

St Nicholas Catholic Primary School Newsletter

17th May 2019



*Living and Learning in
Spirit and in Truth*

Headteacher: Mrs A Folland

Headteacher's News

Well done to all of our Year 6 children who have survived SATs week! You have shown great resilience, application and strength of character; we are very proud of you all.

It has been wonderful seeing the children playing in the garden area for the last fortnight. They have found tunnels, mud, sticks and fun! Some of them were even

able to feed the chickens corn at lunchtimes.

The staff had a very exciting training session this Wednesday with the consultant working with us to develop play opportunities. Mental health and well-being are so important; you will see many more initiatives developing over the rest of the term and into the Autumn.

Stars of the Week

Compton - Oliwier
Plympton - Ellen
Totnes - Milosz
Rougemont - Bebe
Lydford - Brooklyn
Dartmouth - Lexi
Powderham - Eva
Nursery - Orla
Plympton - Rebecca
Berry Pomeroy - Cody
Totnes - Daniel
Kingswear - Noah
Rougemont - Keevan
Okehampton - Finley
Lydford - Sissi
Dartmouth - Oliwia
Drogo - Dan
Powderham - Jakub
Nursery - Joshua

Well done to you all!



Information

Whole Class photos

Tempest photographers are coming on **Monday 3rd June** to take whole class photos for children in Reception to Yr 6. These will be available to buy. Please make sure your child is in the correct uniform.

PTA Meeting

Please feel free to attend our next PTA meeting on Wednesday 22nd May at 7pm at school. The meetings are very friendly and informal and we welcome new input and ideas. Amongst other things, the agenda for the next meeting will include the upcoming landscaping project for the school grounds and further planning for the summer social event. Everyone is very welcome!

Summer Athletics Club

After half term Exeter City Football Club are running an athletics club for 6 weeks every Monday after school for children in Yrs 4-6. There are a few places left. The cost will be £24 for 6 weeks and booking and payment is all online. Booking should be made by going to <https://www.exetercitycommunitytrust.co.uk/courses/after-school-clubs/st-nicholas-primary-school-year-4-6-athletics>

Bikeability

The Cycling Partnership are running free Bikeability courses at St Luke's School, Exeter, during half term as follows:
Level 2 (2 day course): For riders Year 5 upwards. Road training on quiet roads
Tues/Weds (28/29 May)
To book a place: <http://www.cyclepssp.co.uk/Course/bikeability-level-2>

This course runs in most Primary Schools across Devon and provides basic road awareness cycle training for quiet roads. However, for lots of reasons, not everyone is able to access or finish the course at a school, so this is an ideal opportunity to complete it in the holidays.

Devon Norse Job Vacancy at St Nicholas

Kitchen assistant required for St Nicholas School for various lunchtime duties in our busy school kitchen. Job to commence Monday 3rd June. Hours are 11-00 - 2.00 Monday to Friday, term time only (15 hours per week). £8.21 per hour.

Please ring for an informal chat 07870402946 (9 - 2pm) or 07472550314 after 2pm. Alternatively email Sam on sdgooding288@gmail.com

Congratulations to Janet in our Kitchen who turned 60 on Wednesday. The children made sure she had a lovely day!



Diary Dates

May	
19 th	School led Mass at Blessed Sacrament 10.30am
21 st	Learning Assembly led by Dartmouth
22 nd	PTA meeting 7pm
23 rd	Yr 3/4 performance 2pm and 6pm
27 th - 31 st	Half Term
June	
3 rd	Children return to school Whole Class photos

Safeguarding

As we head into the hotter months we will be covering sun safety with the children.

Please try to ensure that your child has a hat with them in their school bag, a drinks bottle filled with water and sunscreen that they are able to self apply.

Hayfever time is also approaching. We ask that you give your child their medication before they come to school and only fill in a green form if they absolutely need a top up at lunchtime. Last year some parents were sending medication in to be administered at 9am; we do not have the capacity to do this.

Thank you.

School Council

The Behaviour & Welfare and Play & Curriculum Councils met this week.

Noah fed back from the Behaviour and Welfare Council and their discussions about how to play safely in the new garden area at the top of the playground. They talked about risk assessments.

Alex fed back from the Play and Curriculum Council. They had discussed how to involve all of the children in naming the 4 new chickens. They came up with a voting system that will take place next week. They also talked about activities that could take place in the new garden area.

Mindfulness techniques for Children in Mental Health Awareness Week

Children get nervous or stressed. Any different event such as starting a new school year, taking tests, trying new activities, and meeting new people can bring about uncertainty, unease, and worry. When we worry, we take short, shallow breaths which continue to ignite the feeling of unease in our bodies. Slowing down our breathing and taking long, deep breaths naturally brings on a sense of calmness and peace.

Try these three breathing exercises with your children. These calming techniques are effective for any age, and can be done anywhere - in the morning, during a car ride, sitting in school, or before bedtime.

Shoulder Shrugs

Roll your shoulders back and down so they are away from your ears. Breathe deeply in through your nose as you raise your shoulders up by your ears. Breathe out and lower your shoulders. Repeat movement 3-5 times and feel the tension melt away.

Darth Vader Breath

This is a favourite with children as they associate an image with this breathing exercise. Breathe deeply in and out while exhaling strongly through an open mouth.

Ocean Waves

Close your eyes and imagine you are an ocean wave. Breathe in and out deeply as if you are an ocean wave crashing on the beach. Alternate the frequency of your breath to become shorter and longer waves.

By introducing a few breathing or calming exercises to children, you will be giving them lifelong skills to become calm and focused, and better manage their anxiety when facing new situations.

Parish and Community News

Brain Freeze explores life in the cold climates. Sunday May 19th from 1-3 at Exeter Library for £20 per child.

Activities include:

- Food chains & glaciers
- Boat designs fit for function
- Engineer a raft for the icy waters* - how much cargo can it carry?
- Adaptation - make & adapt a Bristle-bot* (a mini motorised robot)

* take home items

Parents can book directly here - <https://sciencedipity.co.uk/exeter-science-workshops/> or contact me on 07847006048 or sciencedipity@outlook.com

Exeter Foodbank Sponsored Walk

Join in the Exeter Foodbank Sponsored Walk on 29th June. For more details go to www.exeterfoodbank.org.uk

Exeter City Football Club Half Term Courses

We are running our May half term holiday courses in various locations across Devon which caters for children aged 5-16 years old. May Half term holiday course-

<https://www.exetercitycommunitytrust.co.uk/courses/may-half-term-holiday-2019>

If you have any queries please contact us on 01392 255611.

Prayer

God as I open my eyes to the world, please open my eyes to what you want me to do in it today!

St Nicholas Catholic Primary School, Ringswell Avenue, Exeter, Devon, EX1 3EG

01392 445403 admin@stnics.uk www.st-nicholas-exeter.devon.sch.uk

St Nicholas School is committed to safeguarding children.

Designated Child Protection Lead: **Mrs Angela Folland** Deputy Child Protection Leads: Miss K Reynolds, Mrs S Beach, Mrs D Sparkes, Miss C Follows and Miss R Reynolds. Named Governor for Child Protection: Mrs Lucy Wills



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