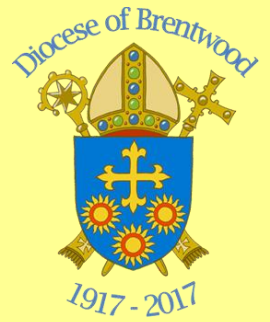


CONTACT

No. 1643 – Friday 8th March 2024



Ofsted visit 6th and 7th March 2024 – Governors, Trustees and Mrs Ackred, wish to extend our thanks to you our parent and student community for your support of staff and school during our visit with inspectors this week. Inspectors enjoyed their visit to our school and experienced a warm and enthusiastic welcome which is truly reflective of the spirit that defines our school - a spirit of unity, commitment, and achievement.

During these two days, we had the privilege of sharing our stories of success and acknowledging the areas where we aspire to continue our collective efforts for improvement. The experiences and achievements that were recounted left us with a deep sense of pride and gratitude for the dedication and commitment demonstrated by each member of our school community.

As we eagerly await our upcoming report, we remain steadfast in our commitment to achieving great personal goals and further strengthening our community. The stories and accomplishments shared during these two days are a testament to the collective effort and resilience of everyone involved, and we look forward to building on these foundations.

In the meantime, we carry on with an eagerness to be lifelong learners, fostering a compassionate community that strives for excellence. Our shared vision of being '**God's Servant First**' continues to guide us on a path where we make impactful contributions to the lives of the young people, we undertake to journey with each day.

Once again, thank you to every member of staff, for their contributions, dedication, and passion. Our school community is a testament to the greatness that can be achieved when a community comes together with a common purpose.

We look forward to more exciting chapters that lie ahead.

Pi Day - Thursday 14th March 2024: Following on from last year's successful Pi Day celebrations and fantastic amount raised, we launched in assembly this morning, plans for this year, which we hope will be even better! We will be having our usual "**Number**" **NON – UNIFORM** day where students will be encouraged to wear something that includes a number or numbers. The expected donation is £2, payable via school gateway, and this will include a Number Hunt sheet. There will be prizes for the best entries! As well as pi – related activities happening in lessons during the day, we have a Pi Cake Decorating competition! Entries need to be brought in on Thursday 14th March to Maths 1. Prizes for the best three decorated cakes! All money raised during the day will go to Southend Hospital's Special Care Baby Unit. Ms Clarke, Head of Maths. **Non-uniform day rules apply:** *no jackets or other clothing with offensive messages or pictures on them are to be worn, no earrings or other jewellery other than watches, no clothes which are bound to be seen as disreputable, inappropriate for a school day or offensive. If hats or any other headwear are worn, they must be removed on entering the school.*

London Marathon 2024: Mr Ackred and Mr Sheridan are running the 2024 London Marathon! Mr Ackred is running for the Brentwood Catholic Children's Society, whilst Mr Sheridan is running for MIND, the mental health charity. Keep an eye on upcoming fundraising events that both teachers will be carrying out in school to help raise funds for their respective charities. Alternatively, you can donate to their JustGiving pages using the links below. Any support for their fundraising efforts is much appreciated!



Many thanks, Mr Ackred [Adrian Ackred is fundraising for BCCS - Brentwood Catholic Children's Society \(justgiving.com\)](#) & Mr Sheridan [Luke Sheridan is fundraising for Mind \(justgiving.com\)](#)

Prayer of the week

For the prayer of the week during lent we will reflect on two stations of the cross as we accompany Jesus on his journey. During our busy lives, we pause to pray as we reflect on the suffering of Christ.

THE FIFTH STATION: Simon of Cyrene helps Jesus carry the cross



The soldiers forced a man named Simon to carry Jesus' Cross. They didn't ask him, they forced him. Under duress. He was a countryman. Not even a Roman. He was worthless, he had no right, no say in the matter.

The world today is also full of exclusion and intolerance. There are minorities that have no right to speak or even to exist. In many countries, you can't even practice the religion of your choice. There are many people who cannot freely express their ideas. Each group wants to impose its own point of view and shun anyone who thinks differently. Sometimes even within the Church. Sometimes even within our hearts.

You, Lord, were victim of intolerance. But You didn't let Yourself be overcome by hate. And that's why You can be a bridge between everyone. Teach us to be bridge builders wherever we are.

THE SIXTH STATION: Jesus meets his mother.



Lord, a woman broke through the crowd to wipe Your face and had Your image engraved on her veil. That's what love is, it's letting yourself be moved by the other's face, even when it is disfigured. The face of a beloved child, a beloved friend, a beloved poor person, a beloved wife or husband. The face of the Church that is beloved, even when disfigured.

Stations of the Cross Reflections:

<https://www.caritasbrentwood.org/news/stations-of-the-cross-for-young-people/>

Images by Redemptorist Publications

Fourth Sunday of Lent (Laetare Sunday)

"God sent his Son so that through him the world might be saved."








John 3:14-21



In the Gospel this week we hear one of the most famous verses in the Bible: "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." This quote is almost the Gospel in miniature, is summarises exactly what Christianity is. We are only in the middle of Lent, if this were Advent, we would be a week away from celebrating the birth of Christ. This week we are reminded that there is joy at the end of lent, this Sunday is called

Laetare Sunday, a Sunday when we get to 'rejoice in the Lord.' Therefore, right in the middle of Lent, God calls us into a face-to-face conversation, he tells us it is our deeds that will be held up to the light in judgement. Do we really act like a follower of Jesus in our day to day life?

