

The St Nicholas Post

Dear Parents and Carers,

31st January 2025

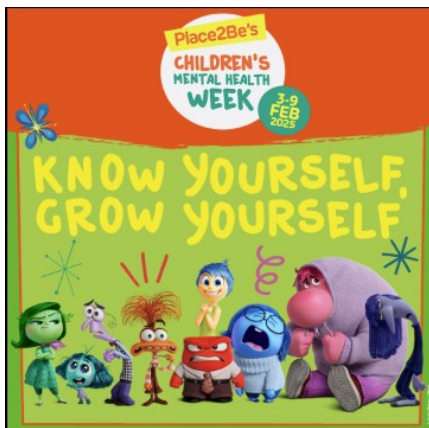
It's hard to believe we are already at the end of January. As always school life has been busy with many exciting activities to ensure children get great experiences to enhance their learning.

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. The importance of sleep should not be underestimated, even for the grown ups! 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 :) We are looking forward to getting lots back in at the end of term.

Mrs Kennedy

All that sleep has meant that children are ready to learn and are enjoying all aspects of school life, here you will find a snap shot of some of what has been going on. You can also use the [website](#) to keep up to date :)

Children's Mental Health Week



In school, we will be exploring the theme of this year's Mental Health Week, 'Know Yourself, Grow Yourself'. While this week provides a specific focus, we engage in extensive work throughout the year to enhance our understanding of emotions, our responses to them and how to manage them. We use various approaches, including the Zones of Regulation, check-in cards, our core values, and the Heartsmart and PSHE curriculum. We will have a 'Know yourself Grow Yourself' assembly which will take place on Monday, where children will reflect on this year's theme, which they will continue to explore throughout the week.

Check in Card

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 1					
Morning 2					
Afternoon					

Blue Area: sad, bored, tired, sick. Moving slowly.

Green Area: happy, focused, ready to learn, calm. Ready to learn.

Yellow Area: worried, nervous, silly, wobbly. Losing control.

Red Area: panicked, angry, terrified, screaming. Out of control.

Honesty

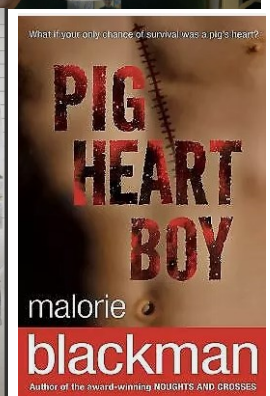
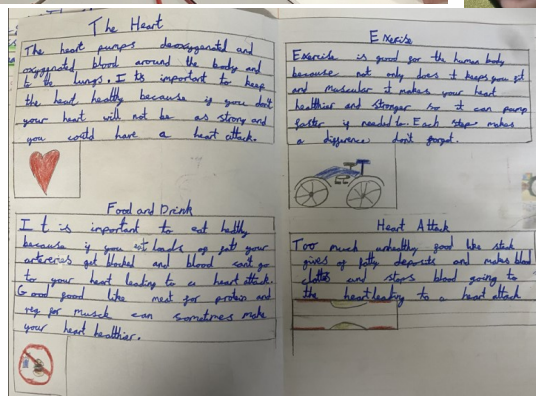
It's not about not feeling your emotions. It's about managing how you react to them.



We complete wellbeing screening in school to help identify any children who would benefit from additional support. please do speak to your child's class teacher if you feel your child is struggling—we want to help at the earliest point :)

Blood Heart

As part of their topic 'Blood Heart', Year 5 are learning all about the heart and the circulatory system. The children got to see and handle a real pig heart, completing scientific drawings and identifying the parts of the organ. They are learning ways to keep their heart healthy through healthy choices and being active. In literacy they are enjoying the book 'Pig Heart Boy' and it is lovely to see them utterly emersed in the text



Jolly Hockey Sticks!

The year 4 children are benefiting from the expertise of Cliftonville Hockey Club. As part of their outreach work two coaches are coming in across the term to teach the children Hockey. They have done very well with their dribbling skills and keeping the ball under control. This is a great opportunity to learn from such skilled sportspeople.



Year 3's Viking Workshop

Year 3 travelled back in time as part of their history work. They enjoyed decorating Viking jewellery with intricate patterns, they became masters at weaving, got to grips with Old Norse (the language of the Vikings) explored artefacts and took part in role play amongst other activities. They had a fabulous time. I am so proud of them, the visitors leading the workshop were extremely complimentary about the children's attitudes and said how well behaved, how engaged and how polite they all were. That's the St Nicholas Way!

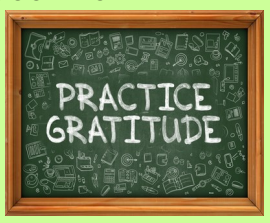


Cross Country

We're delighted to let you know that forms are being sent out for the upcoming Cross Country event at Quex. This will be the first chance for our Year 3's to join in, and we'd love to see lots of children from our school taking part! It's such a fantastic event to attend, with everyone cheering each other on. While it's a personal race, it really feels like a team effort, and the support is wonderful! What a way to practice courage and resilience!



Thank you to the parents for sharing your thoughts on St Nicholas at Wade. Your comments! Will help us to get even better—thank you too for telling us what we do so well! It's lovely to have positive feedback! :)



Birchington Beavers have got spaces available! This is a great opportunity for children to join a great organisation.



Value Champion Betsy



Well done to Betsy who has been really working on her learning at home as well as at school! Mum has told us about your super reading and how much you are gaining confidence. You have shown great

resilience and determination to 'be the best you can be' We are super proud of you.



It's who
we are!

Safer Internet Day 2025



Safer Internet Day is Tuesday 11th February. We will be marking this within school and exploring this year's theme, which is '**too Good to be True: Protecting Yourself and Others from Scams Online**'

The digital leaders will be delivering an assembly in the morning on the 11th to talk about what Safer Internet Day is and what the theme is about. Classes will delve deeper into the importance of keeping ourselves safe online. This ties in with the ongoing learning around internet safety the children already have.

The day fits in perfectly with our own **PTT (purposeful Technology Tuesday)** so they will come home with a purposeful activity to engage in too!

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

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



Honesty, Courage, Kindness, Resilience, Be The Best You Can Be

Key dates—Term 3

3 rd February	Yr 4 Roman Museum Trip
5 th February	Yr 3 & 4 Multisports Festival
5 th February	Reception Maths Workshop for Parents (2:30pm & 5:30pm)
7 th February	Whole School Times Tables Rockstar Tournament- Dress up as a Rock Star
11 th February	Safer Internet Day
11 th February	Yr 1 & 2 Maths Workshop for Parents (2:30pm & 5:30pm)
13 th February	County Football Finals
13 th February	End of Term 3
14 th February	INSET Day- School Closed

Key dates—Term 4

24 th February	Start of Term 4
25 th February	Yr 6 Safety in Action Trip at Dreamland
26 th February	Buttercups Class Trip to Westgate
4 th March	KS1 Reading Café (Parents invited in from 8:15am)
5 th March	KS2 Reading Café (Parents invited in from 8:15am)
6 th March	World Book Day
6 th March	Yr 5 Living Histories Egyptian Workshop
14 th March	Dental Nurse visiting Reception
20 th March	PTFA Mother's Day Shop
4 th April	PTFA Easter Egg Hunt
4 th April	End of Term 4

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.