

A Note from the Headteacher

Fundraising Updates

MacMillan Coffee Morning

As promised, we can now share the final total raised by our Macmillan coffee morning. Thank you to everyone who helped to raise...

£172.78

which will go toward supporting the almost 3.5 million people in the UK living with cancer, from the moment they are diagnosed, throughout treatment and beyond.

Mr Wood's 'Trio of Halves'

We would also like to thank Mr Wood for his 'Trio of Halves' fundraiser, which has raised...

£2,685.53

(after JustGiving costs)

toward the £50,000 target of resurfacing the MUGA. Thank you to everyone who contributed.

Dyslexia Awareness Week

Next week is Dyslexia Awareness Week and we will be highlighting this with students in school through assemblies and activities in class. We are currently working towards becoming a Dyslexia Friendly accredited school through the British Dyslexia Association and Mrs Johnson is leading this work for us. Check out some interesting facts that she has put together on page 8 of this newsletter, to help raise everyone's awareness.

Wishing you all a great weekend,

Mrs L. Fox

Headteacher



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, Administration Assistant

Mrs Jo Strickland, Business Administrator

Administering Paracetamol Policy

We keep a stock of paracetamol in school to treat the odd occasion when a child is suffering from a headache or other pain that is easily remedied by paracetamol medicines.

Our stock is small and only for those unforeseen occasional moments. Pupils who frequently require paracetamols for known medical conditions are asked to provide their own tablets or liquid.

In order for schools to administer paracetamol to pupils, the consent of parents and carers is required.

Before 11:00am, we will always contact parents and carers by telephone to obtain verbal consent and to confirm whether any medicines have been taken before attending school.

Where we do not have written consent from parents/carers, we will always telephone before administering paracetamols. If you have provided written consent for us to administer paracetamols 'as and when needed', then we will message you on Ping to inform you of when they were taken.

Last year, at St. Nicholas, we reviewed our policy so that the following rules also apply:

- Calpol can be administered to years 7 and 8. Paracetamol tablets are administered from year 9 upwards.*
- If your child is year 9 or above and will only take liquid paracetamol, then this will need to be provided by the home.*

Thank you for your understanding.

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

6th	9:30-11:00am	Anne Odeke Workshops—Explorer, Hunter, Pioneer
	11:20am-12:50pm	Anne Odeke Workshops—Discoverer/Pathfinder
7th	ALL DAY	Jack Petchey Talk the Talk Workshops
	9:30-11:00am	Anne Odeke Workshops—Researcher/Voyager
	11:20am-12:50pm	Anne Odeke Workshops—Adventurer/Seeker
13th	10:00am-2:00pm	Year 11 SACC Visit
	11:15-1:15pm	DofE Litter Picking (Researcher Y9s)
14th	12:00-2:30pm	Seeker Visit to Southchurch Hall
15th	9:00am-12:00pm	Kittle School Photos
	9:30am-1:00pm	Y7+Y8 SESSSA Football Competition
16th	11:00am-6:45pm	KS4 Visit to the Globe Theatre (Twelfth Night)
17th	8:00am-4:00pm	Discoverer Jack Petchey Trip—Go Ape
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
	2:15-3:00pm	End of Half Term Awards Assembly
	3:30-5:00pm	Halloween Disco
23rd	ALL DAY	TOWIT Day

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

SCHOOL MEALS

Monday 6th October 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.

This online safety guide explores EA FC 26 – the latest edition of the immensely popular football game. It flags potential risks, including in-game purchases, scams, and exposure to strangers via voice chat.

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 EA SPORTS FC 26

AGE RESTRICTION
PEGI 3

Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

WHAT ARE THE RISKS?

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.10.2025

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 list on guide: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2024



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
COSTUMES, PLEASE**



DYSLEXIA

≠ low intelligence.

Many mistakenly link dyslexia to low intelligence. Research shows **dyslexia is a unique brain organization with its own strengths and challenges**, and it should **never** be associated with a lack of intelligence, talent, or effort.

[Wolf et al., 2023]

Dyslexia affects 15–20% of the population.

Dyslexia is the most common learning difference. Characteristics include slow or inaccurate reading, poor spelling or writing, or mixing up similar words.



[National Library of Medicine, 2023]
[IDA Fact Sheet, 2020]

DYSLEXIA FACTS

Dyslexia is often hereditary.

Parents with dyslexia are more likely to have children with dyslexia.

"A child with an affected parent has a **40–60%** risk of developing dyslexia. This risk increases when other family members are also affected."

[Schumacher et al., 2007]

Students with dyslexia can learn to read.

Research shows that students with dyslexia can learn to read when **instruction aligns with these principles:**

Phonics-Based

Explicit and Systematic

Consistent and Frequent

Multimodal

Individualized

Emotionally Reinforcing

[Lovett et al., 2017; Lyon, G. R., & Goldberg, M., 2023; Morris et al., 2012]



Reading Horizons

🌐 readinghorizons.com/solutions/dyslexia