

A Note from the Headteacher

Quest Drop-In—Tuesday 21st October

We have our first quest drop in of the year on Tuesday 21st October from 3.15pm—4pm. No appointments are needed; you can pop in at any point during the allocated time. Refreshments are available, free of charge.



For any families new to us, you may be asking, 'what is a quest drop-in?' These drop-ins take place 3 times a year in your child's classroom and are a fantastic way of checking in on your child's progress and achievements over the course of the most recent quest(s). The children's individual student assessment records (ISARs) are available for you to discuss as part of this drop-in, as they form the basis for all the work covered in class. Each ISAR also includes targets from your child's EHCP, as part of our ongoing work to support our students to achieve the outcomes in their plan. Work covered in specialist subjects is also available to see and all members of the teaching team are available to speak with you.

As a special addition to the quest drop-in this term, Mr Williams is offering online safety support to parents and carers. Mr Williams will be available in Turing (computing suite) during the quest drop-in, if you need any advice or guidance on supporting your child online. On page 10 of this newsletter, you will find Mr Williams' flyer with more information. Mr Williams is always keen to tailor the support offered based on what parents/carers would like help with the most. To support future sessions, he has created a short survey for you to complete which can be accessed [here](#). Mr Williams will use this survey to put together some workshops for parents/carers on things you might need help with, e.g. setting parental controls. If you cannot attend this Tuesday and would like to complete the survey, then please do so via the link or QR code on his flyer on page 8. Thank you.

End of One Quest, Beginning of Another...

Our current quest, 'Smell The Roses', will be coming to a close with our very own TOWIT day (The Only Way is Tudor) on Thursday 23rd October. A reminder of the menu for our Tudor themed feast is on page 5 of this newsletter and tips on how to put together a Tudor costume (this is optional on the day) can be found again on page 6. With many activities to look forward to like archery, quoit tossing and jousting, this should be a fabulous way to end our current quest.

Our new quest, 'Count Me In,' begins after half term. This quest has an equality and diversity focus as we study citizenship in the UK. We will consider equality in law by looking at the history of voting and how this has changed over time to make sure all groups are represented. Our own School Council elections will be taking place so that everyone has a go at casting a vote for their representative. In English, students will be practising their speaking and listening skills by learning how to present a case in a 'hot topic' debate. In maths, students will be building on their number skills with fractions, decimals and percentages, as well as using voting data in graphs and charts. It looks set to be a great quest.

Wishing you all a great weekend,

Mrs L. Fox, Headteacher.

A reminder:

School will be closed **Friday October 24th** for staff INSET.

Students return to school on **Monday 3rd November**.

Year 7 & 8 SESSSA Football Competition

(15th October 2025 — Explorer Class Report)

"I had a great day! I scored 2 goals with the help of Marley. I also tackled the other team a lot! — Violet

"I enjoyed playing against new people. I helped Violet score goals."
— Marley

"The best part was playing with my team. I loved winning one match!"
— Harvey

My Visit to Priory Park

We learnt about road safety and the history about the Tudors. My favourite part was the fig tree.

- Jaidan in Seeker

How to contact us:

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

Telephone: 01702 462322

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

October

20th	11:00am-2:00pm	Latimer League Football (Y8-10) at Endeavour School
21st	2:00-3:00pm	Explorer Class Trip to Look at Tudor Classes
	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
	2:15-3:00pm	End of Half Term Awards Assembly
	3:30-5:00pm	Halloween Disco
23rd	ALL DAY	TOWIT Day

November

3rd	ALL DAY	Students Return to School
	11:15am-1:15pm	DofE Walk in Hockley Woods (Researcher Y9s)
5th	9:30am-1:00pm	Y9-10 Football Competition
6th	ALL DAY	Year 11 GCSE Art Students Trip to Tate Modern
10th	11:15am-1:15pm	DofE Litter Picking (Researcher Y9s)
11th	3:30-7:30pm	KS3 Parents Evening
12th	9:30am-1:30pm	KS4 USP Familiarisation Visit
13th	3:30-7:30pm	KS4 Parents' Evenings
14th	8:00am-4:00pm	Discoverer Jack Petchey Go Ape (New Date)
17th	11:15am-1:15pm	DofE Walk in Hockley Woods (Researcher Y9s)

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

SCHOOL MEALS

Monday 20th October will be week 2 of the menu.

Thursday's normal offer will instead be a Tudor feast (see [page 5](#)).

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.

Tudor Feast

The Main Course

Peasant Patties: a pie filled with seasoned meat and/or vegetables, encased in a thick crust. (**chicken or vegetable pie**)

Tartes of Cheese: a savoury, open-faced baked dish of curded milk, herbs, and spices baked in a pastry shell.

(a Tudor style cheese quiche)

The Accompaniments (Sides)

Buttered Loafe: slices of a fine, white farmhouse bread, often served with freshly churned butter. (**white bread**)

Sausages of the Butcher's Board: small, seasoned pork meats in a casing. (**cocktail sausages or veggie equivalent**)

Hard-Sodden Eggs: egges simply boiled in water and served shelled and sliced. (**boiled eggs**)

The Final Course (Dessert)

Fruite of the Orchard and Vine: a platter of sliced oranges, apples, and grapes—a simple, refreshing close to the meal.

