

St. Nicholas News



Friday 12th September 2025

A Note from the Headteacher

Year 11 Results 2025-2026

I am pleased to share with you the positive outcomes for all of our year 11 students from last year. The outcomes are difficult to compare year on year due to the vast range in needs of our students but what can be celebrated is the consistency in achievement across the curriculum. The students were in three different classes across key stage 4 and had very different needs and abilities. This did not stop them achieving an impressive range of accreditations:



	Entry Level 1	Entry Level 2	Entry Level 3	Bronze Award	Silver Award	Level 1	Level 2	GCSE 4 or below	GCSE 5 or above
Maths	5	4	8			2	1		
English	2	4	8			6	1		
Science	10	2							
ICT			10	11	1	5			
PE	1	6	10						
Art								9	3
Cooking						12	13		

Uniform Policy

As shared yesterday in a message on Ping, we have spoken to the students today about our uniform policy so that all are aware of the rules and know how they should be presenting in school on Monday. Yesterday's message to parents said that we would send individual messages today to anyone who we had observed in breach of the policy, however, we have decided to send these messages home next week instead, if there are still issues following our session in school and our communications with families. The uniform policy is attached to the end of this newsletter and I thank you in advance for your support in making sure your child adheres to the school's expectations.

Wishing you all a pleasant weekend,

Mrs L. Fox, Headteacher



The Cake Raffle is back!

As a year 11 activities fundraiser, the cake raffle has returned.

Every Friday. 20p a ticket. You've got to be in it to win it!

Thank you for your support.

Home and School Communications

How we contact you:

If we need to talk to you about your child, we may call or email you at any point before, during or after school hours.

Weekly updates are sent on Fridays to all parents in the form of our newsletter, via Ping.

Text messages are sent out regularly via Ping.

Letters and consent forms are sent out regularly via Ping.

Please check your school Ping app regularly to keep up to date with information. We will do our very best to make sure you have all the information you need but please do contact us if you are unsure and cannot find the information you need on Ping.

**The School
Ping app**



How to contact us:

email the school at: office@st-nicholas.southend.sch.uk

Telephone: 01702 462322

You can send emails to staff via the office email address above.

We can receive calls from 8.15am onwards.

The school telephones automatically switch over to voicemail at 4.30pm daily.

When you call the school, the 'phone will be answered by:



Mrs Donna Turner, Office Manager



Mrs Sharon Gillespie, Site Manager



Mr Carl Maguire, Admin Assistant



Mrs Jo Strickland, Business Administrator



KS3 HOME ECONOMICS COSTS

As part of our school's curriculum, we offer home economics to all students in KS3 (years 7, 8 & 9). This requires a small fee from parents for ingredients. Students are able to bring home their food, if a contribution is received.

The cost is **£10 per term**.

This can be paid for using our online payments system. Please contact the school office if you need help in getting set up on this system.

Thank you for your contributions.

INSET DAYS 2025-2026

24th October,
23rd January, 29th June

TERM DATES 2025-2026:

Autumn half term: 27th—31st Oct
Autumn term ends: Fri 19th Dec
Spring term starts: Mon 5th Jan
Spring half term: 16th—20th Feb
Spring term ends: Fri 27th March
Summer term starts: Mon 13th April
Summer half term: 26th—29th May
Summer term ends: Mon 20th July

KEY DATES FOR YOUR DIARY

September

15th	9:45am-12:20pm	Visit to St. Mary's Church—Adventurer, Explorer, Seeker
17th	9:45am-10:55am	Visit to St. Mary's Church—Researcher
	5:30-6:30pm	KS4 Parent Information Evening
23rd	3:45-6:00pm	Y5/Y6 Open Evening
26th	ALL DAY	Discoverer Jack Petchey Award Trip (Ninja Warrior)
29th	10:00-11:30am	KS4 Paul Hannaford Talk—Pathfinder
30th	12:00-2:30pm	Seeker Visit to Southchurch Hall

October

6th-7th	TBC	Anne Odeke Workshops
7th	ALL DAY	Jack Petchey Talk the Talk Workshops
13th	10:00am-2:00pm	Year 11 SACC Visit
15th	9:00am-12:00pm	Kittle School Photos
	9:30am-1:00pm	Y7+Y8 SESSSA Football Competition
16th	ALL DAY	KS4 Visit to the Globe Theatre (Twelfth Night)
20th	10:00am-2:00pm	Y11 Visit to Belfairs Digital
21st	3:15-4:15pm	Quest Drop-in
22nd	9:30am-1:00pm	Girls SESSSA Football Competition
	10:00am-12:00pm	St Nick's Hosting the Greater Essex Careers Hub Conference

DATES IN **RED** ARE ADDITIONS OR EDITS SINCE LAST WEEK'S NEWSLETTER

SCHOOL MEALS

Monday 15th September will be week 3 of the menu.

