



St Nicholas School Leavers 2026

A Note from the Headteacher

The day is upon us when we say our goodbyes to our year 11 students. They have spent their last week engaged in lots of different activities which have included a trip to Stubbers Activity Centre, a performance of Oliver, Prom (see photos on page 3) and a communal breakfast provided and cooked by Mrs Park, Mr Shepherd and Miss Lee. At the last event today, our graduation assembly, the students were presented with their Record of Achievement, a cream tea and a leavers hoodie to commemorate their time with us.



I would like to take this opportunity to wish them all the very best for the future. I hope that St. Nick's has given them a strong foundation to build on, not just academically but personally and that they all go on to fulfil their ambitions and their potential as young adults. They will always be kept in our minds and in our hearts; I hope St. Nick's is kept in theirs.

As our year 11s move on, so too will all of the students in school, when we begin transition next week. The students have been prepared for this change and I hope that the 3 weeks ahead will support them to successfully manage the changes that a new school year brings. We welcome our new year 7s for the full week 6th –10th July as part of our transition work.

Wishing you all a wonderful weekend.

Mrs L Fox

Please remember:

MONDAY 29TH JUNE

SCHOOL IS CLOSED TO STUDENTS FOR A STAFF INSET DAY

Sunflower Competition

During the month of June, our students took part in a Sunflower growing competition to see which class could grow the tallest sunflower. The challenge was organised by Ms Kaminska and Mrs Kinder, two of our wonderful LSAs.

We are pleased to share the results below:



1st Place is Researcher Class with their sunflower reaching the heady heights of 104cm



2nd Place is Discover Class with their sunflower reaching 102cm



3rd Place goes to Hunter Class for their sunflower reaching 83cm

The three winning classes had a wonderful time celebrating with ice lollies, strawberries, watermelon, pop corn and ice cold drinks. I think it is fair to say that a fun time was had by all!



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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
8th	5pm-6pm	DofE Year 9 Information Evening with Mr Wood
13th - 17th		SCHOOL ACTIVITY WEEK
13th	1.30pm-2.45pm	Bingo (Whole School)
16th	3.15pm-4.45pm	St Nicholas Summer Fayre
20th		Last day of Summer Term

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



END OF QUEST AWARDS



ROAR!

Quest Champions

Quest champions are nominated by the class teacher and are students who have gone 'above and beyond' with their learning during this term's quest

Adventurer: Imena

Discoverer: Edward

Explorer: Kaitlyn

Hunter: Lee

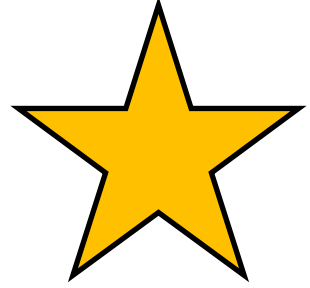
Pathfinder: Kaci-Lea

Pioneer: Jaydon

Researcher:

Seeker: Kyrell

Voyager: Jacob



Engagement with Reading Awards

'Engagement with Reading' can be awarded to a student for showing an independent effort to improve their reading engagement by whatever independent means. This could be, for example:

- *reading regularly independently when they perhaps didn't before*
- *reading for pleasure*
- *reading new texts*

Adventurer: Maisie and Scarlett

Discoverer: Brandon

Explorer: Willow

Hunter: Dylan

Pathfinder: Ethan, Kaci-Lea and Katalina

Pioneer: Adele

Researcher: Elijah

Seeker: John

Voyager: Elliott

SCHOOL MEALS

Monday 29th 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.



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

Wednesday 8th July—3.15pm—4.45pm

PARENT FORUM SOCIAL CLUB

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



**SO★CIAL
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**



As children go through life, they will inevitably come into conflict sooner or later. These disagreements can range from seemingly minor squabbles to far more serious disputes, and dealing with them in an effective, mature manner is an absolutely vital skill - one that takes some time and effort to cultivate.

In children and young people's formative years, it's incredibly important for parents and educators to know how to teach them conflict resolution, as well as being able to model this skill effectively. This guide offers expert advice on helping youngsters avoid unnecessary conflict and supporting them in finding solutions when clashes arise.

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

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things - including diversity of opinion - means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good - and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowry is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

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