

St. Nicholas News



Friday 5th September 2025

A Note from the Headteacher

Welcome back!

A very warm welcome back to all of our students and their families as we begin our new academic year. The first 3 days in school have been calm and settled, owing largely to the extended transition during the summer term, but also due to the fact that we really are blessed to have a fabulous collective of students in our school. I hope your child will enjoy the year ahead and make progress both in their learning and in themselves.



Our Quest, 'Smell the Roses'

With a new year, we embark on our first quest, 'Smell the Roses'. This is a seven-week humanities-based quest, focused on the Tudors, particularly the Tudors' influence locally. Classes will be visiting St. Mary's Church, Prittlewell, experimenting with Tudor potage in home economics and creating their own Tudor games in art & design lessons. Texts studied across the school include different versions of Shakespeare's 'Twelfth night', at the appropriate level. The quest will end with our 'The Only Way is Tudor (TOWIT) day' at the end of the half term, where a range of Tudor games and activities will be on offer for students to try. It looks set to be a great quest!

School Uniform

Most of our students have returned looking very smart, with the correct uniform in place. We do have a few students who have returned with creative hair colours and very glamorous nails that do not meet with our uniform policy. The policy is attached to the end of this newsletter and I ask that you review this over the weekend, to make sure that your child is coming to school with the correct presentation. To avoid ambiguity, gel nails and acrylic nails are considered 'fake nails' and are not permitted in school. Thank you for your understanding and support.

My very best wishes to you all.

Mrs L. Fox, Headteacher

Southend Coastguard Open Day

Saturday, 13 September 2025
11.00 am to 4.00 pm

Share



Favourite



Website



Ever wondered what we do as one of the 4 '999' Emergency Services? Come along to our open day for a guided tour of our station. Look inside our vantage point across the estuary, and see inside the response vehicle.

Take a peek into the role of a Coastguard Rescue Officer, including the skill sets we have, and the training we undergo from Search to Rescue.

Have a go at some first aid, water rescue techniques, and have a try at our throw-line challenge plus lots more.

Additionally, if you are keen to join the Coastguard Rescue Service we will have officers who will be happy to talk to you about volunteering as a Coastguard Rescue Officer and the recruitment process.

Venue: HM Coastguard Rescue Station, Ness Road, SS3 9QR

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

8th	9:45am-12:20pm	Visit to St. Mary's Church—Discoverer, Hunter, Pathfinder
9th	10:15am-12:20pm	Visit to St. Mary's Church—Pioneer and Voyager
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/T6 Open Evening
26th	ALL DAY	Discoverer Jack Petchey Award Trip (Ninja Warrior)
29th	10:00-11:30am	KS4 Paul Hannaford Talk—Pathfinder

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 8th September will be week 2 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.

A practical guide offering 10 proven techniques to help children and young people recognise, understand and manage stress – teaching them build resilience and maintain emotional wellbeing.

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

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College

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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

Download full reference to this guide: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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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 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 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 11 year 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.