WEEK 1		WEEK 2		WEEK 3	
MONDAY		MONDAY		MONDAY	
MAINS	Beef Burger in a Bun	MAINS	Shepherds Pie	MAINS	Lasagne
VEGETARIAN	Vegan Burger in a Bun	VEGETARIAN	Tomato Pasta	VEGETARIAN	Vegetarian Lasagne
SIDE	Diced Potato - Peas	SIDE	Baked Beans - Peas	SIDE	Garlic Bread - Broccoli
JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Chocolate Sponge and Custard	DESSERT	Carrot Cake	DESSERT	Flapjack
TUESDAY		TUESDAY		TUESDAY	
MAINS	Sausages	MAINS	Chicken Nuggets	MAINS	Sausages in Tomato Sauce
VEGETARIAN	Quorn Sausages	VEGETARIAN	Quorn Nuggets	VEGETARIAN	Vegetarian Sausages
SIDE	Mash - Carrots - Gravy	SIDE	Pasta - Sweetcorn - Peas	SIDE	Pasta - Sweetcorn - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit or Yogurt	DESSERT	Plain Sponge and Custard	DESSERT	Fruit or Yogurt
WEDNESDAY		WEDNESDAY		WEDNESDAY	
MAINS	Garmon	MAINS	Roast Chicken	MAINS	Garmon
VEGETARIAN	Quorn Fillet	VEGETARIAN	Cauliflower Cheese	VEGETARIAN	Quorn Fillet
SIDE	Roast Potatoes - Carrots - Peas	SIDE	Roast Potatoes - Carrots - Cabbage	SIDE	Roast Potatoes - Carrots - Cabbage
JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Iced Sponge	DESSERT	Fruit or Yogurt	DESSERT	Jelly
THURSDAY		THURSDAY		THURSDAY	
MAINS	Chicken Tikka Massala	MAINS	Spaghetti Bolognese	MAINS	Cheese & Tomato Pasta
VEGETARIAN	Stir Fry Noodles	VEGETARIAN	Tomato Pasta	VEGETARIAN	Tomato Pasta
SIDE	Rice - Peas - Sweetcorn	SIDE	Garlic Bread - Peas - Sweetcorn	SIDE	Peas - Sweetcorn
JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Ice Cream	DESSERT	Angel Delight	DESSERT	Muffin
FRIDAY		FRIDAY		FRIDAY	
MAINS	Fish Fingers	MAINS	Pepperoni Pizza	MAINS	Cod Fillets
VEGETARIAN	Fishless Fingers	VEGETARIAN	Cheese Pizza	VEGETARIAN	Fishless Fingers
SIDE	Chips - Baked Beans - Peas	SIDE	Chips - Baked Beans - Peas	SIDE	Chips - Baked Beans - Peas
JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo	JACKET	Baked Beans or Cheese or Tuna Mayo
SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras	SANDWICH	Ham or Cheese or Tuna Mayo *Extras
DESSERT	Fruit or Yogurt	DESSERT	Fruit or Yogurt	DESSERT	Fruit or Yogurt

***Extras - Lettuce, Cucumber, Tomatoes, Peppers or Savoury Snack**

FRESH FRUIT, YOGURTS AND WHOLEMEAL BREAD ARE AVAILABLE DAILY.

MOST DISHES ARE MADE DAILY AND ARE SUBJECT TO CHANGE.

