

St. Nicholas News



Friday 10th July 2026

St. Nicholas

A Note from the Headteacher

Transition

We have been joined in school this week by our new year 7 cohort who have had the chance to experience life at St. Nick's for a whole week. We have been really impressed with how quickly they have found their new groove with us and equally as impressed with our students in other year groups who have been trying hard to make them feel welcome. I hope our new students have enjoyed the week and are looking forward to coming back in September. We are looking forward to seeing them again.



Activity Week

Next week, we begin our activity week in school which includes a range of different experiences for everyone. There is a poster on page 4 of this newsletter that gives you an overview of the activities and what to expect, what the children need to wear and whether they need to bring anything with them. In between the activities, we will be keeping the timetable of lessons running as much as possible because we know our students benefit from the structured routines of the day.

Summer Fair—Thursday 16th July, 3.15-4.45pm

Next Thursday, we have our Summer Fair event in conjunction with our Parent Forum. The event is taking place after school on the field and so we hope all of our families will be able to support this event in some way. We have sent out a Ping this week that we need all families to reply to, so that we can make sure we have appropriate safeguards in place and know where all students will be going at the end of the school day. If you have not yet replied to this Ping, then please do so as soon as you can, so we can safely plan ahead for the event, thank you.

For the fair, each class has been working on a fairground themed stall, as part of our 'All the Fun of the Fair' quest work. Stalls include a coconut shy, hook-a-duck, human fruit machine and face painting, to name but a few. There will also be refreshments in the form of a BBQ and an ice cream van. Entry is free and a guaranteed great time for all is on offer! All monies raised will go straight back in to the school's 'epraise' reward system fund which benefits all children in school. Your support is hugely appreciated—we hope to see you there!

End of year reports

A reminder that these will be coming home next week. A ping will confirm when they are on their way to you.

Wishing you all a fabulous weekend.

Mrs L Fox

Headteacher

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.

TERM DATES 2025-2026:

Summer term ends: Mon 20th July

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

KEY DATES FOR YOUR DIARY

July

8th	3.15pm-4.45pm	Parent Forum Social Club
8th	5pm-6pm	DofE Year 9 Information Evening with Mr Wood
13th - 17th		SCHOOL ACTIVITY WEEK
13th	1.30pm-2.45pm	Bingo for students only
14th		St. Nick's Got Talent
15th		Sports Day— for students only
16th	3.15pm-4.45pm	St Nicholas Summer Fair
17th		Water Activity Day and BBQ lunch
20th		Last day of Summer Term

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

INSET DAYS FOR THE NEXT ACADEMIC YEAR:

1st September 2026

2nd September 2026

2nd November 2026

22nd January 2027

12th February 2027

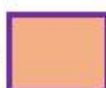
28th June 2027

SCHOOL TERM AND HOLIDAY DATES - ACADEMIC YEAR 2026-2027

September 2026							October 2026							November 2026							December 2026							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
	1	2	3	4	5	6				1	2	3	4							1		1	2	3	4	5	6	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				
														30														
January 2027							February 2027							March 2027							April 2027							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7					1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
25	26	27	28	29	30	31								29	30	31					26	27	28	29	30			
May 2027							June 2027							July 2027							August 2027							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
					1	2		1	2	3	4	5	6				1	2	3	4							1	
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	
31																					30	31						



= School Days



= School Holidays



= Bank Holidays



= Non Pupil Days

Autumn Term :	Thursday 3rd September 2025 - Friday 18th December 2026	74 days
	<i>Non Pupil Day : 1st & 2nd September 2026 & 2nd November 2026</i>	
	<i>Half Term 26th to 30th Oct 2026 & Xmas 21st Dec 2026 to 31st December 2026</i>	
Spring Term :	Monday 4th January 2027 - Friday 25th March 2027	54 days
	<i>Non Pupil Day 22nd January & 12th February 2027</i>	
	<i>Half Term 15th Feb to 19th Feb 2027 Easter 30th Mar to 9th Apr 2027</i>	
Summer Term :	Monday 12th April 2027 - Wednesday 21st July 2027	67 days
	<i>Non Pupil Day 28th June 2027</i>	
	<i>Half Term 1st June 2027 - 4th June 2027</i>	

195 Days



St. Nicholas

ALL THE FUN OF THE FAIR

ACTIVITY WEEK

BINGO

7	22	35	50	72
12	24	44	60	67
9	18	38	41	75

MONDAY
AFTERNOON

BINGO



TUESDAY
MORNING

St Nick's
got Talent



WEDNESDAY
MORNING

Sports Day



THURSDAY
AFTERNOON

Summer Fair



FRIDAY
MORNING

Water Activity Day
followed by
BBQ lunch
and **Ice-cream** van



MONDAY
MORNING

Awards Assembly
followed by
Classroom Activities

WHAT TO WEAR

MONDAY



Uniform

TUESDAY



Uniform

WEDNESDAY



PE Kit

THURSDAY



Uniform

FRIDAY



Change of clothes
and a towel

SCHOOL MEALS

Monday 13th July 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.



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



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**



Help teenagers enjoy a healthier, more balanced summer with practical ideas for swapping screen time for friendship, fresh air and independence.

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.

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.



2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.



3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.



4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.



5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.



6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.



7 USE PHONE-FREE CHALLENGES

Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.



8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.



9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.



10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.



Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

yt @wake.up.weds

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