

The St Nicholas Post

Dear Parents and Carers,

7th January 2025

Happy New Year! I hope that you had a wonderful Christmas break with your loved ones.

I am delighted to report that the children have returned to school brimming with enthusiasm for their learning. It has been wonderful to walk into every classroom and find it calm and purposeful, where all the children are able to thrive.

As we embark on this new year, it presents an opportune moment for reflection. We take this time to review our provision, ensuring that we remain true to our values, continue implementing strategies that work effectively, and seek avenues for improvement. Your insights are invaluable to this process, and it is our firm belief that working collaboratively with you will enable us to enhance the educational experience we provide.

To that end, I would be grateful if you could take a few moments to complete this [online form](#). Your feedback will assist us in understanding your perspective of St Nicks.

Mrs Kennedy

Good Night, Sleep Tight Challenge

We are aware that during the festive season, routines can often become disrupted. To help re-establish these routines we are pleased to bring back the, '[Good Night, Sleep Tight Challenge](#)'. This initiative is designed to encourage daily reading habits and promote healthy sleep routines, both of which are vital components in supporting the children's academic progress, mental health and their behaviour and attitudes. Your Child will come home with the sheet to be completed on Friday.

Sleep Workshop
16th January 2:30pm, in the
Library with Miss Baptiste

Check bookbags.
Get spares from the
office or follow the
link above

Bedtime Book!
Reading in bed will mean that children are coming down and turning off the lights at the same time so this is such an important part of the routine! With this in mind the challenge includes reading as part of the nightly routine: 20-30 minutes for children in years 3-6 and 10-20 minutes for years R-2 by 10th May.

Reading Matters!
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Why is sleep so important for our children?
That sometimes bedtime can be a tricky time routine which settles children sleep can make all the difference to a being. Sometimes, children seem to not sleep, at times, it might feel but...
If your sleep in children have less sleep than the recommended amount of sleep. Anywhere between 10-12 hours is needed for primary aged children.

NO PHONE ZONE
Make bedtimes a tech free zone!

Good Night, Sleep Tight Challenge
Name _____ Class _____

Have a healthy bedtime routine. You must go to bed at the bedtime that your adult tells you! Every night for the next 5 weeks you need to write how long you read for and what time you went to bed! To show that we completed the challenge, your parent or guardian must sign at the end of the week. Remember practice makes permanent so practicing this for 5 weeks will help you to set good habits. Start the Challenge on Monday the 5th February.

All entries will receive 5 house points and a certificate. Entries will be placed in a draw. Two boys and two girls will be selected from all returned challenges and will receive their prizes at the end of term. Winners will be announced on the school newsletter for the next week in that you will be a happy, healthier person for having enough sleep!

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Parent/Guardian Initial |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-------------------------|
| Year 1 | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | |
| Year 2 | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | |
| Year 3 | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | |
| Year 4 | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | Teacher Bedtime | |

ANY OTHER COMMENTS

Useful Websites:

[Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](#)

[Sleep problems in young children - NHS \(www.nhs.uk\)](#)

<https://www.sleepfoundation.org/children-and-sleep>



Key dates—Term 3

| | |
|----------------------------|---|
| Mon 6 th Jan | Start of Term 3 |
| Tues 14 th Jan | Yr 3 Living Histories Viking Workshop |
| Weds 15 th Jan | Primary school applications close |
| Thurs 16 th Jan | Sleep Workshop for Parents with Miss Baptiste (2:30 Library) |
| Fri 17 th Jan | Reports home to Parents |
| Mon 20 th Jan | Yr 6 Lancaster Model Questionnaire |
| Fri 31 st Jan | PTFA Quiz Night. 7pm Main hall (Click here for details) |
| Friday 7 th Feb | Whole school Times Table Rock Star Tournament (dress up as rock stars!) |
| Tues 11 th Feb | Safer Internet Day |
| Thurs 13 th Feb | End of Term 3 |
| Fri 14 th Feb | INSET DAY- school closed to children |

Key dates—Term 4

| | |
|-----------------------------|---|
| Mon 24 th Feb | Start of Term 4 |
| Tues 4 th March | KS1 Reading Café (Parents invited in from 8:15am in the Hall) |
| Wed 5 th March | KS2 Reading Café (Parents invited in from 8:15am in the Hall) |
| Thurs 6 th March | Yr 5 Living Histories Egyptian Workshop |
| Thurs 6 th March | WORLD BOOK DAY (dress up) |
| Fri 4 th April | End of Term 4 |

ALL DAY BREAKFAST!!

THURSDAY 16TH
JANUARY 2025

BREAKFAST ITEMS

Chipolata Sausage - Meat
Or Veggie
Omelette
Mini Hash Browns
Baked Beans
Slice Of Homemade Bread

DESSERT BREAKFAST

Chocolate & Banana Oaty
Square
or
Yoghurt
Or
Fresh Fruit



Census Day: Thursday 16th Jan

Having a hot school meal on census day really helps the school to get the right funding from the government. Please encourage your child to have a hot dinner on Thursday the 16th.





Caught Being Kind!

What a donation! Well done to Iris who donated her hair to the Little Princess Trust 😊



Not only did Iris send off her hair—she also raised £250 which will really support such a wonderful cause. We are really proud of you Iris, what a thoughtful and selfless gesture :)

Value Champion Evie, Amelia and Madison



Dance and performance requires resilience, courage, honesty and teamwork. These girls showed this in abundance in their Wisewood Christmas show. Well done to you all, for working hard and committing to develop a skill.

Particular shout out to Evie who was awarded a special contribution medal for her achievements.



A double Blue Peter badge award for Rosie!



Rosie's passion for music and sports has seen her earn two Blue Peter Badges. We are so proud of you Rosie, you put 100% into

everything you do here at school, always showing the St Nicholas Way. This fabulous attitude is clearly 'who you are' as you apply the same level of commitment in all areas of your life—keep it up!



Tub to Pub



We already have quite a collection! **Keep them coming** to raise money for MacMillan and to be kind to the planet! You still have till the 17th January to send in all your tubs :)

Too Much Selfie Isn't Healthy

This term's PSHCE (Personal, Social, Health and Citizenship Education) topic is, 'Too Much Selfie isn't Healthy' and is linked to our Christian value 'Kindness'. Across this term the children will be taking part in a 'Caught Being Kind' challenge. The idea is to spot someone being kind! When they do, they complete a slip which will come to me (Mrs Kennedy) I will share some of the kind deeds in worship and we will make a montage of all the slips completed. If you spot your child being kind at home please do complete a slip! They are on the notice board on the way in, alternatively email their act of kindness to:

office@st-nicholas-brichington.kent.sch.uk



Caught Being Kind!

Want to thank my partner Holly for helping me in maths, I was stuck but she carefully explained it and now I can do it!
From James 😊






Too Much Selfie Isn't Healthy!

Exploring the importance of others and how to love them well.

Buttercups: New Year, New Challenge



As many of you may know, fostering independence is a key focus for us. We believe that encouraging children to walk in on their own from the first gate can greatly enhance their confidence and self-sufficiency. This small step benefits their personal growth and independence. We recommend discussing this change with your child and practising walking to the gate together, and encouraging them to walk round to the class on their own or with a friend. Please rest assured that a member of staff will be present to warmly welcome them. We recognise each child is unique, and it is important that we move at a pace that suits their individual needs. We will continue to monitor their progress and provide assistance as necessary.

Thank you to all of our families for the contributions that you made to the Royal British Legion for Remembrance day. We raised over £200.

Thank you to the year 6 children who sold the poppies and other merchandise in the cold November weather.



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.