

# The St Nicholas Post

Dear Parents and Carers,

20th January 2023

What a frosty and very cold start to the year—I hope you are all keeping warm. We have even allowed the odd radiator to be on in school. A really big well done to our youngest pupils who have been coming into class more independently. They have been amazing and we are so proud of them. We hope you are finding the 'Goodnight, Sleep Tight Challenge' useful for bedtime routines and it is making for a better start to the day as well as encouraging good reading habits. It is our aim to utilise every opportunity to improve children's outcomes and these wider challenges and activities provide excellent opportunities to get you involved too: a very big thank you—we can't do it without you :)

Mrs Kennedy

Talking of which...

## Have you heard the Buzz?



Our Spelling Bee will be the Bees Knees!

This week you child has brought home a list of words to learn for St. Nicholas-at-Wade Spelling Bee. The first round will be held in your child's classroom. Children will be tested on the words sent home and the top 3 scores from each class will go through to the School Final. The class winner from the School Final will go through to represent the school at an inter- school final.

Dates:

3rd February – Class Spelling Bee Competition

10th February – School Spelling Bee Competition

20th March – Inter School Spelling Bee (hosted at Monkton C of E Primary School)



## Tennis—£4 for 4 weeks!

Infinity Tennis' January Sale is in full swing with many children and parents benefiting from the £4 for 4 Weeks Ultimate Trial. This offer gives everyone the opportunity to sample tennis at Margate and Broadstairs Tennis Clubs fantastic coaching programme for 4 consecutive weeks. We accept children from 4yrs old through to 18 and we even lend out rackets too! Here is the link to the offer:



<https://goteamup.com/p/4066979-infinity-tennis/memberships/124722/>  
or feel free to mail [gavidvickers@infinity-tennis.co.uk](mailto:gavidvickers@infinity-tennis.co.uk)



# D—I—S—C—O

We are D, Decisive, We are I, Inquisitive, we are S, Super active, we are C, full of Courage we are Ooooo, ooooo, ooooo ..... It's the St Nicholas at Wade School disco, run by the PTFA—please get your tickets from the school office.

Friday 3rd of February:

Years 2—3, 4:30pm-6:00pm

Years 4—6, 6:30pm —8:00pm

## Safer Internet Day 2023

This year Safer Internet Day is Tuesday 7<sup>th</sup> February. We will be marking this within school and exploring this year's theme, which is **'Want to talk about it? Making space for conversations about life online'**. We will engage in discussions and activities which will involve the children identifying what online activities they like or dislike as well as posing the question of what they would change about their online world and online use. As a parent or carer you play a key role in helping your child to stay safe online please explore this topic of conversation with your child at home.

### WHEN?

Safer Internet Day takes place every February



For further guidance and support please take a look at the Safer Internet Day website: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Watch **'The Social Dilemma'** on Netflix. As a parent, I highly recommend this documentary, it is so revealing and really demonstrates how social media's design nurtures addiction to maximize profit and its ability to manipulate people's views.



Social media chief executives reveal how they don't allow their own children access to the platforms they create.

## Moon Zoom!

Continuing to figure out the mystery of the alien landing on the school field the children have been in touch with alien life form who have been asking for their help for a safe return home! They were asked to create an electric circuit to light a bulb on the space ship—of course the clever and very electrically minded year 1 and 2 children soon had lights flashing!

## Traders and Raiders!

Year 3 have been making Saxon shields to get them hooked for their topic—traders and raiders. The children were incredibly creative and there was a variety of designs, each child was very proud of their work and we were too!



## The Heart of the Matter!

Year 5 and 6 have been examining real pigs' hearts. From this first hand experience they will learn about the different structure of the heart and their functions they will also make observational drawings. These opportunities enrich the experience for our children and for some may even spark a passion that lasts long into their futures.

