

The St Nicholas Post

Dear Parents and Carers,

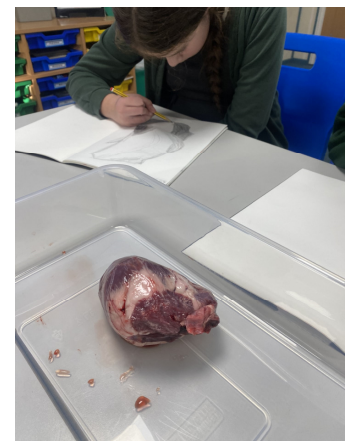
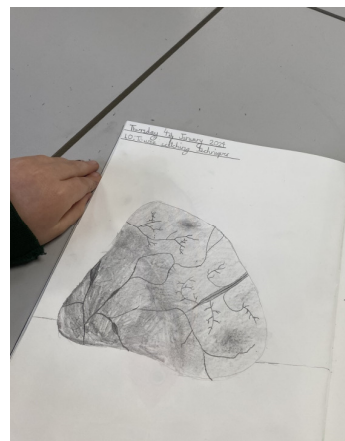
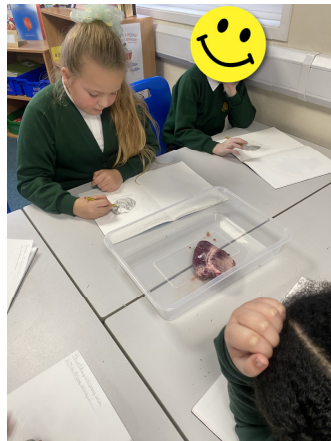
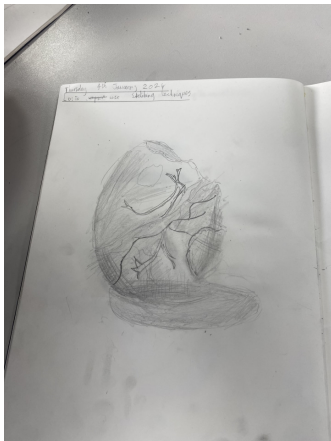
21st January 2024

What a frosty and very cold start to the year—I hope you are all keeping warm. 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

In school all that sleep has meant that children are ready to learn and are enjoying all aspects of school life, below is a sneak peek at some of what has been going on, but you can also use the [website](#) to keep up to date :)

What a start Year 5 had! As part of their topic Blood Heart, they 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.



In year three they have been exploring the Anglo-Saxon way of life as part of their topic, Traiders and Raiders. In Design Technology they created a wonderful Anglo Saxon village...



Not a bad likeness at all! :)

Our Eco ambassadors have rescued over 120 tubs from landfill and been keeping our own grounds litter free and Social times have been happy and productive...



Reception have been enjoying forest school...



Safer Internet Day 2024

WHEN?

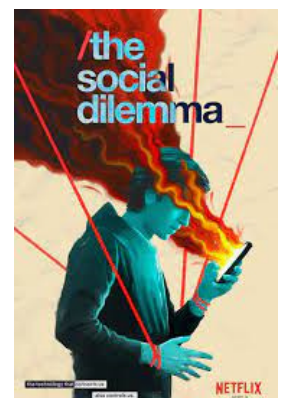
Safer Internet Day takes place every February



This year Safer Internet Day is Tuesday 6th February. We will be marking this within school and exploring this year's theme, which is **'Together for a better internet'**. 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.

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.**



Thanks to the sponsorship of Mr Hill (SSC Services) we have a brand new football kit, for the whole team! And in true St Nicholas fashion he really has been 'the best you can be!' Everything has been considered, from the St Nicks colour theme and Logo, to the quality of the kit, we even have a branded kit bag and individual bags for each kit! Very grateful indeed!

The power of a smart and professional kit not only creates a strong sense of belonging but can help the team to play better and feel proud of their school.



Friday parting message

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.

Every week we finish school with celebration worship. We award our Values Champions, and celebrate all the great things that children have achieved over the week.

However, as the children ready themselves to leave the hall to come home my parting words are always along the same theme, one that I hope supports you at home.

It looks a little like this...The adults at home have your best interests at heart, if they are asking you to do something then they will have a good reason. They are keeping you safe, making sure you grow into wonderful young people.

So when should you do it? The children know the answer and they chant...straight away.

How many times should an adult have to ask you? Again, they are well versed...One! I explain, you are a team, keep your rooms tidy, help the adults at home and be kind to your siblings.

Please support us in this way too. Our motivations are the same as yours, we want them to grow and develop, to gain positive habits that become who they are, to learn to be resilient, courageous, kind and honest young people.

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 a 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.