

St. Nicholas News



Friday 17th April 2026

A Note from the Headteacher

Welcome Back

Welcome back to all of our families for the final term of the school year. It is hard to believe we are already in the summer term! This week, I have been planning transition for the students that will be joining us in September; I cannot believe how quickly this year has gone.

We are also planning transition for our current students and I am beginning to consider class arrangements and staffing for the whole school transition. I hope to be able to share information with you all in good time but it will not be before the half term break due to recruitment that is still underway. I can, however, tell you that the transition quest this year is entitled 'All the Fun of the Fair'.

New Administration Assistant

I am pleased to share with you that we have a new administration assistant starting with us on Monday of next week, Mrs Sarah White. Mrs White replaces Mr Maguire who left us last term. I am sure you will join me in welcoming Mrs White to our school community. I will add a photograph of her to next week's newsletter, so you know who to look out for. Amongst other duties, Mrs White will be taking on the responsibility of annual review administration but will be receiving training on this in the coming weeks, so please bear with us whilst we get her up to speed.

Years 5/6 provision

You will remember that we were planning to open a years 5/6 provision on site at St. Nicholas in September of this year. However, this plan has now been delayed due to circumstances beyond our control. The new provision will now open in September 2027 and I will keep you posted on developments for this provision, as they unfold.

Wishing you all a fabulous 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.

REMAINING INSET DAYS 2025-2026

Monday 29th June

TERM DATES 2025-2026:

Bank Holiday: Monday 4th May

Summer half term: 25th - 29th May

Summer term ends: Mon 20th July

**STUDENTS RETURN TO SCHOOL ON
THURSDAY 3RD SEPTEMBER 2026**

KEY DATES FOR YOUR DIARY

April

13th-24th		Y11 BTEC Cooking Assessments
22nd	9:00am-1:00pm	Y7/8 Dodgeball Competition
24th	9:00am-1:00pm	Yr11 Hepatitis B Vaccinations
29th	9:00am-1:00pm	Y9/10 Dodgeball Competition
	5:00pm-6:00pm	DofE Expedition Parents Information Meeting

May

4th		MAY BANK HOLIDAY MONDAY
5th-12th		Y11 L1 and L2 English and Maths Functional Skills Exams
6th	9:00-1:00pm	Girls' SESSSA Dodgeball Competition
13th-21st		Y11 Art GCSE Exams
22nd	9:00am-1:00pm	Whole School Hepatitis B Vaccinations
25th - 29th		HALF TERM HOLIDAY

June

1st - 5th		Annual 'Procorda' Residential
5th		DofE Assessment Practice Walk
10th		SESSSA Athletics Competition
11th - 12th		DofE Assessment Expedition @ Belchamps
16th	3:15pm - 4.15pm	'Roar' Quest Drop-In
17th	All Day (7:30pm return)	Whole School Trip to 'Lion King'
18th - 19th		DofE Assessment Expedition @ Danbury
19th	9:00am-1:00pm	Whole School Hepatitis B Vaccinations
25th	5:00pm - 9:00pm	Year 11 Prom
29th		INSET DAY - NO STUDENTS

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

SCHOOL MEALS

Monday 20th April 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.

join The **Super 1s**



All disabilities welcome
Ages 12-25

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

Free inclusive cricket sessions!

WHEN:

Fridays Starting 12th
September 2025
5-6PM

WHERE:

Southend Leisure and Tennis
Centre,
Garon Park, Eastern Avenue,
SS2 4FA

CONTACT:

Bradley Donovan

bradley.donovan@essexcricket.org.uk

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. SC046238





Age: 14-17 yrs

Time: Monday & Wednesday
4:30PM-6:30PM

Cost: £5

(Includes Takeaway
or cooking cost)



SCAN ME

TEEN SPIRITS

FUNDED BY
SHORT BREAKS



Southend-on-Sea
City Council

COME AND SOCIALISE INDEPENDENTLY
WITH OTHER YOUNG PEOPLE. WE'RE HERE TO
SUPPORT YOU TO MEET FRIENDS OUTSIDE OF
SCHOOL AND COLLEGE. OUR CHARITY MOTTO IS...

**"EVERYONE HAS THE RIGHT
TO A SOCIAL LIFE."**

FRIENDS AND PLACES TOGETHER

TOP FLOOR UNIT 13/14 VICTORIA SHOPPING CENTRE SS2 5SP
☎ 07796678939



office@friendsandplacestogether.org.uk

www.friendsandplacestogether.org.uk

|COMPANY NUMBER 0855430|REGISTERED CHARITY NUMBER 1159584|



START DATE: 15TH APRIL 2026

AGE: 14-17 YRS

TIME: WEDNESDAYS

5.00-7.00PM

COST: £5

TEEN SPIRITS



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WWW.FRIENDSANDPLACESTOGETHER.ORG.UK

COMPANY NUMBER: 0855430 REGISTERED CHARITY NUMBER 1159584

SEND FEST

independence
PROJECT & CLUBS

★ Accept - Advocate - Include ♥



EVENING
EVENT

SAT 30 MAY: 6pm - 9pm

AT COLCHESTER ZOOLOGICAL SOCIETY

Charity no. 1105621

A fun festival exclusively for children & young people with SEND & their families

DISCOVER OVER 150 SPECIES FROM AROUND THE WORLD SET IN OVER 60 ACRES OF PARKLAND AND LAKES - ANIMAL ENCOUNTERS - DINOSAUR REALM - OUTDOOR PLAY AREAS - LOST MADAGASCAR ROAD TRAIN - DISCOVERY DEN - SAND PLAY FACE PAINTING - ANIMAL GUYZ

TICKETS: FROM JUST £10 PER PERSON + booking fee

<https://SEDNFESTZoo.eventbrite.co.uk>

**BOOK
ONLINE**



This guide lets you know how to help children and young people through the transition back into education after a school holiday.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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