

A Note from the Headteacher

Parents' Evenings

The booking forms for the Key Stage 3 and Key Stage 4 Parents' Evenings are live on School Ping. They will take place next Tuesday (Key Stage 3) and Thursday (Key Stage 4) from 3:30-7:00pm. If you would like to book a slot to see your child's class teacher or one of our specialist subject teachers, then please log in to complete the form. Spaces are offered on a first come, first served basis.



Preparing for Adulthood: Post-16 Visits

As our students move through the school, we make sure that we do as much as we can to prepare them for their studies and life post-16 and beyond, in line with the 'Preparing for Adulthood' agenda. In KS4 specifically, this includes visits to post-16 provisions.

We encourage our students to visit the colleges with their families, also, to make informed decisions about college course options. On page 2 of this newsletter, you can will find important dates linked to college open evenings. Please do check them out so that you don't miss the chance to visit.

Also this term, we are hosting our annual 'post-16' evening for KS4 students to meet with the different colleges and providers in the school hall. This year, the evening is taking place on Thursday 20th November. It is always worth a visit as the evening is attended by services such as Essex travel trainers, Friends and Places, and the different provisions.

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

MONEY SAVING TIP FOR FAMILIES

A parent has shared a money saving deal with us where you can get 50% off of fresh food favourites through Deliveroo. Log-in (or register) on the apps to find deals near you from a range of shops and supermarkets including Sainsbury's and the Co-op.

There may also be similar deals available through Just Eat and Uber Eat.

Please note: We have not tried this ourselves, just passing on the tip.

Important Dates for Year 11s

11th November — KS4 Prince Charming Workshop

12th November — USP Familiarisation Visit

20th November — Post-16 Information Evening

26th November — The Nutcracker Ballet

12th December — KS4 Pop-up Restaurant

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

10th	11:15am-1:15pm	DofE Litter Picking (Researcher Y9s)
11th	10:00-11:00am	KS4 Prince Charming Workshop
	2:00-3:00pm	Seeker Visit to Co-op
	3:30-7:30pm	KS3 Parents Evening
12th	9:30am-1:30pm	KS4 USP Familiarisation Visit
	12:00-2:30pm	Pioneer to the Plaza Community Café
13th	3:30-7:30pm	KS4 Parents' Evenings
14th	8:00am-4:00pm	Discoverer Jack Petchey Go Ape
17th	11:15am-1:15pm	DofE Walk in Hockley Woods (Researcher Y9s)
19th	9:30am-2:00pm	Latimer League Football (Y8-10) at Marketfield School
20th	5:00-7:00pm	Post-16 Evening
24th	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

December

2nd	9:00am-3:45pm	President's Sporting Lunch for relevant children
3rd	TBC	Parent Forum Christmas Fayre
5th	9:30am-1:00pm	SESSSA Swimming Gala
9th	2:00-3:00pm	Seeker Visit to Co-op
12th	ALL DAY	KS4 Pop-up Restaurant

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

SCHOOL MEALS

Monday 10th November will be week 1 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 online safety guide examines Pokémon TCG Pocket, the mobile version of the popular trading card game. While fun and educational, its addictive pack-opening and spending pressures can create risks for young players.

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 POKÉMON TCG POCKET

WHAT ARE THE RISKS?

Pokémon TCG Pocket is a mobile version of the hugely popular Pokémon Trading Card Game, downloaded over 100 million times on Android and iOS. Players collect cards, battle others online, and open packs of cards – known as booster packs – to expand their decks. While the core game can be fun and helps develop tactical and numeracy skills, its design encourages spending and can feed addictive behaviours – making it important for adults to understand the risks.

AGE RESTRICTION
PEGI
3

ADDICTIVE PACK OPENING

Booster packs rely on probability to provide rare or powerful cards. The excitement of opening them – and the dopamine rush when finding a sought-after card – can become addictive. Unlike purely cosmetic loot boxes, the cards here are integral to competitive gameplay, adding extra pressure for serious gamers to collect more.



QUICK BUT ABSORBING

Card battles last around five to six minutes, making it easy to fit in "just one more game". This quick format, combined with the drive to win, can lead to prolonged play sessions and increased screen time without noticing. With limited-time Ranked Match seasons constantly being refreshed – an opportunity to accumulate points and earn profile emblems – players may find themselves drawn into this game mechanic repeatedly.



PREMIUM PASS PRESSURE

A monthly subscription gives players access to exclusive missions, rewards, and an extra daily booster pack. Missions and rewards are replaced each month, providing an incentive to stay subscribed. While some premium rewards are exclusive, others are available through free play – making the pass more about faster progression and obtaining cosmetic items than true necessity.



ENDLESS PACK LOOPS

New themed sets of cards are released each month, ranging from around 85 to over 370 cards per expansion. This constant cycle encourages players to keep opening packs in an effort to complete collections or improve their battle decks, potentially promoting unhealthy spending habits. With the introduction of limited-time booster packs, some players may feel increased pressure to collect these cards while they're still available.

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
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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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 | • VOLLEYBALL |
| • DODGEBALL | • HOCKEY |
| • BASKETBALL | • CRICKET |
| • TABLE TENNIS | • BOCCIA |
| • SOFT ARCHERY | • CIRCUS SKILLS |
| • BADMINTON | • 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