



Friday 4th February 2022

COVID-19 INFORMATION

You must self-isolate straight away and book a PCR test if you have any of these 3 symptoms of COVID-19: a high temperature, a new continuous cough, a loss or change to your sense of smell or taste.

You must self-isolate straight away if you've tested positive for COVID-19 by LFD test.

Please see [Stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection - GOV.UK](https://www.gov.uk/guidance/stay-at-home-guidance-for-households-with-possible-or-confirmed-coronavirus-covid-19-infection) (www.gov.uk) for isolation guidance.

If someone you live with is isolating due to testing positive, you **do not** need to self-isolate if any of the following apply:

- You're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine
- You're under 18 years, 6 months old
- You're taking part or have taken part in a COVID-19 vaccine trial
- You're not able to get vaccinated for medical reasons

If the above applies, and you are aged 5 years and over you are strongly advised to:

- Take an LFD test every day for 7 days, or until 10 days since your last contact with the person who tested positive for COVID-19 if this is earlier
- Take this daily test before you leave the household for the first time that day

If you are unsure whether you or a family member should self-isolate, please visit www.gov.uk/coronavirus or call 111 for further advice. Mr Foremen and Mrs Botzet are also available via the school office.

A number of people have mentioned that this has felt like a very long week – I wonder why it feels like that sometimes? Perhaps in this case we are all feeling the mid-winter effect where spring is just around the corner but not quite here yet; a timely reminder to look forward and recognise that whatever challenges we face, there are always better days ahead.

After the recent weeks that we have experienced with high rates of Covid cases, I think that everyone is feeling generally fatigued. Our staff have been incredible with the support that they have given to each other in order to keep the school running for the children in attendance. In addition, the support that you have given in daily testing of your child, to ensure that the most vulnerable members of our school community have been kept safe, has been hugely appreciated. My thanks and deep gratitude are extended to all: our staff, our children & their families.

Miss Black talked to the children in assembly this morning about the importance of 'showing up'. She was referring to the participants in the Winter Olympics and the Six Nations Rugby Championship; both of which start this weekend. Her comparison was given to express that success comes from ensuring you attend at every given opportunity in order to be noticed for your greatness and that this can come in many guises. Good attendance at school is at the heart, where opportunities to develop new interests and skills are plentiful, encouraged and supported.

And to finish where I began in my opening – may the welcome distraction of these two great sporting events help to fill our winter days with positive energy and renewed motivation!

ATTENDANCE

The DfE have changed the way in which schools report absence due to Covid. This means that absence due to Covid-related illness will now be included. The effect on our attendance this last week shows the scale of this change with our whole school attendance recorded as 82.95%. This brings our whole school attendance to date this year down to 94.07%.

CHILDREN'S MENTAL HEALTH WEEK

Next week is Children's Mental Health Week and this year's theme is Growing Together. The week will be spent encouraging children to consider how they have grown emotionally and how they can help others to grow too. We have planned lots of interesting and fun activities for the children throughout the week to encourage discussion and reflection around growth and how it impacts our mental health and wellbeing.

If you would like to find out more about the week and children's mental health charity, Place2Be, then please click on this link:

[Children's Mental Health Week](https://www.childrensmentalhealthweek.org.uk)
([childrensmentalhealthweek.org.uk](https://www.childrensmentalhealthweek.org.uk))

Compassion, Courage, Hope, Integrity, Justice, Respect, Responsibility, Wisdom



TEACHING & LEARNING

Half Term Holiday Activities

Please find attached a flyer promoting half term half term holiday activities hosted by Hat Hats at Reculver Towers. This includes wild classroom activities, rock pooling, shark teeth discovery and much more. See the flyer for more details.

INCLUSION TEAM NEWS

The Specialist Teaching and Learning Service (STLS) are an outreach support network that we have access to for staff and families. They run courses for families including one recently added that supports the siblings of children with ASD. I'm really pleased to see that they have more dates on offer for March. The course is run in the afternoons during school time; your child would be marked as 'receiving education off-site' if they attend so their attendance data would not be affected.

Another course they run is the Cygnet Puberty, Sexual well-being and relationships 3-day course for parents of children who are ASD and entering puberty - we'd highly recommend this to parents of children in Years 5 and 6. For more information use this link [Parents | St Nicholas School \(st-nicholas.kent.sch.uk\)](https://st-nicholas.kent.sch.uk/parents)

During the Lockdowns of 2020 and 2021, STLS spent a lot of time creating PowerPoints to enable training for staff and families to continue. There are a range to explore.

