



Friday 9<sup>th</sup> May 2025

St Nicholas CE Primary Academy

# Weekly Newsletter

Headteacher: Christopher Dale

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Dear St Nicholas CE Primary Academy community,

What a whirlwind of activity we've had at St Nicholas this week following the Bank Holiday! Our school has been abuzz with excitement and learning, and I'm thrilled to share some highlights with you all.

This week we've been commemorating the 80th anniversary of VE Day, and our pupils have truly embraced the spirit of remembrance and celebration. Our Year 5 and 6 pupils had the wonderful opportunity to visit the Hub, where they engaged in heart-warming conversations with residents about life in wartime Britain. It was a precious moment of intergenerational connection, and we're immensely grateful to the Hub for hosting us.

The festivities continued with our very own VE Day tea party on Thursday. It was quite a sight to behold as we served over 400 meals to our children simultaneously! I must extend a special thank you to Mrs Lucas and her dedicated team, along with our staff, for orchestrating this logistical marvel so seamlessly. Their efforts ensured that our pupils could fully immerse themselves in this historical celebration.

On the sporting front, I'm bursting with pride to announce that our Girls Herald Cup football team has triumphed once again! In an away match against Hythe Bay on Wednesday, our girls secured their biggest win yet! This impressive win propels them into the semi-finals - the last four of the competition. Let's all rally behind them as they prepare for this next exciting challenge. Well done girls!

Looking ahead to next week, our Year 6 pupils will be sitting their SATs. To those participating in the early morning SATs breakfast, we look forward to welcoming you at the office entrance from 8:00am on Monday. Your dedication is admirable, and we're here to support you every step of the way.

It's also an exciting time for our Year 4 pupils as they prepare for their overnight residential next week. I'm sure both the children and parents are brimming with anticipation for this adventure.

Lastly, a gentle reminder to our Year 5 parents: registration for the 11+ testing opens on Monday 2 June 2025 and closes on Tuesday 1 July 2025. Please make a note of these important dates.

As always, it's a joy to see our St Nicholas family thriving in so many ways. Whether it's embracing history, excelling in sports, or preparing for new challenges, our pupils continue to make us proud every day.

Christopher Dale – Headteacher

## Dates for your diary

### MAY

#### Mon 12

- Year 6 SATs week all this week
- Year R to the Old School gardens

#### Tues 13

- Year 4 Beech class at Kench Hill
- Year 2 stone age cooking workshop

#### Wed 14

- Year 4 Beech class at Kench Hill

#### Thurs 15

- Year 4 Birch class at Kench Hill

#### Fri 16

- Year 4 Birch class at Kench Hill
- 6 Ways to Wellbeing Day – whole school

#### Mon 19

- Year 4 swimming - Beech

#### Wed 21

- National Numeracy Day
- Year 5 group 5 water sports – windsurfing

#### Thurs 22

- 9:15am Year 2 & 3 Ascension Day service at Church
- PTA meeting at 2pm

#### Fri 23

- Year 6 – beach visit
- End of term

### JUNE

#### Mon 2

- Return to school
- Year 5 Registration for 11+ test opens
- Year 4 Swimming - Beech Class
- Year 1 & 2 Tennis at Hythe



*“Learning, loving and encouraging through Christ.”*



*“St Nicholas CE Primary Academy,  
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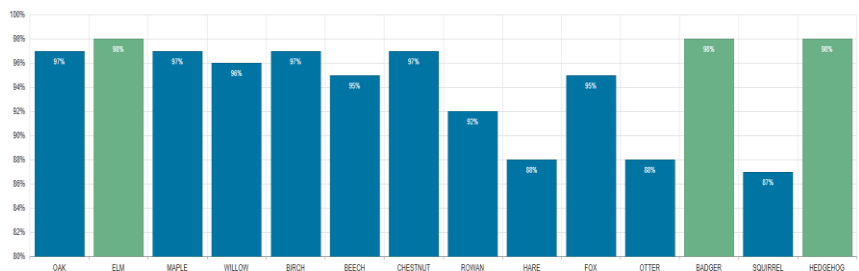


## Attendance every day counts.

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	%
R	Hedgehog	98%
1	Badger	98%
6	Elm	98%
3	Chestnut	97%
4	Birch	97%
5	Maple	97%
6	Oak	97%



*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 Award



**Star of the week awards went to:**

**Hedgehog:** Bella A, **Otter:** Hugo W, **Fox:** Cal C, **Chestnut:** Samuel E, **Birch:** Beau W, **Willow:** Disney J, **Elm:** Amelia P



**This week's birthdays:**

Jerusha J, Sienna M, Arnie L, Isaac S, Henri E, Hannah F, Megan D and Henry K – many happy returns

all!

you



This term's worship focus is on our value:

**PERSEVERANCE**

**1 Chronicles 16:11**

**"Seek the Lord and his strength; seek his presence continually!"**

### Parent Governor Election

There is currently a vacancy for a parent governor on the governing body, and an election will take place shortly. Any parent who is elected must have a child at the school at the time of the election, but may continue to serve as a governor for 4 years if s/he wishes, even if his or her child leaves school during that time.



Being a parent governor requires time, energy and commitment.

The role provides strategic support for the school. Parent Governors are very important in the life of the school: they need a strong commitment to improving outcomes for children, the inquisitiveness to question and analyse. You will need some time to offer during the day and in the evening and a willingness to learn. Training is available as are expenses for your travel to this training.

The main thing needed is a passion for making a real difference to our community. Please see the letter accompanying this newsletter if you are interested and do not hesitate to speak to me, or any of the governors, or Headteacher at the school if you would like to know more about the role.