Chaplaincy at STM:

CHAPLAINCY TIMETABLE	MONDAY	TUESDAY
<p>"Dear young people, do not be afraid of the future! Dare to dream big! Keep joy alive, a sign of a young heart that has encountered the Lord."</p> <p>Pope Francis September 2017</p> 	<p>~The Chapel is always open for private prayer~</p> <p>8.30am-8.40am: Morning Prayer Chapel</p> <p>8.45am- 9.10am: Chaplaincy Leader Meeting Chapel</p> <p>1.30pm-2.00pm: YouthSVP E3</p> 	<p>~The Chapel is always open for private prayer~</p> <p>8.30am-8.40am: Morning Prayer Chapel</p> <p>8.45am- 9.10am: House Captain Meetings Chapel</p> <p>1.30pm-2.00pm: CAFOD Team RE5</p> 
WEDNESDAY	THURSDAY	FRIDAY
<p>~The Chapel is always open for private prayer~</p> <p>8.30am-8.40am: Morning Prayer Chapel</p> <p>8.45am- 9.10am: Upcoming Mass Reader Practice Chapel</p> <p>1.30pm-2.15pm: Bible Study Chapel</p> 	<p>~The Chapel is always open for private prayer~</p> <p>8.30am-8.40am: Morning Prayer Chapel</p> <p>2.00pm-2.30pm: Guardians of the Garden Garden next to the Astro</p> 	<p>~The Chapel is always open for private prayer~</p> <p>8.30am-8.40am: Morning Prayer Chapel</p> <p>1.30pm-2.30pm: Chaplaincy Brain Break (Year 7 and 8) RE1</p>  



Year 7 Mass: On Thursday year 7 gathered for Mass together. Fr Jeff preached about being halfway through Lent, and how there is still time to think about what we can do for others. Thanks to all year 7 for entering so respectfully into Mass, especially 7S for organising the Mass. Thanks to the readers, Altar Servers, and Musicians for supporting.

Year 7 Reconciliation: On Monday all of year 7 took part in a service of reconciliation. During this time year 7 learnt about the sacrament, participated in prayer stations focusing on the season of Lent, as well as having the opportunity to receive the sacrament for those who wanted it. Our thanks go to Fr Selvini and Fr Daniel Kelly for joining us in school for our service.



Live Simply: Pope Francis has recently released the 2nd part to his famous encyclical Laudato Si - An Apostolic Exhortation 'Laudate Deum' to all people of good will on the climate crisis - 4th October 2023. You may wish to read a copy of it "Laudate Deum": Apostolic Exhortation to all people of good will on the climate crisis (4 October 2023) | Francis (vatican.va) Pope Francis reminds us "as part of the universe... all of us are linked by unseen bonds and together form a kind of universal family, a sublime communion which fills us with a sacred, affectionate and humble

respect" and "I ask everyone to accompany this pilgrimage of reconciliation with the world that is our home and to help make it more beautiful, because that commitment has to do with our personal dignity and highest values." As part of Our Live Simply Campaign, our school is seeking to reduce our energy consumption as a school. Collectively, all schools in the UK are responsible for 1% of the UK's total carbon footprint - a sobering statistic. So, we all have a duty and responsibility to reduce it!

Challenge: Could you create an 'Eco Check List' for your family home, business or parish? What would you include on your list? Who would you get to implement it? The Greatest Challenge: Is getting us all involved!

Diocesan News and other Events in the Local Area:

WALSINGHAM HOUSE TEAM:

For more information visit:

[Be On Team - Brentwood Catholic Youth Service \(bcys.net\)](http://bcys.net)

BCYS MONTHLY YOUTH MASS: We take a mini bus to youth Mass each month- please speak to Mr Kwasnica if you would like to attend. Each month, **on the first Thursday**, BCYS invite young people, Youth Groups, confirmation groups, School Groups and anyone who wishes to join to celebrate Mass together with other young Catholics from around the Diocese. The evening will begin with something to eat in the Parish Hall at 6pm (as we know many of you will come from work, school or far corners of the Diocese!) which will be followed by an hour of different input each month and then Mass in the Cathedral at 7:30pm and refreshments back in the Parish Hall, where the evening should finish no later than 9pm. Anyone who wishes is very welcome to bring instruments or sing with our Youth led music group, or if you would like to serve, read, or be involved in the Mass in any way you would be incredibly welcome!

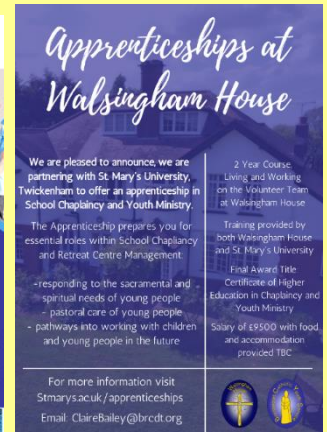
VOLUNTEER AT THE ST. JOHN BOSCO CHILDREN'S CAMP: From 27th July – 3rd August help give 100 children a holiday. Helpers must be 18+, and the Camp will arrange for a DBS check, and appropriate training. To help at the Bosco Camp is a wonderful experience, and now is the time to apply Details: www.boscocamp.co.uk

CONCERT FOR ST. JOHN BOSCO CHILDREN'S CAMP: Come and enjoy an exciting variety show of music and entertainment, to raise money for the camp, which provides holidays for over 100 children. The camp is restarting in 2024, under the umbrella of Caritas Diocese of Brentwood. The fundraising concert is on Saturday 13th April 2024 - New Windmill Hall, Uppminster. 7:00 to 9:00 pm. Wine and refreshments included. Adult tickets £10; children £5. Bookings by phone: 07957382592. Details and bookings: www.boscocamp.co.uk/events

LENTEN TALKS AT BRENTWOOD CATHEDRAL at 7.30pm (based on the Synod for Synodality) 13th March - Bishop Nicholas Hudson More details on the Diocesan website. <https://www.dioceseofbrentwood.net/news/lenet-talks-at-brentwood-cathedral/>

KNOCK PILGRIMAGE 2024: Escorted Tour to Westport, Knock & Co Mayo, 7th April 2024. £899.00 pps. Price includes flight, 10kg hold luggage, 5 nights' in 4* Castlecourt Hotel, Westport with Dinner, Bed & Breakfast. Lunch on three days. All entertainment, excursions and transport included. Visit Knock, Galway City, Kylemore Abbey, Croagh Patrick & Ashford Castle. Single supplement on Enquiry. Contact Patricia or Natali on 01268 762 278 or 07740 175557 or email knockpilgrimages@gmail.com.

