

St. Nicholas News



Friday 21st November 2025

A Note from the Headteacher

School Council Elections

Over the next few weeks, voting for St. Nicholas School Council class representatives will take place in the school hall. This links perfectly to our current quest, 'Count Me In'. To make the experience as close to a real polling station as possible, students will tell the poll clerks (Mr Foxall or Mrs Young) their name and class; they will then be checked on the electoral roll (class list) and given the appropriate ballot paper. Students take their ballot paper to the voting booth and can vote by placing an X next to the one name. They can then fold their ballot and post it into the ballot box. The successful candidates will be announced by the Returning Officer (me!) in a live Teams broadcast to the school. Good luck to all the representatives!



School Toy Policy

Due to the needs of some of our students, we understand that bringing in a comfort toy from home may support them to access the school day. As part of our uniform policy, this is allowed and we are happy for students to do this. The comfort toy should be of a sensible size.

Recently, however, we have had more and more students bringing in more than one toy, bringing in a large toy or bringing in a toy that is for playing with, rather than for comfort. In some classes, the issue has grown to the point that desks are cluttered and toys have become a huge distraction to learning. When many of our students struggle to maintain focus anyway due to their individual needs, the toys are causing further challenges which impede positive learning behaviours.

Staff have been speaking with the children in school about toys this week and reminding them of our rules. Please can you have a similar conversation with them at home, so that on Monday, everyone is following the guidance and we can all support the students to focus on their learning in class. Thank you.

Christmas Lunch Day

Our Christmas Lunch will be on Wednesday 17th December. Please see the letter on school Ping for more information and confirm via the form whether your child will be having a Christmas lunch (£2.60 via School Gateway) or bringing a packed lunch. Meal choices will be taken in class.

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



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

23rd January, 29th June

TERM DATES 2025-2026:

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

November

24th	10:00am-2:30pm	Hunter Trip to the Sealife Centre
	11:30am-12:30pm	Safe Steps Workshop with Jayne Millen (Pioneer/Discoverer)
25th	2:00-3:00pm	Seeker Visit to Co-op
26th	ALL DAY	The Nutcracker Ballet
28th	10:00am-1:15pm	Adventurer Visit to Waitrose

December

2nd	9:00am-3:45pm	President's Sporting Lunch for relevant children
3rd	2:00-4:00pm	Parent Forum Christmas Fayre
5th	9:30am-1:00pm	SESSSA Swimming Gala
	2:00-3:00pm	Year 8&9 Debate
8th	10:00am-1:00pm	Discoverer Jack Petchey Trip to Megazone
9th	2:00-3:00pm	Seeker Visit to Co-op
12th	ALL DAY	KS4 Pop-up Restaurant
15th	11:30am-1:30pm	Christmas Party at St Thomas More (Students TBC)
16th	ALL DAY	St Nick's Got Talent
17th	12:00-2:00pm	Christmas Lunch
19th	9:45-11:00am	End of Term Awards Assembly

January

5th	ALL DAY	Students Return to School
20th	9:30am-2:00pm	SESSSA Boccia Competition
26th-30th		Functional Skills Level 1 & 2 Exam Week

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

SCHOOL MEALS

Monday 24th November 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.

This guide explores how Bluetooth trackers like AirTags and SmartTags can be misused for stalking, bullying and invading young people's privacy.

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 TRACKING DEVICES

WHAT ARE THE RISKS?

STALKING AND HARASSMENT

Because of their tiny size and unassuming appearance, tracking devices can easily be hidden in bags or clothing. They've been used to monitor individuals without their knowledge, with a lawsuit in the US labelling AirTags "the weapon of choice of stalkers and abusers". In the UK, use of tracking devices in coercive control and stalking cases reportedly rose by 317 percent between 2018 and 2023.

TOOLS FOR BULLYING

Tracking devices could allow bullies to follow or locate their targets even outside of school. This makes it difficult for children to find refuge, potentially extending the trauma of bullying into spaces – like home – that should feel safe and secure.

FALSE ACCUSATIONS

Because tracking devices are linked to user accounts, they could be misused to 'prove' ownership of someone else's possessions. Someone could, for example, plant a tracker on another person's belongings to falsely claim them as their own.

INVASION OF PRIVACY

These devices are designed to share location data with the user via other people's phones, which can unintentionally broadcast someone's movements without their consent. This makes them vulnerable to being monitored by strangers without realising.

DIFFICULT TO DETECT

Many tracking devices are designed to be discreet, but that also means they're easy to hide. Without proactive checking or the right tech to detect them, children and young people might not realise they're being tracked.

Advice for Parents & Educators

WATCH FOR WARNING SIGNS

If a child's peers always seem to know their location – whether in person or hinted at online – it could be worth checking for tracking devices. Some, like AirTags, will eventually make a noise if separated from their owner. Listen out for a chirping sound.

CHECK LIKELY HIDING SPOTS

Common places where trackers may be planted include jacket linings, bag seams, pockets, or under bike seats. If you find one, take a photo of the serial number before disposing of it – this could help police trace the account it's linked to.

USE DETECTION APPS

Apple devices running iOS 14.5 or later will notify users of unknown AirTags nearby. Android users can install Apple's 'Tracker Detect' or the third-party app 'AirGuard' to scan for tracking devices from various manufacturers.

HAVE THE CONVERSATION

Talk to your child about what tracking devices are, what signs to look out for, and how they might be misused. Emphasise the legal consequences of using them to prank, harass, or monitor someone.

Meet Our Expert

Alan Martin is a seasoned technology journalist with bylines in Wired, TechRadar, The Guardian, The Evening Standard, The Telegraph, and The New Statesman. He specialises in consumer tech, online safety, and emerging risks in the digital landscape.



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

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

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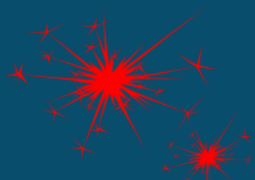
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CHRISTMAS FAYRE

3rd December from 2-4pm*

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- Homemade crafts for sale.
 - Between 20p-£2 per item (Christmas wreaths for £5).
 - Toy Tombola.
 - Raffle held on the day.
 - Christmas quiz.
 - 'Guess the name of the teddy.'
 - Fun games.
 - Seasonal refreshments.



**Students will be able to go to the Fayre from 2pm so please send them in with some money to spend. Parents can attend from 2.30pm.*

Organised by our Parent Forum

