

A Note from the Headteacher

This week 18 of our students attended our annual residential visit to ProCorda, where they have been working on their own production of The Lion King. Mrs Park, trip leader, has shared some of their feedback with us and so I am handing straight over to our students to share this with you:



- * It has been fun, I have enjoyed rehearsals. I sang in the talent show and was so nervous*
- * Great idea and we loved playing football in our breaks*
- * I have been eating really healthy breakfasts and loved them, we all sit together*
- * I love it! I have loved making new friends and enjoyed the whole experience, I cant wait to come again. The talent show was fantastic. I love acting, singing and the art classes. Charlie is a funny guy and I cant wait to listen to his music when I get home*
- * It has been nice, I like the fish and chips and Charlies music has been fab*
- * I really like Charlie and Sarah, they are kind, have lots of energy and good voices*
- * It has been great, I have enjoyed the workshops and getting Ice-cream*
- * I loved getting fish and chips and drawing animals for scenery*
- * It has been so good, a lot of fun. I have loved playing my guitar in the breaks and in the talent show. And the teachers have been really fun*
- * I helped to write a song, I sang in the talent show and I have loved the sleeping!*
- * I made the sun for our show. I really enjoyed our acting classes. I tried really hard to give Charlie some ideas for our song.*
- * I have really enjoyed the music workshops and ice cream*

It sounds as though they have had an amazing time. We look forward to welcoming them all back in school next week. 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

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 term ends: Mon 20th July

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

KEY DATES FOR YOUR DIARY

June

5th		DofE Assessment Practice Walk
8th		Sporting Experience Day (A group of Year 7/8 Students)
10th		SESSSA Athletics Competition
11th		COT's performance at 5pm at school
11th - 12th		DofE Assessment Expedition @ Belchamps
15th		Pathfinder Cinema Trip (Jack Petchy Award)
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	Hepatitis B Vaccinations (Only for a very small group of students that have been contacted directly by the immunisations team)
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
26th	2.15pm	End of Quest Awards Assembly
29th	ALL DAY	Inset Day (School closed to students)

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

SCHOOL MEALS

Monday 8th June 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.



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

will coordinate
that you can help
your child to
develop



With an
Independent
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



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**



Circle Of The Savannah Performance

Thursday 11th June 2026

St Nicholas School



Multi-sensory Performance starring St Nicks Students

Doors open at 4:45pm

Curtains up at 5pm.

Please purchase your tickets as early as possible by calling the school office on 01702 462322 or by emailing

Mrs White swhite@st-nicholas.southend.sch.uk

Tickets are limited and will come on a first served basis



While many allergies result in only mild symptoms, some can be far more dangerous, causing life-threatening episodes of anaphylaxis that require swift intervention. This week's guide helps break down the warning signs and outlines the immediate steps to take when every second counts.

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 ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.



HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS



ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.



WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



CELERY



FISH



CRUSTACEANS



EGGS



MILK



SOYA



LUPIN



CEREALS



TREE NUTS



SESAME



MUSTARD



MOLLUSCS



PEANUTS



SULPHITES

NON-FOOD ALLERGENS:



POLLEN



PET HAIR/DANDER



INSECT VENOM



MEDICATION/DRUGS

LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more



AllergyWise®



EpiPen



Jext



ADRENALINE AND AADs

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.



The National College®

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