



A Note from the Headteacher



Pro Corda Residential

At the start of the month, you may remember that we had a group of students and staff attend the school residential to Pro Corda. You can see some photographs from this trip on page 5 but also some information about how the time was spent on page 4. Please do have a read so you can also see how much money was raised on a recent sponsored walk by staff, that helps subsidise this event for our students. A huge well done and thank you to all involved.

The Lion King Trip

This week, most of the school went on a trip to see 'The Lion King' in London, as part of our current quest 'Roar!' It was a long day for all involved but what a fabulous time they had. You can see some quotes from students from across the school on page 6 of this newsletter.

Important Changes to Free School Meals— ACTION REQUIRED

The government is widening access to Free School Meals (FSM) for families receiving Universal Credit and from the start of the 2026- 27 academic year, all children whose families receive

Universal Credit will be entitled to FSM. The previous income threshold of £7,400 will no longer apply.

Schools will have to recheck eligibility every year using a new checking service.

Existing FSM eligibility cannot be relied upon without a valid check therefore all students currently in receipt of free school meals will have to re-apply.

The school office will be sending out the information they will require to check your child's eligibility for free school meals at the end of next week, via Ping . Please note if you do not complete this your child will not be eligible for a Free School Meal in September.

Wishing you all a wonderful weekend.

Mrs L Fox

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:

Summer term ends: Mon 20th July

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

KEY DATES FOR YOUR DIARY

June

22nd		Pioneer and Pathfinder Cinema & Lunch Trip (Jack Petchey Award)
23rd	ALL DAY	Stubbers Trip
24th	All Day (7.30pm return)	Oliver Trip (Year 11)
25th	5:00pm - 9:00pm	Year 11 Prom
26th	11.30am	Year 11 Graduation Assembly
29th	ALL DAY	Inset Day (School closed to students)

July

1st	ALL DAY	Kids Out - Adventure Island
8th	3.15pm-4.45pm	Parent Forum Social Club (See Page 8)
13th - 17th		SCHOOL ACTIVITY WEEK
16th	3.15pm-4.45pm	St Nicholas Summer Fayre (See Page 9)
20th		Last day of Summer Term

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

SCHOOL MEALS

Monday 22nd June 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.



Annual Pro Corda Residential

Our Annual residential trip to Pro Corda has taken place, and 18 students took part from 1st to 5th June. This years theme was the 'Lion King', and it was yet another incredible experience for the students and the staff that worked tirelessly alongside them. They learned lines, created scenery and acted out a wonderful 45 minute performance. As well as the show itself, the students took part in Yoga sessions and visited towns and villages in the surrounding area of Suffolk. The students attended many workshops and co-wrote their own song, 'The Fierce Brotherhood', with the resident musician, Charlie Law.

Many thanks to Mrs Park for organising, and to Mrs Nash, Mrs Young and Miss Young for their time and support during the residential stay.

Funds are needed to subsidise this incredible opportunity that benefits our pupils in so many ways. This residential would not have been possible without the fundraising and organisation from Mrs Park. This years trip was subsidised by £3800 which was raised from several fundraising events and staff members from St Nick's took part in a sponsored walk last weekend and have raised a further impressive £1600 so far. A further grant from Jack Petchey has contributed an additional £1200!

See page 5 for some wonderful photos taken during the week!



PRO CORDA





Following our school theatre trip to see 'The Lion King' on Wednesday 17th June, we asked our students for some feedback about their experiences on the day. Here are some of their wonderful quotes:-

Fred - Long live the King Simba! The actors were great. Scar was my favourite because he was awesome!

Bethany - Amazing! I liked how the actors acted, Nala was so good. She was brave, strong and mighty. She fought for what was right and she stood up to Scar.

Tulisha - All the characters were good. Rafiki had an amazing voice and I loved her dancing. I actually liked all of them!

Abigail - Everything was my favourite part!

Harvey.T - Amazing! 10 out of 10. It gave me literal chills!

