

Friday 8th March 2024

St Nicholas CE Primary Academy

Newsletter

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Dear Parents and Carers,

It has been another very busy week at St Nicholas with huge amounts going on over the course of the last week. Year R have entertained the Tiger Who Came to Tea, Year 4 have enjoyed Pop Lacrosse in PE and the many different activities as part of book week which the whole school took part in over the week. I hope you enjoy seeing some of these events in this week's newsletter.

Mothering Sunday – This weekend

On **Sunday 10th March, 10:30am** we will be taking part in the Mother's Day service at St Nicholas Church and hope you will be able to join us. The children have been working really hard to learn their songs and poems for all the mothers. It is always a lovely service and all the children have a part so it will be lovely to see as many mothers there as possible. There will be tea and biscuits in the church afterwards. Hopefully you will be able to spot the portrait your child has drawn while in church and read their poems or prayers. Children do not have to wear uniform at this event.

Science week

Next week sees the start of Science week across St Nicholas. The theme for British Science Week 2024 is 'time'. This year is extra special because it is the **30th anniversary** of British Science Week!

There are examples of time everywhere – it affects every part of our lives. That's what makes it such an exciting topic for this year's British Science Week!

Yellow Zig-Zags

We have noticed some incidents of unsafe and illegal parking outside school (for example, cars parked on the yellow zig-zag lines along Fairfield Road). Please could we remind parents & carers to park safely and considerately when dropping off and collecting children from school. We would ideally request that you park away from the school and ask your children to walk a short distance to or from school to reduce congestion. Thank you for your support.

Have a lovely weekend!

Yours sincerely

Christopher Dale
Headteacher

Dates for your diary

MARCH

Sun 10th

Mothering Sunday

Church service – St Nicholas Church @ 10:30am

Mon 11th

Whole school Science week

Wed 13th

9:00am MAF assembly
10:00am Governing Body Meeting
Y4 Pop Lacrosse

Fri 15th

Whole school - Comic Relief Day; wear something **red**
Y4 Golf

Tues 19th

Y5 Ancient Greece Day

Tues 26th

Road Safety presentation
Y1 Trip to Bedgebury

Wed 27th

Guy Bass – visiting author to work with whole school

Thurs 28th

Easter Breakfast – more information to follow

END OF TERM

APRIL

Mon 15th

Children return to school

Tues 16th

National Offer Day for September 2024 intake
Attendance tea party



"Learning loving and encouraging through Christ."

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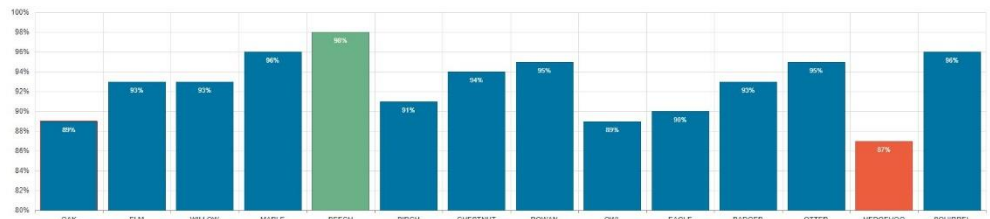


Attendance every day counts.

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	%
4	Beech	98
R	Squirrel	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.

This week's birthdays



Daisie B, Leia T, Jaxon C and Ella I – many happy returns to you all!



Happy Mothers Day to all of our mothers and mother figures!



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

Red Nose Day 2024 – Friday 15th March.



Next Friday we are raising funds for the national Comic Relief / Red Nose Day.

We are inviting families to send their children into school dressed in red for a donation of £1 for this worthy cause. The school council will also be selling Red Nose Day biscuits after school.

We do hope you will be able to support this worthy cause.

Year 5 Parents - Key dates for the Grammar school process - September 2025.