**Don't forget to keep up to date with what your child is doing by using the website to access the class pages:**

<https://www.st-nicholas-birchington.kent.sch.uk/class-pages/>





# Working together to be the best we can be: Get involved in our Parent Workshops



## Parent Workshops

Online sign up forms will be sent to you - also bookable at the school office

Friday 20th January 2.30pm	Supporting Positive Sleep Habits in Children	Miss Baptiste & Ms Kent
This workshop will explore strategies you can use to support healthy sleeping habits in children. We will also signpost further resources to support as well as offer advice around referrals to other agencies who can offer more specialist support.		
Wednesday 25th January 2.30pm and 6pm	EYFS and KS1 Maths	Miss Buckley
This workshop will give you an understanding of mathematical concepts taught in EYFS and KS1 as well as an understanding of calculation methods.		
Tuesday 7th February 9-11am	Supporting your child's residential trip (Y6 Parents)	EWB Team & Ms Kent
This workshop will support you with strategies around developing independence and resilience so that your child gets the most from the trip. We will also discuss some worries you / your child may have about being away from home and how a stepped approach can support this.		
Wednesday 22nd February 2.30pm and 6pm	Year 2 SATs	Miss Buckley & Mrs Adams
This workshop is for Year 2 parents. The workshop will explain the expectations of KS1 SATs as well as strategies to support your child.		
Tuesday 28th February 2.30pm and 6pm	Zones of Regulation	Ms Kent
This workshop will explain the principles of Zones of Regulation and how it supports children's self-regulation.		

## Understanding your Child's Unique Needs

We are very lucky to have an Emotional Wellbeing Practitioner as part of the St Nicholas team, please do take advantage of the fantastic workshops on offer—provided by the team and the NHS.



### Online Parent Workshops

Aimed at parents of children in primary school and year 7




Understanding Autism in Children	02/02/23 5.30-7.30pm
Supporting Your Child with Worries & Fears	07/02/23 10-12pm
Understanding Resilience in Children	27/02/23 5.30-7.30pm
Understanding Your Child's Behaviour	15/03/23 10-12pm
Understanding Sleep and Autism	22/03/23 12.30-2.30pm
Understanding ADHD in Children	30/03/23 5.30-7.30pm

Our online workshops offer information around key topics to help understand what is going on for your child and strategies to support them, based on the latest evidence and practice.

If you would like to join, please raise your interest with your child's school so that they can send you the link. If you have any questions please speak to your child's school.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet.

We look forward to meeting you.



You are the most important people in your child's life—so a strong positive relationship between us is crucial in making sure children are happy and thrive at school. A few tips:

### 1 Listen to them read

This is so important - even if it's a book they've already read, or you read some, they read some. Share books together, make it enjoyable.

Model reading: It is so vital



### 2 Try to find out about their day

You'll be met with the inevitable 'nothing'.

Ask questions around it:

What sound did you do in phonics?

Who did you play with? What made you proud today? What did you learn in maths?



### 3 Don't push if they won't tell you

Try feeding them before you ask them. Wait a while and try a different question later. They may need some down time before they talk to you about their day.



Chose your time :)

### 4 Home work—if it's a battle, stop

It doesn't help anyone to have a screaming session regarding homework. If it is causing your child to be upset—stop and talk to the teacher about it. It can be hard enough fitting it into busy family life without tears—sometimes from both parties!



### 5 Get both sides of a story

If your child has come home upset, of course you want to know why. Ask the school for their view. Children don't always tell it exactly how it was. When we work together we will more likely have all the information.

### 6 Use our website

Our website has lots of resources for you to support your child. Like the calculation policy, reading suggestions and questions to support reading. Videos, links and dates for you to attend workshops.

<https://www.st-nicholas-birchington.kent.sch.uk/>

### 7 Raise a concern early

Don't let it fester! We don't want you to have a niggle that could grow. Talk to us straight away, a 5 minute chat could save a lot of worry later. We want to resolve issues as much as you—but we need to know them.



### 8 Ask how you can help

We are always happy to pass work your way! Be specific, ask about a particular subject, how can I help with their spelling? What can I do to help their adding? What vocabulary do they need for this topic? What sounds are they finding hard...

### 9 Don't moan in front of the children

We are all allowed to have a moan—I know I did about my children's schools (only occasionally)

Don't let the children hear, they listen to everything and it shapes their view of school. We must be a team and be seen to be a team.



### 10 Remember...

We want the same as you! Happy, safe children who learn and work hard. A school where kindness is the default and our school family is united.

**We may not always get it right, but we never, ever set out to get it wrong.**