



NLS Newsletter

Spring term 26.01.2024

www.northlancing.w-sussex.sch.uk
twitter.com/nlancingprimary

Diary Dates 2023/2024



Autumn Term 2023- Monday 4th September-Friday 15th December

Spring Term 2024- Tuesday 2nd January-Thursday 28th March

Inset day Tuesday 2nd January 2024

Half term- Monday 12th-Friday 16th February

Summer Term 2024- Monday 15th April-Monday 22nd July

Half term- Monday 27th-Friday 31st May

Inset days Friday 24th May & Tuesday 23rd July



Cut off dates for booking meals via ParentPay

January Cut off Dates	February Cut off Dates
Thursday 5/1 for w/c Monday 16/1	Thursday 9/2 for w/c Monday 20/2
Thursday 12/1 for w/c Monday 23/1	Thursday 16/2 for w/c Monday 27/2
Thursday 19/1 for w/c Monday 30/1	Thursday 23/2 for w/c Monday 6/3
Thursday 26/1 for w/c Monday 6/2	
March Cut off Dates	April Cut off Dates
Thursday 2/3 for w/c Monday 13/3	Thursday 6/4 for w/c Monday 17/4
Thursday 9/3 for w/c Monday 20/3	Thursday 13/4 for w/c Monday 24/4
Thursday 16/3 for w/c Monday 27/3	Thursday 20/4 for w/c Tuesday 2/5
	Thursday 27/4 for w/c Monday 8/5

Please note when ordering meals for your child: DO NOT book a trips packed lunch. This is only for schools who offer a Chartwells packed lunch for day trips and does not mean that your child will get a packed lunch provided at school.



Attendance winners



Every week we celebrate attendance.

The class with the best attendance this week is 3R. They had an amazing 97.4% attendance for this week!

Coming soon.....watch this space.....



Important reminders

Polite reminder that dogs (even when carried) are not allowed on school grounds unless they are service dogs.

We have received reports that adults have been seen vaping in the playground. Vaping is absolutely not permitted within school grounds.

Please remember that unless you have a school parking permit that has been issued by Mrs Brown, parking, stopping and turning around in the staff car park is not permitted at the beginning and end of the school day. This can make it extremely dangerous for our children entering and leaving the school.

Thank you

Year 6 Residential trip to Windmill Hill

Reminder that the second payment instalment of £76 for the Year 6 residential trip to Windmill Hill is due on the 1st of Feb. As always, payments are via ParentPay.

Quiz Night

The annual legendary PTA Quiz night is back! Put Friday 1st March in your diaries for this fantastic evening. See the poster at the end of the newsletter for more details.

Children's Mental Health Week

Children's Mental Health Week is running from 5th -11th February, we have attached some information at the end of the newsletter with tips for families on how to talk to your children about mental health. There is also an informative sheet for you to go over with your children on what to do if you worry about how you are feeling and if you sometimes worry about how someone else is feeling.

Dare2BDifferent is now....Express yourself!

As we are supporting Children's Mental Health week (5th-11th February), we have decided to merge and re-brand Dare2B Different day into Express Yourself day! It will still be the same as before whereby the children can come into school in home clothes, with hair chalk, nail varnish, squash in water bottles etc, however this year we are also having the message tree. Our wonderful Christmas tree in the playground is having a second lease of life; becoming the message tree. The children will be able to leave messages on the tree; positive notes about what they love and things they are grateful for. More details to follow. Please see the poster at the end of the newsletter for more details.

Make sure your child has received the MMR vaccination

Routine vaccinations play a huge part in protecting us all against a range of unpleasant and often serious childhood diseases, including measles, mumps and rubella. Check your child is up to date with their MMR and other childhood vaccinations here: www.westsussex.gov.uk/campaigns/childhood-immunisations/

Older children and adults who have not had both doses of the MMR vaccine could be at risk of measles. Two doses of the MMR are needed for lifelong protection and it's never too late to catch up on missed vaccinations. Vaccinations are offered free of charge in the UK, simply call your GP surgery to book an appointment.

For more information please visit www.nhs.uk/conditions/vaccinations/mmr-vaccine/

Pupil Achievements

Isla R earned a Comedy & Drama Award

Grace B took part in the Worthing Swimming Club Gala and came 6th overall for freestyle/backstroke
Adam P took part in the Worthing Swimming club gala and won a gold medal, a silver medal and a 4th place rosette.

Ethan B won both reading and environmental Blue Peter badges.

Grace B won both reading and singing/drama Blue Peter badges.

Aidan W won a medal for coming first at a Teamsport Go-Kart race.

Nabiha N, Decoda R, Phoebe C, Elsie J, Lydia S, Maryam N, Poppy S, Annabel M, Jess B all received a certificate for the SRWA 9 a side football tournament.

Headteacher's awards

Imogen T, Skyler-Rose M, Olivia H, Phoenix V-E, Nuala O'H, Dylan H, Jocelyn T, Ivy T, Shay B, Jason G, James S, Dolly B, Summer Y, Leon N, Maryam N, Sienna C, Samuel E.

Hot Chocolate Superstars

Georgie J, Ozzy R, Elsie C, Bella-Rose B, Hugo M, Daisy B, Oliver K, Harriet S, Georgia T, Chester V, Aria R, Dennis C, Elvey-Marie L, Chloe L-H, Evony T, Poppy C, Isaac O, Lanaya-Rose L, A M, Amy E-B



**FRIDAY 1ST
MARCH**

**£6 PER PERSON
8 PEOPLE MAX PER TEAM
BRING YOUR OWN FOOD
BRING CASH FOR DRINKS**

DOORS OPEN AT : 7PM

MORE INFO:

*Pay via Parent Pay - please add team name and players in comments
Don't have a full team? No problem, we will put smaller teams together
Prize for best dressed table*

TIPS FOR FAMILIES



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

Talking to your child about mental health

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off' conversations about our mental health – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascapes Primary School and Ark Globe Primary School.

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part of
NCA
CHILDREN'S
MENTAL HEALTH
WEEK