

A Note from the Headteacher

Quest Drop-In for Roar! - Tuesday 16th June



Our current quest 'Roar!' is well underway and continues after the half term break until the end of June and the beginning of transition. At the end of this quest, there is the opportunity for parents and carers to come in to school to meet with their child's current class teacher for the final time this academic year, during our quest drop-in. If you have not been to one of these before then why not come along this time? Quest drop-ins are very informal. You can 'drop-in' at any time between 3.15pm and 4pm. The class teachers are present so you can talk to them about your child's learning and progress without having to make an appointment. The work your child has completed during the quest is available for you to look through and with this being a 9 week quest, there will be lots of wonderful things to see. Specialist teachers are also available to talk to parents and carers during this time. Refreshments are provided free of charge, so come along and enjoy a drink and a biscuit whilst enjoying your child's work. I hope to see you there!

Wishing you all a great weekend,

Mrs L. Fox, Headteacher

HALF TERM

Monday 25th May - Friday 29th May

How to contact us:

email the school at: office@st-nicholas.southend.sch.uk

Telephone: 01702 462322

When you call the school, the phone may be answered by:

Mrs Turner, Office Manager

Mrs White, Admin Assistant

Mrs Gillespie, Health & Safety Coordinator

Mrs Strickland, Business Administrator

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:

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

May

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
3rd	4.00pm-5.00pm	Year 6 Transition Afternoon Tea
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
23rd	ALL DAY	Stubbers Trip
25th	5:00pm - 9:00pm	Year 11 Prom
26th	11.30am	Year 11 Graduation Assembly
26th	2.15pm	End of Quest Awards Assembly

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

SCHOOL MEALS

Monday 18th May 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.

MOST DISHES ARE MADE DAILY AND ARE SUBJECT TO CHANGE.



St. Nicholas



Thursday 16th July — 3.15pm — 4.45pm

SUMMER FAIR

- CRAFTS
- RAFFLE
- ICE CREAM
- STALLS
- GIFTS
- GAMES



St Nicholas School

**Philpott Avenue, Southend
on Sea, SS2 4RL**



Giving advice and guidance to parents
and carers of children who have Special
Educational Needs or a Disability

SENDIASS Southend



Contact us:

 Tel: 01702 215499

 Email: iass@southend.gov.uk

 By Post:

**Special Educational Needs & Disability
Information, Advice & Support Service**

Southend-on-Sea City Council

Civic Centre, Victoria Avenue,

Southend-on-Sea, Essex SS2 6ER

(Meetings are by appointment only)

 You can also visit our website at:
www.SendiassSouthend.co.uk

 Access more information on the Local Offer
at: www.livewellsouthend.com

 **Follow us on facebook**
facebook.com/sendiasssouthend



Sendiass Southend
Government organisation



SENDIASS Southend



**Special Educational Needs & Disability
Information, Advice & Support Service**

**SENDIASS provides impartial information,
advice and support to parents and
carers of children who have special
educational needs or disability.**

The service aims to encourage
partnership between parents, educational
settings, social care, the local authority,
health and other agencies.

The service is available for any parent
or carer of a child up to the age of 25
who has special educational needs or
disability. Parents, carers and young
people can contact the service directly.

The information, advice and support that we offer is based on the law and the SEND Code of Practice.

This covers matters relating to:

- Education, health and social care
- National and local policy
- The Local Offer
- Your rights and choices
- Your opportunities to participate
- Where you can find help, advice and support

We provide information in many ways, through our website, social media, training events and conferences.

Sometimes information alone is not enough.

You may want help to gather information, make sense of it and apply it to your own situation.

We call this advice and we offer this service by email, telephone, face to face and through training events.

When we are not able to help we will do our best to tell you about, or put you in touch with other groups or organisations that could help.

We call this signposting.



We are impartial

We provide unbiased information and advice about the Local Authority's policies and procedures and about the policy and practice in local schools and other settings.

We aim to empower you to feel confident to say the things that you want to say and feel listened to. We are not an advocacy service and therefore do not speak on your behalf. As an impartial service, we do not favour either side or have influence over the outcome of any meetings.

We do not give priority to any particular impairment, disability or special educational need, nor do we campaign for any particular approach to education.

**You can find our
Impartiality Policy on
our website**

www.SendiassSouthend.co.uk





Preparing for Adulthood webinars

Online via MS Team

The aim of these webinars is to build practical knowledge, confidence, and collaboration around Preparing for Adulthood outcomes and transition pathways for young people with special educational needs and/or disabilities, with or without an Education, Health and Care (EHC) Plan.

The webinars are open to anyone wishing to find out more about Preparing for Adulthood, young people, parent carers and professionals.

Sessions will be delivered by Kate Clarke, Preparing for Adulthood Advisor at Southend-on-Sea City Council, and guest speakers.

Webinar 1: Preparing for Adulthood - what it means and why it matters.

Date: Thursday 19 March 2026, 6pm to 7pm.

Webinar 2: Building Employment Pathways – Supported Internships and Apprenticeships.

Date: Thursday 16 April, 6pm to 7pm.

Webinar 3: Navigating Adult Social Care – preparing families and young people.

Date: Thursday 14 May, 6pm to 7pm.

Webinar 4: From NEET (Not in Employment, Education or Training) to employment – strategies for engagement and success.

Date: Thursday 25 June 2026, 6pm to 7pm.

Webinar 5: Education, Health and Care Plans (EHCPs) and support for young people with high needs in post-16 education.

Date: Thursday 9 July 2026, 6pm to 7pm.

Learn how to get involved:

www.livewellsouthend.com/PfA



Southend SEND Information Day

An event for parent carers and professionals



Scan here for more information

Join us!

Discover stalls, talks, teams and services.



Tuesday 16 June 2026
9.30am to 2.30pm



Southend Civic Centre,
Victoria Avenue, SS2 6ER



Pre-register for the event, or drop-in on the day!

www.livewellsouthend.com/SENDInformationDay



Southend-on-Sea
City Council

Circle of the Savannah

As part of our current quest 'Roar!', we are delighted to announce our school production of 'Circle of the Savannah' this Summer.

If your child is taking part in this production, there will be several rehearsals that your child would be expected to attend. All rehearsals will take place on site.

Here are some important dates that you need to have ready in your diary...

Saturday 6th June - 10:30am to 3:30pm

Monday 8th June - all day rehearsal

Tuesday 9th June - all day rehearsal

Wednesday 10th June - dress and tech rehearsal

Thursday 11th June - after school performance

There will be more information to follow, but if you have any queries, please email office@st-nicholas.southend.sch.uk and Mrs Turner will forward your questions to Mrs Russell



This guide looks at the challenges of children forming friendships online, highlighting key risks such as grooming, privacy concerns and inappropriate content - and offers tips for staying safe.

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. Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

WHAT ARE THE RISKS?

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sexortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



#WakeUpWednesday

The National College

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