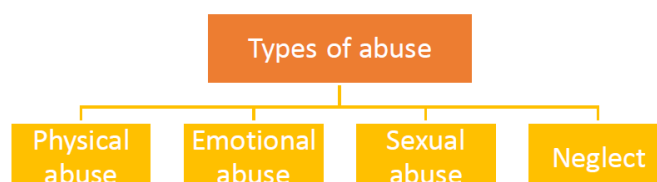
“Never talk to strangers.”

What is a Designated Safeguarding Lead (DSL) ?

Each school must have an appropriate senior member of staff to take lead responsibility for child protection. Key aspects of the 'Designated Safeguarding Lead' role include:

- Making sure all staff are aware how to raise safeguarding concerns
- Ensuring all staff understand the symptoms of child abuse and neglect
- Referring any concerns to social care
- Monitoring children who are the subject of child protection plans
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring they are implemented and reviewed regularly

Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection – when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At St Nicholas we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.



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Online safety – What parents need to know.

At St Nicholas CE Primary Academy we like to support our families with online safety matters. Each week, we post a new item with the most up to date information to help you keep your child safe

Help and Advice

Screen Time & Healthy Balance

Screen time is any amount of time spent in front of a screen on any device.



What is screen time?

Screen time is any amount of time spent in front of a screen on any device. Digital devices provide many great opportunities for the whole family, including activities for learning and creativity, as well as entertainment and enjoyment. During the Covid-19 pandemic, these benefits became even more important and screen time increased. However, we hear from parents and carers that managing screen time can be a source of conflict with their children. When it comes to children and technology, parents and carers have long been asking the same question:

How much screen time is OK for my child?

The Royal College of Paediatrics and Child Health (RCPCH) have produced guidance for screen time for under-18s. Drawing on research and studies on the impacts of screen time, they have concluded that there is no 'recommended' or 'set amount' of time that children should be limited to on devices. Instead, the focus should be on ensuring that time spent on devices does not replace sleep, exercise, or family time. They advise that devices should be avoided in the hour before bed to promote healthy sleep

SCREEN TIME PARENT GUIDE

- BE A DIGITAL ROLE-MODEL**
It's not just children who are susceptible to the persuasive design of Social Media and games. Anyone can find themselves swiping through a newsfeed for longer than they intended, or using their smartphone before bed or during meal times.
Children are looking to us to learn behaviours, and the addictive nature of smart phones is a societal challenge. Lead the way by limiting your own screen time and demonstrating positive digital habits.
- BE MINDFUL OF THE IMPACTS OF SCREEN TIME**
It can be useful to reflect on how our children's use of technology may be impacting them. To get started, try writing out an answer for each of these questions:
What impact is screen time and technology usage having on my children?
How are we currently using technology in the household?
What would I like to change about we use technology as a family?
Is our use of technology impacting our sleep?
If these questions raise concerns for you, think about the areas that you want to make changes.
- 13+ DECIDE AGE RESTRICTIONS IN ADVANCE**
If your child is using a Social Media platform such as Instagram or TikTok, it may be difficult conversation to ask them to delete it once they have already started using it.
Instead of this, decide in advance what age you would want your child to be before they access a certain app or game.
- CREATE A FAMILY AGREEMENT**
Creating a family agreement is a fantastic way of setting boundaries and clear expectations around screen time. This can include the amount of screen time that would be appropriate each week, along with when and where this will take place.
Get everyone to sign the agreement. Display the agreement where everyone can see it.
This family agreement can then act as a reminder of the boundaries that you have put in place to ensure healthy use of technology.
- USE DIGITAL WELLBEING SETTINGS**
Increasing social media apps are introducing wellbeing and screen time features. For example TikTok has Digital Well-Being features that allow you to limit screen time, and set restricted mode.
Instagram has a 'Your Activity' section, this allows users to see how much time they are spending on the app. You can also mute Push Notifications and set reminders to help users to limit time spent on the app.

OpenView Education
TRAINING THROUGH THEATRE
Access more resources at openvieweducation.co.uk

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The children in Year 5 had such a fantastic day earlier this week being transported back to 500BC. The children took part in games, solved puzzles, handled Greek armour and weapons, heard and recreated legendary stories and even took part in a traditional Greek Olympic games!

The children have learnt so much and have some weird and wonderful facts that I'm sure they'd love to share with you.

Year 5 Ancient Greece Day



Head Lice

Some children across the school have been reported to have head lice. Please check your child's hair tonight and for the next 7 days to make sure there are no eggs hatching. You may wish to use conditioner and run through the hair using a fine-tooth comb.

Unfortunately, this is a common problem in all schools. It helps to keep all long hair tied up to prevent the spread. Legally the school cannot check children's hair or send a pupil home if they have head lice. Nor is headlice treatment a valid reason for a child's absence. It is important therefore that all parents are vigilant and act quickly and treat the whole family if head lice are found. Thank you.

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2022-2025



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