

St Nicholas Catholic Primary School Newsletter

29th March 2019



*Living and Learning in
Spirit and in Truth*

Stars of the Week

Compton- Connor
Plympton - James
Berry Pomeroy – Mia-Leticia
Totnes - Alyanna
Kingswear - Jack
Rougemont - Thea
Okehampton - Jude
Lydford - Anenyasha
Dartmouth - Daniel
Drogo - Oscar
Powderha - William
Nursery - Ashton
Compton - Alex
Plympton - Isaiah
Berry Pomeroy – Ben
Totnes - Amara
Kingswear - Tyrone
Rougemont - William
Okehampton - Toby
Lydford - Jemima
Dartmouth - Matipashe
Drogo – Evelyn
Powderham - Oliwier
Nursery - Harry
Well done to you all!



Diary Dates

April	
2 nd	Supper of the Lord liturgy led by Kingswear 9.15am
5 th	Way of the Cross Liturgy 9.15am Break up for Easter
24 th	Children return to school
26 th	Easter liturgy led by Compton Class 9.15am

Headteacher: Mrs A Folland

Headteacher's News

All children from Nursery to Year 6 had the privilege to experience last week's 'Prayer Spaces'. The Bickleigh room was transformed into a beautiful space and they had the opportunity to look at themselves in mirrors with love and gratitude for who they are and to make a playdough

image of something that made them happy amongst other things. A huge thank you to Fr Jonathan and parishioners from our churches for their time in supporting this opportunity. The children's feedback was overwhelmingly positive and they have asked for more opportunities to experience the quiet reflection time.

Information

Exeter City Ward Grant



We were delighted to recently receive a ward grant from Exeter City Council to enable us to buy some more wooden picnic benches. These arrived last week and will be a welcome addition to the playground.

REMEMBER!

Clocks 'spring' forward one hour at 1.00 am on Sunday 31 March.

Mobile Phones

A reminder that mobile phones may **NOT** be used in school and you will be challenged if you are using one. This is clear under our safeguarding policy and procedures. If you have to use a phone in school please ensure you are in the Reception area or off site.

Learning Assembly led by Plympton Class



Well done to Plympton Class for leading the whole school assembly this week on the interesting subject of volcanoes and how the earth was formed.

Wake Up and Shake Up

Look on the playground in the morning and you may see our Bronze Ambassadors leading 'Wake Up and Shake Up' with the children to get them moving in the morning and ready to learn!

Silver Book

If your child has an achievement from an external club to add to the Silver Book to be read out and celebrated at Celebration Assembly, please can you now complete a slip (obtained from Reception) and hand it in to the Office with the medal / trophy etc achieved.

New website for parents on children's mental health

HappyMaps is designed to help parents find useful resources on behaviour and mental health for their children – from babies to young adults. Please go to www.happymaps.co.uk

Safeguarding:**NCA-CEOP's new 'Jessie & Friends' resource to help keep your child safer online**

It's never too early to talk to your child about what they do online and who to talk to if they come across anything that makes them feel worried, scared or sad.

Jessie & Friends is a series of three animations provided by NCA-CEOP. The animations follow the adventures of Jessie, Tia and Mo as they navigate the online world, watching videos, sharing pictures and playing games. There is a storybook for each episode, to help you and your child keep the conversation going at home.

The key message throughout Jessie & Friends is that if a child is ever worried about anything they come across online, they should tell a grown-up they trust, who will help them. Go to

<https://www.thinkuknow.co.uk/parents/jessie-and-friends> for more information, to download the stories and to watch the videos.

School Events**Yr 3 trip to River Dart Country Park**

Year 3 had a fantastic time in the sun at River Dart Country park on their residential trip this week. They took part in stream dipping, a mini beast hunt, made woodland homes and woodland art. They loved their dorms and enjoyed spaghetti Bolognese, ice cream sundaes and toasted marshmallows. Please see the website for more photos.

Devon Schools Winter Games

Congratulations to our fantastic team who took part in the Schools Winter Games this week. As well as the running races they were also able to try out many other activities such as drumming, BMX, athletics and dodgeball. Well done to Rachel for winning the medal for determination. The girls were all a credit to the school and a fantastic, supportive team to each other. See the website for many photos and some videos.

**Parish and Community News****Easter Holiday Athletics Sessions at Exeter Arena (EX4 8NT)**

South West Athletics Academy Track Stars (Age 6 – 11)

Tuesday 16th April 2019 and **Thursday 18th April 2019** £24 a day or £45 for 2 days, £15 per half day session. Please see our website for details: www.sw.athletics.academy.co.uk This is a pre-book event and spaces are limited please book a place on our website. Call: 07745616852 Email: admin@sw-athletics-academy.co.uk

Bikeability Courses

Please go to <http://www.cyclepssp.co.uk/Course/bikeability-level-2/> for details about level 2 Bikeability courses running at St Luke's School over the Easter holidays.

Plymouth Diocese Catechetical Summer Camps

Applications are now being taken for places at the Plymouth Diocese Catechetical Summer Camps, to be held at Grangehurst, Buckfast Abbey. Camp details and application forms can be obtained from your parish priest or on-line from the camp website : www.pdsummercamps.org.uk Prompt applications are advisable.

Heart of the Week

Compton - Olivia
 Plympton - Brodie
 Berry Pomeroy - Tahlia
 Totnes - Jasper
 Kingswear - Lucas
 Rougemont - Evie-May
 Okehampton - Lucy
 Lydford - Cormac
 Dartmouth - Robbie
 Drogo - Mia
 Powderham - Rhianna
 Nursery - Oscar
 Compton - Louis
 Plympton - Robin
 Berry Pomeroy - Ryan
 Totnes - Neve
 Kingswear - Karla
 Rougemont - Kai
 Okehampton - Lucas
 Lydford - Daisy
 Dartmouth - Harry
 Drogo - Poppy
 Powderham - Elena
 Nursery - Orla

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

** Fast from hurting words and say kind words. * Fast from sadness and be filled with gratitude. * Fast from anger and be filled with patience. * Fast from pessimism and be filled with hope. * Fast from worries and have trust in God. * Fast from complaints and contemplate simplicity. * Fast from pressures and be prayerful. * Fast from bitterness and fill your hearts with joy. * Fast from selfishness and be compassionate to others. * Fast from grudges and be reconciled. * Fast from words and be silent so you can listen.*

St Nicholas Catholic Primary School, Ringswell Avenue, Exeter, Devon, EX1 3EG

01392 445403 admin@stnics.uk www.st-nicholas-exeter.devon.sch.uk

St Nicholas School is committed to safeguarding children.

Designated Child Protection Lead: **Mrs Angela Folland** Deputy Child Protection Leads: Mrs L Stone, Mrs S Beach, Mrs D Sparkes, Miss C Follows and Miss R Reynolds. Named Governor for Child Protection: Mrs Lucy Wills



DIocese of PLYMOUTH



ITE Partner