Oscar - It was a little bit loud, but I didn't really mind it.

Ollie - Mufasa was amazing!

Ellie-Rose - I had a great day at Lion King with my class. I found it funny. I was smiling the whole way through, and I just loved it all.

Preston - The day was fabulous, the show was amazing and I liked eating my lunch on the green area outside. My favourite part of the show was the opening scene when the animals came out into the audience down the aisle.



Weekly planner

Hub open Monday - Friday 9am to 3pm
Saturday 10am - 12noon.
During school holidays please contact
us directly as timings can change.



MONDAY

9.30AM - 11.30AM

Monday
Stay and Play
Session



TO BOOK YOUR PLACES SCAN BELOW
QR CODE OR VISIT...

WWW.BOOKWHEN.COM/LITTLEHEROESASD

LITTLE HEROES ASD SUPPORT HUB,
GARON COMMUNITY CENTRE,
GARON PARK,
SOUTHEND-ON-SEA
ESSEX
SS2 4FA

TUESDAY

10AM - 2PM

Wellbeing Tuesdays

It's important for parents and carers to look after
themselves, so they can look after their families.
This is why we have introduced 'Wellbeing Tuesdays'
from counselling sessions to Zumba classes.
Contact us to find out more!



WEDNESDAY

10AM - 12NOON

Wednesday
Stay and Play
Session



1ST & 2ND THURSDAY OF EACH MONTH

4.30PM - 6PM

A SOCIAL ACTIVITY ON THE 1ST & 2ND THURSDAY OF EACH MONTH



"Two little heroes transition to big heroes"

FRIDAY

10AM - 12NOON



Parent/ Carer
Support Session

These professionals and services



With an experienced professional

2ND SATURDAY EACH
MONTH 10AM - 12NOON

GIRLS CLUB



3RD SATURDAY EACH
MONTH 10AM - 12NOON

YOUTH CLUB



4TH SATURDAY EACH
MONTH 10AM - 12NOON
SATURDAY STAY
AND PLAY



www.littleheroesasd.co.uk  littleheroes.asd@gmail.com



St. Nicholas

Wednesday 8th July—3.15pm—4.45pm

PARENT FORUM SOCIAL CLUB

- ♦ CRAFTS
- ♦ READING
- ♦ PIZZA
- ♦ BOARD GAMES
- ♦ PUZZLES



**SO★CLAL
CLUB**



St Nicholas School

Philpott Avenue, Southend on Sea



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**



LITTLE HEROES ASD SUPPORT GROUP

FOOTBALL FUN DAY



SATURDAY 27TH JUNE 2026

11AM-4PM

**PLAYFOOTBALL SOUTHEND GARON,
GARON PARK CRICKET GROUND, GARON PARK,
SOUTHEND ON SEA,
ESSEX, SS2 4FA**

£5.00 PER CHILD, £2.00 PER ADULT - ENTRY FEE

REFRESHMENTS AVAILABLE AT AN ADDITIONAL COST

RUNNING ORDER:

11:30AM - LHFC VS RUN FREE (MAIN MATCH)

**1:15PM - KIDS MATCH (£3.00 PER PLAYER, EITHER
PAY ON THE DAY OR IN ADVANCE VIA BOOKWHEN)**

**2:15PM - ECHO WHITECAPS VS ST PAULI ON SEA
(GUEST MATCH)**

**ALL MONEY RAISED GOES BACK
TO THE CHARITY. BOOK VIA THE QR CODE**



With over 900 million monthly users, Snapchat continues to be a favourite among children and young people; however, with its ever-evolving features, the risks have evolved too. From AI-generated filters and chatbots, to disappearing messages and the Snap Map location-sharing tool, it's easy for children to stumble into unsafe territory. This guide breaks down the latest updates, including the Lens+ subscription service, and web browser access.

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 SNAPCHAT

SNAP STREAK
97

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🥰 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXUATION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

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