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY BCCS Afternoon Tea: BCCS will be hosting a very special Anniversary Afternoon Tea at the Roslin Beach Hotel, Thorpe Bay, Southend-on-Sea on Tuesday 23rd April 2024 at 1pm for service at 1.30pm. They are delighted that Bishop Alan, BCCS President, will be attending as guest of honour. Tickets for the event are £34.00 per person and should be purchased before Monday 8th April directly from their event webpage: [Events | Brentwood Catholic Children's Society \(bccs.org.uk\)](http://Events | Brentwood Catholic Children's Society (bccs.org.uk)) Once you have purchased your tickets, please advise Julie of any special dietary requirements or seating requests by contacting her by email: - jabbott@bccs.org.uk or call her on 07912 277413. Guests will be seated at tables of 12.



PILGRIMAGE TO ROME AND ASSISI: 4th–11th November 2024 with Spiritual Director: Fr. Dan Mason. This Pilgrimage will include a Papal Audience, a tour of the English college, a visit to Vatican Museum and the Sistine Chapel and some free time in the pretty town of Orvieto. The Assisi trip includes the Basilica of Francis of Assisi, the Basilica of Santa Chiara plus a guided tour of Sienna. There will be plenty of free time and many more places to see. All enquiries should be made to Lee Robinson on (01277) 652358.

COME AND SEE WEEKENDS 2024: Friday 24th—Monday 27th May Friday 16th to Monday 19th August We are Cistercian Nuns at Holy Cross Abbey, Whitland, Pembrokeshire, inviting single Catholic Women aged 25-45 who are discerning a vocation to experience our monastic life during one of the above weekends. www.hcawhitland.co.uk Any enquiries, or to register, email comeandsee@hcawhitland.co.uk

SACRED HEART COMMUNITY CAFÉ– Wednesdays 11am-3pm: Sacred Heart Catholic Church, Southchurch Road, is once again opening up the doors of its parish hall from 11am-3pm every Wednesday in order to host its community café. Open every Wednesday until Wednesday 27th March 2024. Throughout the cold winter months, you're welcome to join us for some hot soup in a friendly atmosphere with good company – all free! Do come along and join us. Donations of tinned tomato, chicken and vegetable soups will be gratefully received and should be placed in the clearly marked Community Café basket at the back of the church.

CAFOD: Could you inspire the next generation and gain valuable experience of presenting to young people at the same time? CAFOD, the Catholic Agency for Overseas Development, is looking for volunteers to join us in our mission to our Catholic schools. Full training and support provided. See cafod.org.uk/Volunteer for more information or contact East Anglia's CAFOD representative Jane Crone jcrone@cafod.org.uk

LENT RESOURCES:

Caritas Brentwood- <https://www.caritasbrentwood.org/len/>

Meaningful Chocolate- Fairtrade Easter Egg & 24 page Easter Activity- <https://meaningfulchocolate.co.uk/collections/real-easter-egg>

SVP- Lenten Campaign- <https://act.svp.org.uk/page/142738/action/1>

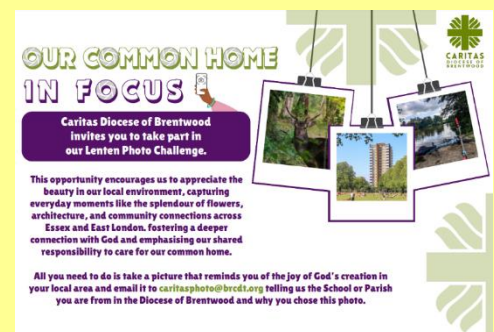
CAFOD- Lent Resources- <https://cafod.org.uk/education/primary-teaching-resources/len-resources-for-children>

Million Minuets- SiLENT Campaign- <https://millionminutes.org/change>

Missio- Lent Resources- <https://missio.org.uk/secondary/resources-for-lent/>

London Jesuit Centre- Lent Resources- <https://londonjesuitcentre.churchsuite.com/events/pbag9jrd>

Mission Together- Lent Resources- <https://missiontogether.org.uk/calendar/len/>



ST VINCENT'S CENTRE SOUTHEND:

SLEEP OUT
SO OTHERS DON'T HAVE TO!
FRIDAY 22ND MARCH 2024

St Vincent's Centre, Southend in conjunction with Liberty Hygiene.

8:30pm – 8am
Liberty House, Tetman Close, Brook Road Industrial Estate, Rayleigh SS8 7UZ

Come and enjoy a delicious BBQ between 6:30pm – 8pm and breakfast the following morning.

Minimum £50 sponsorship per person.
If you would like to take part, scan the QR code or follow the link – [Sleep_out – March 24](https://www.svp.org.uk/sleep-out-march-24)

Liberty Hygiene St Vincent's Centre Southend

01702 592980 southend@svp.org.uk

Aussie Night

Join us for an unforgettable evening under the Southern Cross!