Thank you

**Lyn Edwards – Chair of Governors**



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## PTA – Summer Fayre 2025



We are looking forward to seeing many of our parents and family members at our **PTA Summer Fayre planning event on Thursday 22nd May at 2:00pm**. We would like to make this our most successful PTA Summer Fayre ever!

When you support us, you're not just baking a cake, attending an event or giving up your time by volunteering – you're buying equipment for your child to use at break times, technology for their classroom, books for the school library and fun learning experiences. You're also making new friends, strengthening the school community and helping to make your child's school an even better place. It's great for the kids too – there's a direct link between parental involvement at school and how well children do. Being involved in the PTA not only improves your child's school, it makes you an excellent role model

If you think you will be able to help on the day. Want to be part of the organizing or support with ideas for the event we would love to hear from you. **Come and join your PTA.**



This week the children have taken part in a variety of events to mark the VE Day 80<sup>th</sup> anniversary. Yesterday the children started the day with a service of Thanksgiving with Rev Chris. We also had our own whole school VE Day 80th street party with over 400 children having dinner outdoors. We had bunting, war time songs and a great afternoon of activities to support our learning.

On Thursday children from Year 5 & 6 visited the Community Hub today to chat to all the users. The children and the adults had a great time: talking, laughing, drinking juice and eating biscuits together. The children enjoyed a good sing along to finish up with. We were very proud of them all



## INTERNET SAFETY UPDATE FOR PARENTS

### Roblox

In 2024, Roblox rolled out more than 40 safety updates. These included built-in protections for our youngest users, new content labels, and limits on how users younger than 13 can communicate. Now, they have launched three additional tools for parents and carers. These tools include:



- Limiting who your child can connect with.
- See which experiences (games) your child plays the most.
- Limit experiences your child can access.

There's a lot more information about these new features in this article from Roblox, including videos and screenshots about how to set up this additional protection. Take a look at the article here for more details and guidance >>> [New Tools for Parents to Personalize Their Child's Experience on Roblox](#)

You can also download a copy of the Roblox #WakeUpWednesday poster we shared in March here>>> [2025-03-12 What parents and educators need to know about Roblox \(2025\).pdf](#)



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### **SEND update from our Head of Inclusion - Mrs Starmer-Smith**

*I am often asked for tips on supporting children's behaviour. Nutrition is a good place to start. What, and how, children eat can affect their mood, behaviour and learning. The best diet for good mood, behaviour and learning is one that includes a regular eating pattern and a variety of food.*

#### **Eating a varied diet**

We need many different nutrients in our diet to support our brain. These include vitamins, essential fats and amino acids (found in protein). The best way to get them is by eating a varied diet.

#### **Eating regular meals**

Eating regular meals helps to regulate blood sugar. For this reason, poor mood and behaviour are often observed in children who have been without food for too long (for example, children who haven't eaten breakfast).

#### **The importance of specific nutrients for the brain**

Some nutrients seem to be particularly important for the brain. These include minerals like iron, zinc, magnesium and iodine; vitamin D; B vitamins and omega-3 fatty acids.

#### **Vitamin D and omega-3**

There is some evidence that vitamin D and omega-3 supplements can help with mood or attention in some vulnerable children. This is not surprising because both children and adults in the UK often have low levels of these nutrients. Omega-3 supplements may improve attention in ADHD and irritability in autism.

Vitamin D may help reduce irritability and hyperactivity in autistic children. It may also improve inattention in children with ADHD, especially if they are deficient.

The best ways to get enough of vitamin D is to expose the skin to sunlight in the summer months (without burning). Most children would benefit from a vitamin D supplement.

#### **The importance of dietary fibre for mood and learning**

It is well known that fibre is important for gut health. It also seems to help regulate blood sugar, which may help with mood and attention.

The positive effects on mood and attention of eating a meal, may last for a shorter time if there is less fibre. This may be why children have been shown to perform better in tests of attention and memory, two hours after a high fibre breakfast cereal, when compared to a high sugar, low fibre one.

#### **What does an adequate and varied diet look like?**

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For most children over two years of age (and adults), if they are including a variety of foods from each of the food groups of the Eatwell Guide on a daily basis, they are likely to be getting most of what they need.

### Top tips

- Eating a wide variety of nutritious foods helps mood, attention and learning.
- Eating regular meals also helps promote good mood and attention.
- Including foods that are rich in dietary fibre may also help.
- Nutritional supplements may help some children. This is especially true when the diet is low in any particular nutrients.

Information taken from *The Association of UK Dietitians*



### FOOTBALL SUCCESS

On Wednesday, our Girls Herald Cup team played in the quarter finals away to Hythe Bay. After an intense 50 minutes they walked away with their biggest win yet, which takes us through to the semi-finals for the third time in four years.

We would like to pass on our congratulations to all involved. Well-done team St Nicholas!



**Year 1 parents** - Phonics Screening Check Meeting on Wednesday 14th May following the Stay and Read session at 9am.

**WHY NOT GIVE SCOUTING A TRY?**



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## 1st New Romney Scout Group



### Taster Sessions

Contact Janet

07460 872476

Beavers age 5+ - 8 years –  
Tuesday 5pm - 6.15pm

Cubs age 8 – 10 years –  
Monday 6.30pm – 8pm

Scouts age 10½ - 14 years  
Tuesday 7pm – 8.30pm

Explorers age 14 – 18 years  
Tuesday 7pm – 8.30pm

Marshians -District Explorers –  
fortnightly @ Dymchurch & Lydd  
Thursday 7pm -9pm

Opportunities to go Hiking;  
Camping; Watersports & complete  
Duke of Edinburgh Award

**Beavers & Cubs –**  
Come & try the Scouting  
Adventure – Bring a supporting  
Grown Up with you. . .  
We look forward to meeting you



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