Every year Kent publishes details for the Co-ordinated Scheme for Transfer to Year 7 in Secondary Schools in September 2025. Year 7 applications are normally for children born between 1 September 2013 and 31 August 2014. The Key Scheme dates are;

Key Action

Registration for testing opens

Closing date for registration

Application for Secondary Transfer opens

Test date for pupils in Kent Primary schools

Scheme Date

Monday 3 June 2024

Monday 1 July 2024

Monday 2 September 2024

Thursday 12 September 2024

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

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help.

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at

<https://www.ceop.police.uk/safety-centre/>

Devices before bedtime affecting your child's sleep quality?

Given the importance of sleep for a child's mental and physical health, ensuring that children are consistently getting enough sleep at night is critical. Experiments confirm that the blue light emitted by electronic screens can reprogram the brain to delay the onset of sleep. If you are concerned about the impact of your child using a device before bedtime and the effect it may be having on your child's sleep, there are a number of steps you and your child can take. Start by trying the following interventions:

- 1) Set a technology curfew. Establish a nightly routine that involves ceasing the use of technology at least one hour before bedtime. Plan in other calming activities like reading or colouring.
- 2) Create technology-free zones. Store phones and other devices outside of the bedroom. It reduces the temptation to use devices before going to sleep and eliminates the possibility of being woken up by texts, calls and other alerts.
- 3) Alter settings. Many electronic devices include options for 'night mode' or 'dark mode' that change the screen background to black, reducing blue light exposure.

Are your contact details up to date?

It is vitally important that if you change your home phone or mobile number; email; address; names of contacts, that you let the school know as soon as possible, so we have the most up-to-date contact details. The school must also have more than one contact in case of an emergency.

Thank you.

For safeguarding emergencies after 4.00pm, during the school holidays and at the weekend, please contact:

**03000 411111 or
Out of Hours 03000
419191**

Lent fundraising activities.

Our **Easter egg raffle** has started. **Raffle tickets are 20p each.**

Classes are also being challenged to collect as many 10p's as possible to take part in the coin race which, weather permitting, will be on the last day of term.



Year R – The Tiger Who Came to Tea

The Year R children have enjoyed making their own sandwiches ready for a picnic with the Tiger. They made their own sandwiches from scratch and showed excellent manners during their picnics this week!



Mission Aviation Fellowship UK

This year, our children voted to support Mission Aviation Fellowship (MAF) UK. MAF uses planes to transform the lives of the world's most isolated people in need. They fly to overcome the barriers of jungles, mountains, swamps and poor roads to serve around 2,000 relief and mission groups. With a plane taking off or landing every 4 minutes, the need is huge. Last week children took part in a non-uniform event for this cause and we would like to thank you for helping us to raise **£313.95 – THANK YOU!**



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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

PEGI ratings for games can be a bit tricky to understand.

To help, we've explained what the most common ratings mean so **YOU** can decide if the game your child wants is suitable for them.



Game is considered suitable for all ages. Comical violence.



May contain some frightening scenes. Violence is unrealistic and directed towards fantasy characters.



Slightly more realistic violence. Mild language used by characters. Sexual posturing and innuendo feature.



Violence towards human characters, including death. Sexual activity within game, but no visible nudity. Use of alcohol, drugs and tobacco by characters.



Adult classification. Violence, death and destruction within game. Characters may glamourise drugs, alcohol and crime and use expletives throughout.

SETTING UP PARENTAL CONTROLS ON YOUR CHILD'S MOBILE

If you do not have the same mobile phone as your child, and therefore are unable to use Google Family link or Apple Family Sharing, then you can set restrictions on your child's device instead.

Apple devices:

To set up restrictions on your child's device directly (rather than using an app) then follow the instructions on the link below:

<https://support.apple.com/en-us/HT201304>

The instructions will show you how to get to the settings on your child's phone and then how to set restrictions such as restrict content, schedule downtime, set time limits for apps. You will need to set a passcode 'use a screen time passcode' to ensure changes cannot be made after you have set them.