Date: 8th March 2024
Time: 6:30 PM
Venue: Terrace Bar, 1 Richmond Ave, Southend, SS1 1JE

Come and enjoy a BBQ Bonanza, Live Music
Fun-packed afternoon with Shellas and Bokes galore
Dress Code: Show your Aussie spirit – wear a hint of green and gold!
£39 for BBQ grill and salad, with Aussie dessert and wine.

All proceeds will support vulnerable people struggling in the city.

Let's celebrate the true blue Aussie way. Grab your mates and come along for a ripper of a time!

RSVP - 01/03/2024 (Nesperm@svp.org.uk)

JOIN OUR 100 CLUB TODAY AND YOU COULD BE OUR NEXT WINNER!

A chance to win cash prizes every month and support St Vincent's Centre, Southend.

If you would like to join, email your interest and we will send you forms that you simply complete and sign and return to us.
The Membership pack and Standing Order forms for £60 annually or £5 per month (that's just £5 a month to play) or pay by cheque (annual fee only).
This buys you one membership number (allocated by us) which enters you into the monthly cash prize draw for 12 months.
You can have up to 4 numbers per household.
All participants must be over 16 years old.

Register your interest suec@svp.org.uk or 01702 592980

CHARITY NO 1053992
REGISTERED UNDER THE GAMBLING ACT 2005 LICENCE NO. 23168942/GALOT

Our Assisi Catholic Trust Family

Schools	Parishes
Our Lady of Lourdes Catholic Primary school and nursery	Our Lady of Lourdes and St Joseph Msgr Kevin Hale https://lourdesleigh.org/
St George's Catholic Primary School	St. George and The English Martyrs Fr. Brett http://www.saintgeorgeschurch.co.uk/
Sacred Heart Catholic Primary school and nursery	Sacred Heart of Jesus Fr. Graham http://www.catholicsouthend.org.uk/
St. Helen's Catholic Primary School	Our Lady Help of Christians and Saint Helen Fr. Alex http://shwos.co.uk/?LMCL=HaRNWM
St Joseph's Catholic Primary school	Our Lady of Canvey and English Martyrs Fr. Eamonn http://www.ourladyofcanvey.org/
Holy Family Catholic Primary School	Holy Family and St Thomas More Fr. Eduard Home (hollyfamily-church.uk)
Our Lady of Ransom Catholic Primary School	Our Lady of Ransom Fr Paul Our Lady of Ransom Catholic Church
St Teresa's Catholic Primary school	Catholic Church of St. Teresa and the Child Jesus Fr. Gerry http://www.rcrochford.org/
St Thomas More High School	St. Peter's Fr. Jeff https://stpetereastwood.org/

The Assisi Catholic Trust Newsletter which includes news and events from all of our schools can be read [here](#)

VACANCIES IN DIOCESAN SCHOOLS: Details of all positions can be found at the following link

<https://www.dioceseofbrentwood.net/departments/education/vacancies/school-vacancies/>

St Thomas More High School: Teacher of Maths; and Teacher of English - [website](#)

St Joseph's Catholic Primary School: Headteacher; and Teacher - [website](#)

Are you looking for a Nursery for your 2 to 4 year old?

Contact us to look around our learning environment!

office@ourladyoflourdes.southend.sch.uk, 01702475689, olol.co.uk

Our Lady of Lourdes Primary School is located in Leigh's heart along Manchester Drive, a short walk from the London Road. Our welcoming community school is perfect for children starting Nursery in 2024. We're proud of our family feel, which spans generations, and our vast grounds for children to play. Excelling in music, sport, science, and a balanced curriculum, we're the ideal place for your child to flourish. Thinking about your child as they grow, our children transition easily and happily into our Reception classes.



Parent Reminders and Student Information

Changes to Contact Details: If you are moving house, changing your email address, mobile telephone number or work contact number, etc., please remember you can make these changes via your child's [School Gateway](#) account.

Student Medical Conditions: It's important that the school is made aware of any updates regarding students medical conditions, particularly if they can potentially have an impact on their time in school and require support. Please contact Mrs Walford mwalford@st-thomasmore.southend.sch.uk if you wish to discuss your case in detail. If we hold medication in school for your student can you please ensure that you are aware of its expiry date prior to passing it to school so that

you can order a repeat prescription within good time. In relation to EpiPen's, you can register the injector via the EpiPen website and receive a text message when it is due to expire.

Southend City Council have sent a reminder of all the services that are available for those who are struggling with the cost of living. The page on their website (below) identifies what and where support is available: <https://www.southend.gov.uk/costofliving>

Parental factsheets on various topics are available on our website under the Safeguarding section, [Parent Fact Sheets \(st-thomasmore.southend.sch.uk\)](https://st-thomasmore.southend.sch.uk)

Attendance



DFE guidance NHS supported. The government launched on 8th January a new initiative to support parents and schools in improving the attendance of their children. Under the slogan '**Moments Matter Attendance Counts**', the DFE have outlined a number of illnesses which they feel students should still come to school with despite feeling slightly

under the weather. Please see the school website for full information and the guidance outlined by the DFE. If you have any attendance queries or further questions relating to your son or daughter coming to school, please do not hesitate to contact Mrs Sedgwick telephone number 01702 606799 or by email attendance@st-thomasmore.southend.sch.uk for clarification.