The latest update to the DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) identifies the safeguarding concerns posed by conspiracy theories. This guide will help you to understand the risks, spot the signs, build children's resilience and safeguard against the harmful effects of conspiracy theories.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

Advice for Parents & Educators

I WANT TO BELIEVE

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>

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This guide offers advice on how to establish suitable, effective rules around the use of digital devices in your household.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

- 1 WORK TOGETHER**
Involve your child when setting rules on devices to encourage them to take ownership.
- 2 AGREE TIME LIMITS AND SUITABLE TIMES**
Set screen time limits. This could be 2 hours max a day. Agree times when devices must be put away and stick to it.
- 3 ENCOURAGE HONESTY**
Encourage your child to come to you if they are upset about something they've done, so you can resolve it together.
- 4 CHARGING AND OVERNIGHT STORAGE**
To ensure children get the downtime they need overnight, it's important that devices are kept in a common space (e.g. your bedroom or a charging box).
- 5 REVIEW RULES REGULARLY**
Take time to regularly review the rules as a family; what's working, and what isn't. Get them to sign the rules you agree on.
- 6 PROTECT PERSONAL INFO**
Discuss with your child about protecting their personal information. Use parental controls to block children from connecting with strangers.
- 7 BE RESPECTFUL**
Talk to them about being respectful when using technology. Explain that if they are being unkind, they will need to stay away from their devices for a while.
- 8 "NO TECH" ZONES**
Have spaces where technology isn't allowed (e.g. bedrooms, bathrooms and at the dinner table).
- 9 AGREE ON CONSEQUENCES**
Agree with your child on some fair consequences if any of these rules are broken and follow them through.
- 10 KNOW ALL PASSWORDS**
Parents should have access to all passwords. Make it clear that you will check their devices regularly.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant at iCybercare. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

#WakeUpWednesday
The National College

For more free, full-revisionable guides, go to nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

[@wake_up_weds](https://twitter.com/wake_up_weds) [/www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

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School Uniform Guidance (Updated for September 2025)

Uniform

Trousers/Skirts or Shorts: Plain Black not tight fitting

- leggings can only be worn under a skirt
- skirts and shorts must reach the knee

Shirt: Black, plain or badged Polo Shirt (no t-shirts)

Sweatshirt: Black, plain or badged. Hoodies are not permitted unless used as an additional layer, like a coat, and must be removed in school.

Blazer (optional): Black, plain or badged

Fleece (optional): Black, plain or badged

Shoes: Flat black shoes or trainers without coloured markings. No other footwear is permitted.

Socks: Plain white, grey or black

PE Kit

Shirt: White, plain or badged Polo Shirt.

Shorts: Black

Tracksuit: Black

Shoes: Non-marking trainers (white sole)

Swimming

Black Swimming Costume/Shorts

Towel

*Swimming hats are provided

All of our uniform can be obtained from Crawler's School Uniforms, Hamstel Road, with our logo printed on the front.

Crawler's School Uniforms

361 Hamstel Road

Southend-on-Sea

Essex

SS2 4LE

(01702) 601274



Jewellery, Hair and Make-up

As a school we do have rules about jewellery make-up and hair. Allowances can be made on cultural or religious grounds to the following:

Jewellery

No jewellery of any kind should be worn except for:

- a watch
- 1 pair of plain gold or silver studs in the lobe of the ear

No facial or other piercings allowed.

All jewellery is required to be removed for PE and swimming and cannot be taped over. New ear piercings should be timed for the start of the summer holidays to allow time to heal.

Hair

Bright, non-natural colours should be avoided.

Extreme hairstyles are not permitted.

Make-up

Make-up should be kept to a minimum e.g. no heavy eye make-up, lipstick or nail varnish.

False eyelashes and nails (these include gel and acrylic) are not permitted.

Additional items

We do not encourage students to bring in items from home. The school cannot accept responsibility for items lost, damaged or even stolen. Items, such as the ones listed below, can create unnecessary social conflict amongst students:

- Animal tails
- Any toy – from soft toys to figures etc.
- Collectors cards
- Sunglasses
- iPad

Dress Down Friday

It is a privilege, not a right, for students to attend school on Fridays in non-uniform. Please see the guides below:

Items that are not permitted:

- Crop tops and short t-shirts that reveal the student's bare skin around the stomach
- Very tight clothing such as gym wear
- Animal tails attached to clothing
- Pyjamas and nightwear
- Backless, open-toe shoes
- Thin strapped tops/t-shirts

Please note:

- Any language and images on clothing must be appropriate for 11year olds
- All footwear should be flat
- Failure to dress appropriately could result in the removal of the 'Dress Down Friday' privilege.

Exceptions

Due to a student's individual needs, there may be times when exceptions need to be made to our uniform policy. This will be done in conjunction with the Headteacher/SMT and the parents/carers.