

St. Nicholas News



Friday 12th December 2025

A Note from the Headteacher

When I came in to work on Monday morning, I think it was probably just as well that I didn't know what the week would hold for us in school! It has certainly been a great challenge managing the rising numbers of staff and students who have fallen ill and I would like to extend my thanks to everyone for their support in managing the changes that have come as a result.



As you will know from the letter sent home earlier today, we have had to implement a range of control measures in school and review how we run the different festive events planned for next week. This is to ensure that we can all remain healthy and well as we move in to the last week of term. There have been some disappointed and upset faces amongst the students today when I shared this news in our online assembly, but the students have been supporting each other with understanding that this all done to keep us well for Christmas and that is the most important thing.

I remain hopeful that the peak of absence due to illness will be behind us as we move in to the weekend and that we might have more of our community back with us for Monday morning.

Wishing you all a healthy weekend.

Mrs L. Fox,

Headteacher.

WEDNESDAY 17TH DECEMBER IS

Christmas Lunch Day

STUDENTS CAN WEAR NON-UNIFORM AND SHOW OFF THEIR

Christmas



Jumpers

REMEMBER:

FRIDAY 19TH DECEMBER IS THE LAST DAY OF TERM
STUDENTS WILL RETURN ON MONDAY 5TH JANUARY

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.

INSET DAYS 2025-2026

23rd January, 29th June

TERM DATES 2025-2026:

Autumn term ends: Fri 19th Dec

Spring term starts: Mon 5th Jan

Spring half term: 16th—20th Feb

Spring term ends: Fri 27th March

Summer term starts: Mon 13th April

Summer half term: 26th—29th May

Summer term ends: Mon 20th July

KEY DATES FOR YOUR DIARY

December

15th	11:30am-1:30pm	Christmas Party at St Thomas More (Hunter)
16th	ALL DAY	St Nick's Got Talent
17th	12:00-2:00pm	Christmas Lunch
18th	10:00am-12:00pm	Christmas Bingo
19th	9:45-11:00am	End of Term Awards Assembly
	1:00-3:00pm	Christmas Movie Afternoon

January

5th	ALL DAY	Students Return to School
15th	9:30am-12:15pm	CEOP Workshops w/ Nikki Brewster
19th-23rd		Staff Well-being Week
20th	9:30am-2:00pm	SESSSA Boccia Competition
21st	ALL DAY	Governor Visit Day
22nd	9:30am-12:15pm	CEOP Workshops w/ Nikki Brewster
23rd	ALL DAY	INSET Day—School Closed for Students
26th-30th		Functional Skills Level 1 & 2 Exam Week
29th	9:30am-12:15pm	CEOP Workshops w/ Nikki Brewster

February

2nd-6th	Entry Level Functional Skills Assessments
9th-13th	Entry Level Functional Skills Assessments
23rd-27th	Entry Level Functional Skills Speech & Language Assessments

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

SCHOOL MEALS

Monday 15th December 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.

This online safety guide focuses on catfishing. The guide takes a look at how to tackle a range of potential risks such as online grooming, fraud and identity theft.

At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

part of our Online Relationships Series

NOS
Online Relationships

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What you need to know about... CATFISHING

What is it?

'Catfishing'

Catfishing is when someone creates a fake online profile to trick people into thinking they are somebody else. They assume a fake identity and go the extra mile to make their victim believe that they are exactly who they say they are. Catfishers make up life stories and use photographs of unsuspecting victims to create fake identities. They will share life experiences, jobs, friends, and photographs to their fake accounts.

Know the Risks

Build Relationships Fast

Catfishing can escalate very quickly. As someone executing a catfishing scam is looking to achieve a goal - whatever that may be - they are likely to want to get things moving as quickly as possible and may seem desperate or want to push a relationship without even meeting.

Fraud and Identity Theft

Catfishers are people who create fake identities and could be taking other people's photos and pretending to be them. It is common for fraudsters to post pictures stolen from social media sites, including Facebook and Instagram. Catfishers may try to limit chat to text-based messaging and anything involving video is likely to be shunned for fear of revealing their true identity.

Online Grooming

Catfishers can be anyone and target anyone of any age. They may target children and aim to lure them into a sexual relationship or trick them into sending nude or inappropriate images of themselves.

Requesting Money

Catfishers may also try to trick children out of money. After building up trust and developing an online relationship, a catfisher may use an elaborate story to request money urgently. They may ask for cash for a loan, money for travel, or some other form of payment.

Safety Tips

Set profiles to private

Go through children's security and privacy settings thoroughly to ensure that their online profiles are set to private. This means that only friends can see their profile and can contact them. It may also be a good idea to check through children's friends list with them and closely monitor their usage, especially if they are being secretive.

Be alert

In some cases, it's difficult to stop young people from talking to new people. In these circumstances, encourage children to be curious and ask lots of questions rather than rely on the information given in someone's online profile. Through the course of conversations, there may be inconsistencies with what is said and catfishers may be vague in response to specific questions about themselves.

Never meet

It's vital that children know never to arrange to meet up with people they meet online, and never to send money to them. Tell them to always speak to a trusted adult if they are being pressured into doing something they are not comfortable with.

Have honest conversations

Have regular and honest conversations with your child about what is safe to share with people online. Discuss the importance of keeping private information private and that anything that could identify them should not be shared online.

How to respond

Offer support

Always encourage children to talk to a trusted adult about anything that has made them feel uncomfortable online, particularly if someone they don't know has contacted them.

Report and block

Make sure that children are aware of how to report and block accounts on all platforms that they use. You can report fake accounts and block users to prevent them from viewing a child's profile.

Check with Google

If you are concerned that someone is using a child's photographs for their own benefit, use a Google image search to check. After uploading a photograph, use related images to see if anyone else is using photos that the child has previously shared online. If this is the case, report the user directly to the platform.

Report to authorities

If you suspect that a child has been the victim of any fraudulent, illegal or inappropriate activity, then you should immediately report it to the local police or authority.

Our Expert

Pete Badh

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

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This guide offers advice on how to establish suitable, effective rules around the use of digital devices in your household.

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 CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

- 1 WORK TOGETHER**
Involve your child when setting rules on devices to encourage them to take ownership.
- 2 AGREE TIME LIMITS AND SUITABLE TIMES**
Set screen time limits. This could be 2 hours max a day. Agree times when devices must be put away and stick to it.
- 3 ENCOURAGE HONESTY**
Encourage your child to come to you if they are upset about something they've done, so you can resolve it together.
- 4 CHARGING AND OVERNIGHT STORAGE**
To ensure children get the downtime they need overnight, it's important that devices are kept in a common space (e.g. your bedroom or a charging box).
- 5 REVIEW RULES REGULARLY**
Take time to regularly review the rules as a family; what's working, and what isn't. Get them to sign the rules you agree on.
- 6 PROTECT PERSONAL INFO**
Discuss with your child about protecting their personal information. Use parental controls to block children from connecting with strangers.
- 7 BE RESPECTFUL**
Talk to them about being respectful when using technology. Explain that if they are being unkind, they will need to stay away from their devices for a while.
- 8 "NO TECH" ZONES**
Have spaces where technology isn't allowed (e.g. bedrooms, bathrooms and at the dinner table).
- 9 AGREE ON CONSEQUENCES**
Agree with your child on some fair consequences if any of these rules are broken and follow them through.
- 10 KNOW ALL PASSWORDS**
Parents should have access to all passwords. Make it clear that you will check their devices regularly.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant at iCyberware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

#WakeUpWednesday
The National College

For more free, full-revisionable guides, go to nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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