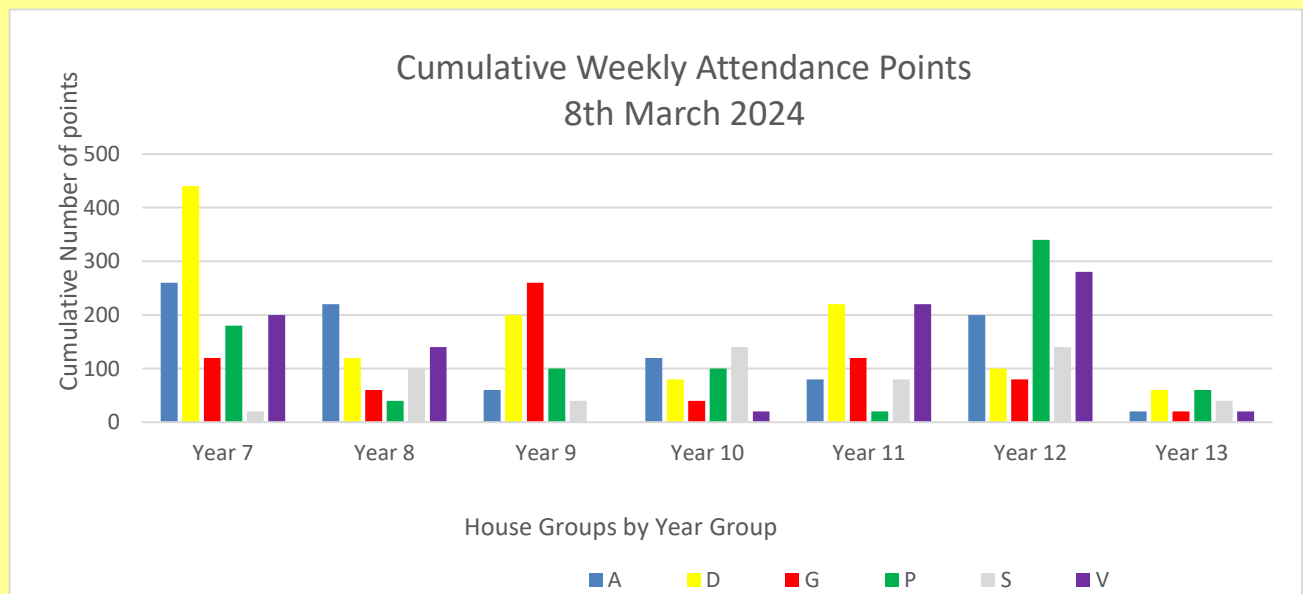
[Letter to school leaders on mild illness and school attendance - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



FFT National
Attendance Award
2023/24

Absence: If your child is unwell and unable to attend, please notify the school of the reason for the absence on the first day of an unplanned absence by 9am or as soon as practically possible by calling the school and selecting attendance or by emailing attendance@st-thomasmore.southend.sch.uk. If the absence lasts more than one day, please update the school on a daily basis.

House Attendance Points: The form with the highest attendance in the year group gets 100 points each week and every form achieving 97% or above for the week achieves 20 points towards their house.



Spotlight on Wellbeing and Keeping Safe

Please don't forget that teachers and support staff are here for you and your children, and you can get in touch with Mrs Walford via welfare@st-thomasmore.southend.sch.uk if you need some support.

What Parents & Carers Need to Know about SN PCHAT

AGE RESTRICTION
13+

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

BE READY TO BLOCK AND REPORT

If a stranger *does* connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





National Online Safety®
[#WakeUpWednesday](#)

Sources: <https://help.snapchat.com/en-gb/articles/2020/05/06/2020-05-06-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://www.euro-nos.com/en-Gb/safety-learnings-from-research-and-new-safety-enhancements> | <https://nbsmcc.com/2022/04/16/snapchat-likes-location-sharing-challenge/> | <https://help.snapchat.com/en-gb/articles/2022/04/16/644>

Departmental News




Our Amazon Wishlist is live!! The idea is that friends, family and alumni can donate directly to the school library. We'll still accept preloved copies from home that they may also wish to donate, but student and departmental requests for library stock will be more likely to be found here in future. The selection of books are chosen by the Library team as texts that benefit the student's reading comprehension, engagement with the curriculum and foster an interest in reading. The current list is reflective of this and will update as and when donations come through. [Amazon.co.uk](https://www.amazon.co.uk)


Library Reader Awards: The St Thomas More Library will now be awarding students who loaned out and read several books from the library each term. These awards are counted once a term and are cumulative throughout a student's time here; they do not reset at the end of the year! Students that earn a Library Reader Award will receive badges for their lapels and certificates awarded in assembly. To find out their current loan number, students can ask the librarian to check their account for them at the library desk. The current parameters are:


- 50 Books – Bronze Library Reader Award
- 100 Books – Silver Library Reader Award
- 200 Books – Gold Library Reader Award
- 500 Books – Platinum Library Reader Award
- 700 Books – Diamond Library Reader Award
- 1000 Books – Champion Library Reader Award
- 1500 Books – Esteemed Library Reader Award


Green Enthusiasts Wanted! Lunchtime and Thursday after school Gardening Team!


Ready for a green adventure? Join our **BRONZE DUKE OF EDINBURGH VOLUNTEERING OPPORTUNITY** with Mr. Sykes and Ms. Caten **in the back garden on Thursdays at lunchtime (2:00-2:30) and Thursday after school from 3:30 to 4:30!** Help clean up plastic waste, revitalize beds, and create a serene garden oasis.

 **Clean & Green:** Help pick up plastic waste, recycling for a cleaner environment.


 **Revitalize Beds:** Strip old growth, preparing raised beds for a lush winter.


 **Tidy Oasis:** Clear and beautify spaces, creating a serene garden for everyone.


 **Water Warriors:** Position water butts, ensuring a sustainable water supply.


 **Planting Prep:** Learn planting basics, setting the stage for a blooming spring.

Why Volunteer?