As the rain begins, I'll be looking at the Anxiety ppt and The Importance of Play ppt.

Use this link [Powerpoints | St Nicholas School \(st-nicholas.kent.sch.uk\)](https://st-nicholas.kent.sch.uk/powerpoints)

SEN Surgery

Our SEN Surgery continues to be a useful resource for parents who wish to discuss the needs of their child, processes to secure additional support and information regarding assessments. The appointments are 30mins long and held over the phone hosted by three members of staff, Sammy Black (SENCO), Tracey Hewitt (SEN Assistant), Rowena Evett-Collins (Deputy Head Teacher for Inclusion). We would always advise a conversation with your child's class teacher initially to ensure that you have the full picture of how your child presents in school.

NB: If the Wednesday timeslots don't suit your schedule, please give us a call. We want to help and won't let timings hinder this!

Action for Happiness

Action for Happiness' calendar this month, Friendly February, focuses on us reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion.

We have attached the calendar to this newsletter if you wish to take part in Friendly February.

#WAKEUPWEDNESDAY

Top 10 Tips for respect online

Next Tuesday is Online Safety Day and the theme is 'All fun and games? Exploring Respect and Relationships Online'.

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time - but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. In the guide attached to the newsletter, you'll find a number of tips such as protecting yourself, replying wisely and being forgiving.

INCLUSION BEAR

Nominations -

Miss O'Donnell nominated Alfie R in 5PS. She said 'Alfie asked me what I was having for lunch one day and when I told him that I'd forgotten to bring mine to school with me, he kindly offered to share his lunch with me.'

Miss O'Donnell also nominated Suzie in 5PS. Suzie asks her how she is every day and if she has had a nice break or lunch. She also gives her the loveliest hugs 😊

Leo nominated George in 3WH for helping him when he was hurt. Leo thought it was very kind and made him feel better.

Josh nominated Monty in 4WK because he looked after him and helped get an adult when Josh hurt himself at ASC.

Awarded to -

Mrs Kingman nominated one of our cleaners, Mrs Bishop. She said 'She makes a special effort when cleaning my office to make things nice for Ivy. One example was when we entered one morning to find that she had found a special box for her toys. Ivy was so excited to see them!

Mrs Bishop is one of the longest serving members of our school and I know that so many staff have been touched by the extra mile that she goes to keep the school clean and for the friendship she has given along the way.'

Mrs Edwards added an example of when Mrs Bishop took a soft toy home to sew back together and Mr Thomas mentioned that she tidied his drawer of ties! What a lovely, humble and very kind lady she is 😊

SPORTS AWARD

Well done to 3WH who were recognised by Mr Hobbs for their excellent participation in Hockey this week!

Compassion, Courage, Hope, Integrity, Justice, Respect, Responsibility, Wisdom



Healthy School



ROCKING READERS

This week the Rocking Reader trophy is to be awarded to 5BP! They have consistently had the highest minutes read in the upper school and have maintained great accuracy this term with 90% average,

This week Year 3 have spent the most time reading on average and Year 6 have the highest average percentages. All classes except one achieved 80% or higher. Another great week of reading across the school – well done to all!

JUNIOR BAKE OFF

The production team of Junior Bake Off, a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain, have recently opened applications for the 8th series of the programme.

They are looking for young budding bakers between 9-12 years old.

Filming would take place from July 2022, but applications close on Sunday 13th March 2022.

Interested bakers can apply online at:

www.applyforjuniorbakeoff.co.uk

A flyer giving more detail is attached to this newsletter.

STAR OF THE WEEK

Well done to the following children for being identified as our Stars of the Week.

3AR	Betty Clark
3BW	Gianluca Giannico
3CC	Ruben Hodder
3WH	Kardelen Coker
4HO	Joseph Cloke
4IK	Gracie Larking-Wright
4MC	Archie Collins
4WK	Alisha Harris
5BP	Sophia Brett
5EW	Ronnie-Jay Tumber
5JN	Jessica King
5PS	Hudson Quigley
6CS	Layla-Mae Lewis
6KDO	Sadie Low
6LS	Siena Ingram
6SE	Olivia Munroe

Wishing you all a bright and happy weekend.

With my best wishes,



Melody Kingman
Headteacher

Compassion, Courage, Hope, Integrity, Justice, Respect, Responsibility, Wisdom



Healthy School