Android devices:

As with the above link, this link shows you how to set up parental controls on the device itself by creating a PIN:

<https://support.google.com/googleplay/answer/1075738?hl=en-GB#zippy=%2Cfor-family-members-who-manage-their-own-accounts>

A Gaming Console

Does your child have a gaming console? If so, have you set up appropriate parental controls? Some examples of the parental controls available are:

- Set age restrictions,
- Set daily limits,
- Control chat and messaging,
- Set spend limits.



How can I block/report other players?

If your child is playing with other players, then please ensure they know how to report/block other players and to tell a trusted adult if they do come across anything upsetting or that they are unsure of. This link details how to do this based on a PlayStation device:

<https://www.playstation.com/en-gb/support/account/block-players-psn/>

What games are suitable for my child?

PlayStation have included a list of games along with their age rating to help you find a game that may be appropriate for your child to play.

<https://www.playstation.com/en-gb/editorial/great-ps4-games-for-kids-and-families/>

Whilst age ratings do allow you to see if a game may be appropriate, it is also important to review the game yourself and see if it includes additional features such as chat. This will allow you to make an informed decision as to whether it is suitable and if you need to apply further parental controls.

Further information

You can find out more about the controls available here:

<https://www.playstation.com/en-gb/parental-controls/>

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World Book Day - March 7th 2024

This annual celebration of authors, illustrators, books and the joy of reading is one of the highlights of our year at St Nicholas Academy!

World Book Day provides a fantastic opportunity to focus on reading for pleasure, supporting children's autonomy in book choice, and embedding a habit of reading that brings a wide range of benefits.

We're always hugely excited to work with our friends at **World Book Day**, the charity whose mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own.

I am delighted to share some of the feedback with you that Mrs Lilly received from a Y2 parent (blue textbox on the right)

The children looked wonderful in their costumes and the Year 6 children read beautifully at the hot chocolate & story night.

I saw this online this morning and thought you'd appreciate it too.

Also, whilst I'm here, thank you for all your hard work this world book day, the children are having a fantastic time and my boys have loved reading even more than usual, it's been a great excuse to read new books they bought yesterday and pull out some old books that have been stuffed on shelves and in drawers. Have a great day x

There are few things more precious than curling up at bedtime and reading a book with your child. It is pure magic to watch them fall in love with different characters or lose themselves in a make believe world and to hear them ask for another page of two. Books ignite their imagination and create wonderful childhood memories.♥



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Sleep advice for parents

Helping your child to get a good night's sleep is probably one of the most important things you can do for them, because achieving good quality sleep will not only improve your child's physical health, but also their educational,

social and emotional well-being.

Having a bedtime routine and a set bedtime can help your child to understand what to expect and how they should behave. A routine can begin 30 minutes to two hours before bedtime and can include activities to help wind down, such as a warm bath/shower or reading a story.

Sticking to a set pattern each night will help your child to settle before bed and give them the time to calm down before sleeping. Going to the toilet as the last task before getting into bed can also help prevent your child from needing to get up in the night time.

Your child's age	Recommended sleep time in 24 hours
Infants 4 to 12 months	12 to 16 hours including naps
Children 1 to 2 years	11 to 14 hours including naps
Children 3 to 5 years	10 to 13 hours including naps
Children 6 to 12 years	9 to 12 hours
Teenagers 13 to 18 years	8 to 10 hours

The chart above gives an indication of the amount of sleep your child needs on a regular basis to keep them healthy. If you would like more information see the link below.

[Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](https://gosh.nhs.uk/sleep-hygiene-in-children-and-young-people)

COMPUTING PIONEERS

MARGARET HAMILTON

Margaret Hamilton helped send people to the moon! She is an incredibly clever software engineer who **made specialised computer programs for NASA's Apollo missions**. Born in the USA in 1936, her job was to make sure the computers on the spaceships worked perfectly. Margaret's work was so important because without it, astronauts might never have been able to safely explore space and reach the

moon in 1969. She even created the term "software engineering" to describe her job - a title that is still used today to describe people who code for a living. Thanks to Margaret Hamilton and her team, the Apollo missions were a success, and we learned a lot about space!



"Be persistent and never give up on your dreams."

Contact details:

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