 **Easy Sign-off:** Get your DofE Volunteering section effortlessly signed off in school.

 **Eco-Impact:** Reduce plastic waste, promote recycling, and nurture a green mindset in our school community.

 **Community Bond:** Forge friendships with fellow green enthusiasts. Join us and let's make our school garden thrive!

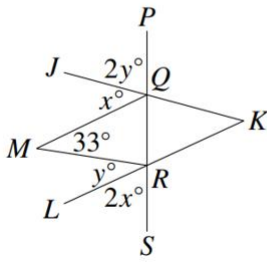
 **Garden:** if anyone is able to donate perennial plants, bird houses, unwanted garden tools, bulbs (to be planted soon) and seeds for our school garden, please send them into Mr Sykes.



This week is British Pie Week (4th-10th March). It was started back in 2007 by Jus-Rol. With so many great recipes available it just falls to you to decide what kind of a pie lover you are – Whether it's a savoury pie, a dessert pie, a crumble, a pasty or a pizza pie why not have a go at making a pie at home? A nice link to "Pi" Day next week. Don't forget to send me your photos for a merit and Extended Learning Challenge Certificate for cooking at home.

Maths Problem of the Week

In the diagram, $PQRS$, JQK and LRK are straight lines.
What is the size of the angle JKL ?



Answer to last week's problem-
Total of angles is 720 degrees.

Poetry Corner No.23 On Pilgrimage

by **Czeslaw Milosz**

English version by Czeslaw Milosz and Robert Hass
Original Language Polish

May the smell of thyme and lavender accompany us on our journey
To a province that does not know how lucky it is
For it was, among all the hidden corners of the earth,
The only one chosen and visited.

We tended toward the Place but no signs led there.
Till it revealed itself in a pastoral valley
Between mountains that look older than memory,
By a narrow river humming at the grotto.

May the taste of wine and roast meat stay with us
As it did when we used to feast in the clearings,
Searching, not finding, gathering rumors,
Always comforted by the brightness of the day.

May the gentle mountains and the bells of the flocks
Remind us of everything we have lost,
For we have seen on our way and fallen in love
With the world that will pass in a twinkling.

[Czeslaw Milosz | Biography, Books, Nobel Prize, & Facts | Britannica](#)

[Czeslaw Milosz with Helen Vendler, 26 March 1998 \(youtube.com\)](#)

Science Department



New Insights into Global Patterns

Scientists reveal new insights into global climate patterns, offering a better understanding of the complexities of climate change [here](#).



Science Clubs

Lab Rats

Become the scientists of the future, today.

- Mr Jackson - Lab 1
- Monday (3.30 – 4.30) – Year 7 & 8

Astronomy

Study the cosmos and go supernova as you grow knowledge and skills. You could even gain an extra GCSE.

- Mr Vitone - Ma6
- Wednesday Lunch Time – Year 10

Animal Club

- Miss KRIZANOVA
- Monday at 13:30 in Lab 6 (Year 7 and 8)
Inspire others to action through different projects.

Garden Guardians

Spend time in the great outdoors, cultivating plants and learning about nature.

- Mr Sykes – Meet Lab 9
- Thursday (2.00 – 2.30) – All year groups

Marine Biologists

Connect with fellow marine enthusiasts. Raise awareness about ocean conservation. Make a positive impact on our planet.

- Mr Sykes – Meet Lab 9
- **Week 2 Wednesday (2.00 – 2.30) – All years**

Y11 Science Study Support Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 08.00 – 08.30	Science LSY (Lab 9)	Science DKR (Lab 6)	Science SJO (Lab 6)	Science MJA (Lab 1)	Science RAL (Lab 4)
Lunch time 13.45 – 14.15	Chemistry EDA (Lab 3)	Science SCL (Lab 8)	Biology EJO (Lab 7)	Physics API (Lab 2)	Science SJO/JBA (Lab 5)

This Week at St Thomas More Science:

NATIONAL SCIENCE WEEK POSTER COMPETITION

Year 7 to Year 9

The British Science Week 2024 poster competition is open now!

Your entries will be entered to national competition. Prizes to be won!

The theme this year is **'Time'** – there are loads of STEM topics were explored! Students could create a poster showing how a certain type of technology has changed over time, or even the advancement of time-telling technology itself. Budding poster makers could also go futuristic show us how they think the world might look in years to come, or perhaps look at nature – lifecycles, lifespans, *evolution* and hibernation – nature is full of timely topics.

British Science Week 2024 marks the Week's 30th anniversary, with the inaugural celebration happening in 1994. Students could think about scientific innovations since then, or explore 1994 itself – what was *life* like 30 years ago?

The closing date for entries is Monday 25th of March 2024.

Please bring your posters to Prep room 2 in Science.



How were the posters be judged?

We wish that everyone could be a winner, but we only have a limited number of prizes. So, here's the lowdown on what the judges will be looking for:

- **Creativity in approach** – Innovative angle on the content or creative interpretation of the theme – don't be afraid to think outside the box
- **Content** – Clear, accurate and informative about a STEM topic
- **Effective communication** – presented and communicated in an engaging way



Alumni of the Month: can be read [here](#).

Aspire: have created a online resources for all things careers/universities and apprenticeships. It's a really good resource for those who are not sure of the opportunities after GCSE's (POST 16) and A levels (POST 18). Please click the link to find out more about universities and apprenticeships! Ms Corr

[The Aspire Guide - Flipbook - Page 17 \(paperturn-view.com\)](#)

Success at School's University Guide can be found [here](#)

Apprenticeships at IBM: further information on apprenticeships can be found [here](#)

INVESTIN: Information on weekend programmes in STEM careers can be found [here](#) and Law and Finance Careers [here](#).