(**sliced oranges, apples and grapes**)

Ginger Brede: a spiced cake made with honey or treacle and ginger, often cut into decorative shapes. (**ginger bread**)

Confiture Tarte: a small, sweet pastry shell filled with thickened fruit preserves. (**jam tart**)

Tudor Costume Ideas

In the 16th century there were strict laws about what colours and types of clothing you could wear depending on your status. Rich people could wear silks, velvets and bright colours, whereas poor people were only allowed linen, wool, and dull colours.

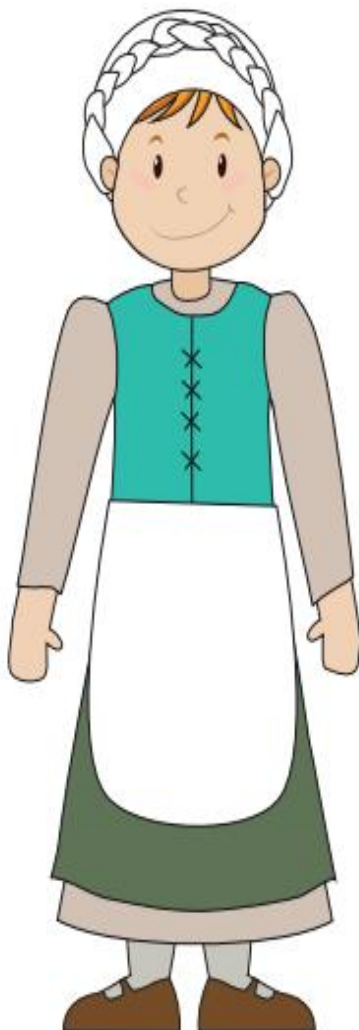
16TH CENTURY BOY:

- Shirt: Long-sleeved neutral-coloured T-shirt
- Waistcoat (called a doublet)
- Floppy woollen cap (or any brimmed hat)
- Leather belt
- Loose shorts or 3/4 length trousers
- Long socks (stockings in Tudor times!)
- Leather shoes or boots



16TH CENTURY GIRL

- Hair covered with a cap or cloth (see below)
- Long sleeved dress
- Waistcoat
- Long skirt over the dress
- Apron over the skirt
- Stockings or long socks
- Leather school shoes (Tudors had the same design!)



EASY HAIR COVERING WITH A CLOTH



Memes may seem like harmless fun, but they can carry hidden risks. This guide explores how meme culture affects young people - from misinformation to inappropriate content and digital footprints.

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 MEMES

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

WHAT ARE THE RISKS?

SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.

#WakeUpWednesday

The National College

See full reference list on our website

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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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

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ST NICK'S **HALLOWEEN** ***DISCO***

22nd October

3:30 – 5:00pm



**£5 TICKET ENTRY TO BE PAID PREVIOUSLY VIA
SCHOOL GATEWAY APP**

**WHICH INCLUDES A GOODY BAG
(MONEY NOT NEEDED ON THE DAY)**

**Students may stay after school
But will need to be collected**

**NO SCARY MASKS OR
SCARY COSTUMES, PLEASE**



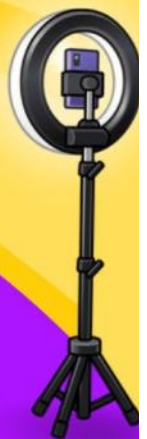


**Tues 21st October
3.15pm-4.00pm
(During Quest Drop-In)
@Turing Suite**

***No time slot required. Just pop by.**

ONLINE SAFETY WORKSHOP

WITH MR WILLIAMS



To ensure you get the most out of these workshops and to give us an idea on which topics to cover, we have created an online safety survey for parents/carers.



< Scan QR code to complete the survey.

On mobile? Click [here](#)





WHERE IS IT?

St Nicholas School,
Whittingham Avenue Entrance,
Southend-on-Sea,
SS2 4RL.



*Look for a single red gate opposite
Bournes Green Park playing fields.

WHAT DAY IS IT ON?

FRIDAY 31ST OCTOBER (HALLOWEEN)
(10.00AM - 3.00PM)

*Due to our strong SEN links we purposely keep numbers
for each camp relatively low, compared to other similar
companies. Therefore, spaces will be limited for each day.
Book early to avoid disappointment!

On mobile? Sign up [here](#).



WHAT WILL WE DO THERE?

- FOOTBALL
- DODGEBALL
- BASKETBALL
- TABLE TENNIS
- SOFT ARCHERY
- BADMINTON
- VOLLEYBALL
- HOCKEY
- CRICKET
- BOCCIA
- CIRCUS SKILLS
- GYM



MEET NEW
PEOPLE!

STAY ACTIVE!

HAVE FUN!



WHAT WILL I NEED TO BRING?



- APPROPRIATE CLOTHING & FOOTWEAR FOR
SPORT IN ALL WEATHER CONDITIONS
- A DRINK OF WATER (NO FIZZY OR ENERGY
DRINKS PLEASE INC PRIME)
- A PACKED LUNCH (NO NUT PRODUCTS PLEASE)
- ANY MEDICATION REQUIRED (PLEASE INCLUDE
THIS DURING SIGNUP ON THE CLASS4KIDS APP)

HOW DO I BOOK ON & HOW MUCH IS IT?



SCAN THE QR CODE AND SIGNUP
FOR A CLASS4KIDS ACCOUNT. ALL
DETAILS AND PRICES ABOUT THE
CAMPS WE OFFER ARE ON THERE.



If you have any other questions please contact us
using any of the platforms below.



PE Extra



peextra_southend



hello@peextra.co.uk