

A Note from the Headteacher



Preparing for Adulthood

Today, in school, we hosted two members of the Connexions team who spoke to all of our year 11 students on a 1:1 basis, as part of our Careers provision.

This term, we will also see our year 11s head off in to the work place for their 2 week block of work experience. Mrs Park is currently supporting all students in year 11 to find a suitable work placement and will be taking the students to interviews with the hosting employers.

Online Activity

Once again this week in school, we have had to deal with some inappropriate behaviour of students when accessing the internet at home, which has included the alleged creation of fake accounts and profiles with the intent of creating drama between others. We will always do everything we can to safeguard the students and help them resolve conflict safely and appropriately. However, when it comes down to online activity at home, we do not have the technology or resources to identify those responsible, nor are we present when it is happening.

In school, we hold regular lessons, assemblies and other interventions, for example, the school council's 'Break the Cycle' campaign. We share information for parents/carers in our weekly newsletters with top tips (see page 4 this week) and offer free resources and guidance for all parents via our National College platform which can be signed up to completely free by clicking [here](#).

As we are unable to thoroughly investigate online activity, we have been liaising with the local community police officers who have visited the school this week to speak with those students involved and talk about what action can be taken for creating malicious content online. The police are willing to investigate any further issues that cause disruption to school life and we fully intend to work with them to do so, should we be met with continued and unacceptable online conduct that negatively impacts children's learning and attendance at school. I respectfully ask all parents/carers/guardians to ensure you are actively and regularly monitoring your child's online activity. Please do not assume all is well; always hold in your mind that they might be caught up in something, even if they are not the instigator. If you don't check, you will never know and they will never be supported to manage themselves safely and respectfully online. Together, we can help them navigate the difficult world of social media successfully.

Thank you for your support and co-operation.

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 February, 29th June

TERM DATES 2025-2026:

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

February

2nd-6th		Entry Level Functional Skills Assessments
2nd	9:30am-12:30pm	RNLI Talks (Group Times TBC)
5th	11:00am-12:00pm	Level 1 Functional Skills Maths (Calc)
	11:30am-3:00pm	Latimer League Football Fixture at Whitetrees School
6th	10:30am-12:00pm	POSTPONED—MP Bayo Alaba Visiting School
9th-13th		Entry Level Functional Skills Assessments
13th	2:15-3:00pm	End of Half-Term Awards Assembly
23rd	ALL DAY	INSET Day—School Closed for Students
24th-27th		Entry Level Functional Skills Speech & Language Assessments

March

16th-20th		Y11 Work Experience week 1
17th	3:30-7:00pm	KS3 Parents Evening
19th	3:30-7:00pm	KS4 Parents Evening
23rd-27th		Y11 Work Experience week 2

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

SCHOOL MEALS

Monday 30th January 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.

This guide offers advice on how to set up parental controls on your child's devices to protect them from age-inappropriate content.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



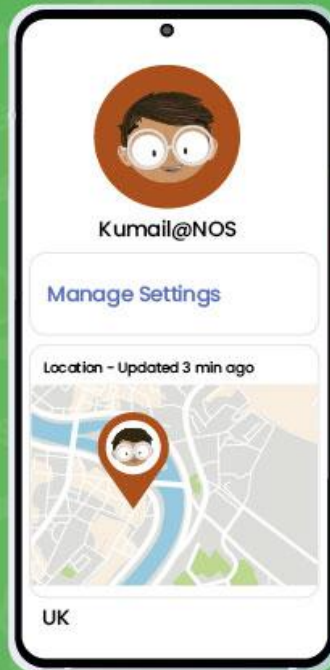
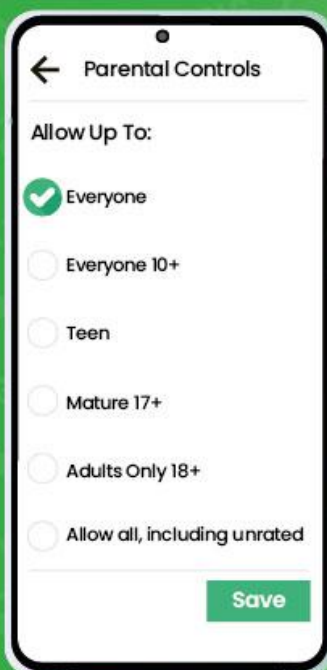
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How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT Android Phone



The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



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Southend-on-Sea
City Council

IN CELEBRATION OF CHILDREN'S
MENTAL HEALTH WEEK

YOUTH FEST

CHILD & YOUTH
SERVICES

ACTIVITIES &
MUSIC

WELL-BEING

SATURDAY 14TH FEBRUARY 2026

10AM - 4PM

THE VICTORIA SHOPPING CENTRE

THE
VICTORIA
CENTRE

SOUTHEND