Options Year 11 – What are your child's options after GCSE's?: Amazing Apprenticeships offer a number of useful newsletters and I thought this may be a really good option for parents of year 11. It is an options podcast aimed at parents and may give you an idea of what the options are for your son as he moves through year 11 to do his GCSE's.

[The Parent Perspective | The Options Post-16: what are the choices facing our 16 year olds? \(transistor.fm\)](#)

If you think you would like further information on any of the courses that are available here at St Thomas More or at college, drop me an email and I can try to help where I can. alindsay@st-thomasmore.southend.sch.uk

Durham have set up a STEP programme for black-heritage students, offering a range of support and opportunities for you to experience student life both academically and socially, find out more about Durham, and get ready for university applications.

Involves:

- Skill boosting summer webinars, Summer 2024 residential and Online Autumn webinars to support UCAS applications

Looks like a really good opportunity – will put the poster in the careers centre and I have a few postcards if anyone want to pop into my office to find out more. Mrs Lindsay.

Year 8 – Show us what they are capable of in mock interview day: On Monday 4th March 2024 we were lucky to have 20 employers in to help us out to deliver mock interviews to our year 8 students. This offers a fantastic opportunity for students to have a realistic job interview with business people. At STM mock interviews have run for a number of year and engages with approximately 20 local businesses. Every Y8 student had a 15 minute interview and will receive feedback on their interview, this will also be logged on Unifrog for future reference. The year 8 students of STM did us proud, they were mature, answered questions well and with passion and really gave an excellent account of themselves. The ‘interviewers’ gave some lovely comments on their feedback....

“This was my first time taking part in anything like this and I don’t think I could be more impressed. The structure of the day was very well thought out and explained well at the start of the day. I was also very impressed with the students I saw. All very polite, presented themselves well and was a pleasure to talk to on the day. Really good day and definitely do it again. Was actually nice to feel like I might have made a difference and helped with my tips and tricks that I gave for when the boys do this again.”



And “Year 8 were fantastic, pupils should be really proud.”

I would like to give a huge shout out to all the site team and catering staff, to Mrs Bradley (careers administrator) as well as to the volunteers we had on the day. We had a range of people who included parents, alumni, contacts from previous events, referred by friends and family. Also the staff that helped all the students get there on time, and the teachers whose lessons were disrupted.

YEAR 11 REVISION TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	D&T NEA (CR8)- AMB	Science - (LAB 6) DKR	RE - (RE3) - PG	D&T NEA (CR8)- AMB	English - (E1) GD
8-8.30	Science - (LAB 9) LSY		Science - (LAB 6) SJO	Media & Film (E9) - FLE	Science - (LAB4) - RAL
				Science - (LAB 1) MJA	
Lunch	ART - (ART2) KAY	ART (ART2) - AMB	D&T NEA (CR8)- AMB	English - (E7) DCO	English- (E6) SEM
1.30-2	Python Catchup - (CR6) JM	English (McBeth) - (E8) DJ	Business - (BS2) ASM		
	Media & Film (E9) - FLE	RE - (RE3) PG	Further Maths - (M2) MA		
			English - (E7) DCO		
Lunch	Python Catchup - (CR6) JM	Science - (LAB 8) SCL	Further Maths - (M2) MA	Physics - (LAB2) API	Science - (LAB5) - SJO/JBA
1.45-	Chemistry -(Lab 3) ED	History - (RE4) KDO	Biology - (Lab 7) EJO		Geog (Skills Paper 3)
2.15		Geog (Human Paper 2)			(G3) NYO
		G2 JH			
Lunch	ART - (ART2) KAY	ART (ART2) - AMB	D&T NEA (CR8)- AMB		
2-2.30	Python Catchup - (CR6) JM		Further Maths - (M2) MA		
After School	Further Maths - (M3) DMA*	Food Preparation (FT) - SMN	Geog (Physical Paper 1)		
			(G3) GW		
3.30-4.30		Music -(MUS1) - LD	Maths (Foundation) - (M7) ML		
* Please Note - Further Maths on a Monday after school is for Timetabled Group only					
	Sessions in blue are new additions to the timetable				



Sports News

Follow the **PE Department on social media** to keep up to date with department news, photos, videos, fixtures and results. Twitter - @PEDeptSTM
Instagram – PEDeptSTM



PE Student of the Week: Our winner this week is Oliver Bass from Year 11 for his match-winning performance in the Year 11 Borough Basketball Final last Friday. Oliver scored a remarkable 33 points, including six 3 pointers to turn the game in STM's favour. Not only this, he also marked Westcliff's best player out of the second half and prevented him from getting the ball, let alone scoring as he had been doing in the first 20 minutes. A fantastic performance in his final game at STM, well done Oliver.

Yr7 Lee Valley Indoor Schools Cup (LVISC): Our Yr7 athletes took 5th place out of 74 school teams entered into this years competition. Making the 'A' final we pitched ourselves against the best in the South of England. Elliot performed very



well in the hurdles and long jump getting us off to a great start. Jeffery and Anthony were consistent in their 60m sprint and Shot putt. Charlie went close to PB's in his 200m and High jump, Teddy took a spike to the shin at the start of



the 800m as runners jostled for position at the start. The highlight was smashing the relay, a fantastic 1:57 in the 4x200m. We look forward to lots of Athletics as we head into the Easter & Summer term. Well done boys. Mr Ackred



Year 9 Rugby – Essex Sevens Tournament – Shield Competition Winners: The year 9 rugby sevens team secured silverware this week after an excellent set of performances meant coming away as winners of the shield competition. Five try victories over Orsett Heath, William Edwards and Southchurch set the tone at the start of the day. A narrow defeat to St Martins meant the boys finished runners up in their pool, yet secured a place in the shield competition final four. An emphatic 5-1 win over Sydney Russel in the final capped off an excellent day of rugby for the boys. Well done to all involved.



