

A Note from the Headteacher



'Circle of the Savannah' (COTS)

Auditions for our quest related summer performance 'Circle of the Savannah', have been taking place during lunchtimes in school this week. There is a lot of buzz and excitement around the school today over who will get which part! It is fabulous to see so many of our students with the confidence to audition in front of others, many of whom would never have had this confidence in their younger years.

On page 5 of this newsletter, we have once again shared the dates for the rehearsals and the date of the performance, which families will be able to attend. We will be reminding students that by signing up to being part of the production, they must fully commit to all of the rehearsals so that we can put on a truly spectacular show. Please remind them of this at home, so we can support the cast together.

Sunshine Days

As we now seem to be getting bursts of warmer weather, please can you make sure that your child is attending school appropriately prepared on very hot days. As the temperature rises, sun cream applied at home and sun hats are essential, given the students are out in the sun during the hottest part of the day. We do not have a lot of shade on our school field and so want to make sure students are as protected as they can be.

Wishing you all a fabulous bank holiday weekend. We look forward to welcoming the students back in to school on Tuesday.

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 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:

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

29th	9:00am-1:00pm	Y9/10 Dodgeball Competition
29th	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
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	ALLDAY	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

SCHOOL MEALS

Monday 4th May 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.

MOST DISHES ARE MADE DAILY AND ARE SUBJECT TO CHANGE.

Southend Lifeboat Station Open Day

Southend Inshore Boathouse
Bank Holiday Monday 4th May 2026
11:30 'til 16:00

Southend RNLI are welcoming you to their Open Day! View the Hovercraft and lifeboats, meet the crew, say hello to Stormy Stan and learn all about Southend RNLI!

Lifeboat demonstrations at 12:30 and 15:00 (subject to operations)

Find out more at facebook.com/southendlifeboat

*** Find us behind Adventure Inside, SS1 1EE ***

***** FREE TO ATTEND *****



The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (2096813), Scotland (SC357736), the Republic of Ireland (C119 2578 and 20003328), the Bailiwick of Jersey (74), the Isle of Man (7308 and 096529), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH11 1TQ



Registered with
**FUNDRAISING
REGULATOR**

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





OPEN DAY

friends &
places
together

**COME ALONG AND MEET US ON 8TH MAY
2026 FROM 10AM TO 4PM!**

POP IN TO FIND OUT WHAT WE OFFER.

TOP FLOOR, UNIT 13/14

SOUTHEND VICTORIA SHOPPING CENTRE

**OPEN INVITATION TO PARENTS, CARERS,
SCHOOLS, COLLEGES, SOCIAL WORKERS AND
PA'S.**

**PHONE US ON 07796678939 IF YOU WANT TO
ARRANGE LARGE SCHOOL OR COLLEGE TRIPS
WITH MORE THAN 6 PEOPLE**

A clear overview of YouTube's latest risks and safeguards, helping adults support safer viewing habits for children and young people.

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 YOUTUBE

WHAT ARE THE RISKS?

Almost anyone with an internet connection knows about YouTube. The Google-owned platform allows users to upload and share videos globally, making it a readily accessible resource with free content on almost any topic. However, with over 20 million videos uploaded each day, not all material is suitable for younger audiences.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed across multiple device types, even without an account. While some videos are marked as 'age restricted', this relies on uploader honesty and automated moderation, meaning children and young people may still encounter unsuitable content if these measures aren't taken.



TRENDS AND CHALLENGES

Popular trends and challenges can be entertaining and widely shared. While many are harmless, some can be risky or harmful if copied. For example, the 'salt and ice challenge' has caused injuries when imitated.



EXPOSURE TO EXTREME CONTENT

The platform's algorithm often promotes content that attracts high engagement, which can sometimes include videos containing extreme viewpoints, misinformation, or risky behaviour. As children and young people watch more of this content, similar videos are likely to be recommended by YouTube's algorithm, therefore reinforcing the exposure.



CONNECTING WITH STRANGERS

YouTube includes social features such as comments and direct messaging. This means young users can interact with people they don't know, potentially exposing them to inappropriate language, cyberbullying, or unwanted contact. Young content creators may be especially vulnerable.



SUGGESTED CONTENT

YouTube recommends videos based on what a user has previously watched. While this can enhance the experience, it may also encourage binge-watching and excessive screen time, particularly when Autoplay is enabled. Without an account, users are shown trending videos, which are not always age appropriate.



SHORT-FORM CONTENT IMPACT

YouTube Shorts – short, fast-paced videos – are designed for continuous viewing. This style of content can be highly engaging but may also contribute to increased screen time and difficulties with maintaining focus over longer periods.



Advice for Parents & Educators

CONSIDER YOUTUBE KIDS

YouTube Kids can help reduce young users' exposure to unsuitable content by filtering videos into age groups, such as preschool, younger, and older children. However, as moderation is automated, it should be used alongside active supervision.



USE PARENTAL CONTROLS

Google Family Link allows adults to filter content, monitor usage, and manage younger users' screen time. Supervised Accounts offer a gradual step up from YouTube Kids, enabling children to explore the platform with appropriate safeguards.



CHECK PRIVACY SETTINGS

If a child in your care uploads content, consider setting videos to Private or Unlisted so they are only shared with trusted viewers. Disabling comments can also help reduce unwanted interaction from strangers.



WATCH TOGETHER

Spending time watching YouTube with the children and young people in your care can help you understand what they enjoy and guide your conversations about content. Tools like Downtime in Family Link can also help limit unsupervised viewing.



Meet Our Expert

Alan Martin is an experienced technology journalist who has written for publications including Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



The National College®

See full reference list on our website



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