Year 10 Football – STM 4-2 Westcliff: STM progressed to the final of the SOS borough cup after an action packed semi final victory over Westcliff. Westcliff took an early lead, finishing from close range, yet STM responded well as

Chase struck from the edge of the box to level the game. Westcliff retook the lead again on their next attack, yet STM responded once again, an excellent team move finished off by Archie. STM went on the front foot as the half came to a close and went into the break with the lead, Archie finishing well to grab his second. The scoring calmed down in the second half as STM gained control. Archie secured his hattrick from the spot after Aaron was brought down, killing the game and securing our place in the final. This is the first final for the team (Saturday 23rd March) and we are relishing the opportunity to fight for silverware. Well done to all boys involved.

Borough Swimming Gala – 3rd Overall: An excellent team performance in this years Gala meant STM secured third overall in the borough, improving on 4th from last year. Notable mentions to gold medal winners Ehimare (Year 8 freestyle) and Leo (Year 9 freestyle), silver medal winner Fox (Year 8 breaststroke) and bronze medal winners Fisher (Year 7 freestyle) and Sam (Year 7 backstroke). The boys also performed well in the relays, winning silver in the Year 8 medley relay and bronze in the Year 7 medley and freestyle relays, year 8 freestyle relay and squadron relay. Well done to all swimmers who represented the school. We look forward to consolidating this success next year. A big thank you once again to Mrs Weir for her support and assistance with this event.



European Snooker Championship appearance: William Hurley in 9P has been selected to represent England in the European Snooker Championships in both the U16 and U18 age groups in Sarajevo, Bosnia and Herzegovina, next week! William competed in the 2023/24 English Junior Tour and his fantastic successes there have resulted in him being selected by England. He has been training on a professional snooker table for a few hours every day in preparation and his achievements are also being featured in the Echo. We wish Will the very best of luck over the coming week!



Fixtures

DATE	FIXTURE
11/03/2024	No Fixtures
12/03/2024	Year 7 Basketball v Southend High @ Eastwood - 4:15pm tip off - Return 6pm Year 9 Basketball v Great Baddow @ WHSB 4:15pm tip off, return 6pm
13/03/2024	1st XI Football v Roding Valley (AWAY) 2pm kick off Leave 12:30, return 5pm Year 8 Football v Shoebury (AWAY) 4pm kick off - return 5:30pm
14/03/2024	Year 8 Football v Belfairs (HOME) 4pm kick off Under 15 Basketball v Westcliff High @ Eastwood 4:15pm tip off - return 6pm
15/03/2024	Year 7 Jnr NBA v Redden Court/Shoebury (AWAY) - Leave 2:20pm, return 5:30pm
18/3/2024	Essex Cup Basketball Final @ WHSB - TBC
19/03/2024	SEND Tennis @ Great Baddow 10:30am-1:30pm - Leave 9:30pm, return 2:15pm Year 7 Football v Southend (HOME) 4pm kick off
20/03/2024	1st XI Football v Palmers (AWAY) 2pm kick off - Leave 12:45pm, return 4:30pm Year 7 Basketball v Chase (AWAY) 4pm tip off - return 5:30
21/03/2024	No Fixtures
22/03/2024	No fixtures
23/03/2024	SOS Football Cup Finals - 9:30am kick off

PE Extracurricular Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
7.45 - 8.30 am	PE STAFF MEETING Year 9-11 Volleyball (SB) Year 7-9 Running Club (AAC)	PE STAFF MEETING Year 9-11 Volleyball (SB) Year 7-9 Running Club (AAC)	All years Astro (JEN) Year 7 Basketball (SB)	All years Astro (JEN) Year 7 Basketball (SB)	Year 10 & 11 Gym (LSH) Year 11 Football Squad on Astro (TH) Racket Sports (NSP)	Year 10 & 11 Gym (LSH) Year 11 Football Squad on Astro (TH) Racket Sports (NSP)	Year 9 Gym (JEN) All years Astro (LSH) Year 9 & 10 Cricket (EK)	Year 9 Gym (JEN) All years Astro (LSH) Year 9 & 10 Cricket (EK)	Year 10 & 11 Gym (SB) Indoor Athletics (AAC)	Year 10 & 11 Gym (SB) Indoor Athletics (AAC)
1.35 - 2.25pm	Year 7 Cricket (JES) Year 10 Astro (LSH)	Year 7 Cricket (JES) Year 10 Astro (LSH)	Year 7 Astro (TAD/AAC) Year 10 Basketball (EK/LSH)	Year 7 Astro (TAD/AAC) Year 10 Basketball (EK/LSH)	Year 8 Astro (JEN/NSP) Year 9 Basketball (TAD)	Year 8 Astro (JEN/NSP) Year 9 Basketball (TAD)	Year 9 Astro (SB) Year 8 Basketball all welcome (RHE)	Year 9 Astro (SB) Year 8 Basketball all welcome (RHE)	Year 11 Astro (RHE) Year 7 Basketball (SB/JEN)	Year 11 Astro (RHE) Year 7 Basketball (SB/JEN)
3.30 - 4.45pm	Year 9 Football Training (TAD) Year 7-9 Rugby (AAC) FIXTURES	Year 9 Football Training (TAD) Year 7-9 Rugby (AAC) FIXTURES	FIXTURES	FIXTURES	Year 7-10 Athletics (AAC) FIXTURES	Year 7-10 Athletics (AAC) FIXTURES	FIXTURES	FIXTURES	Year 7 Football Training PE DETENTION FIXTURES	Year 7 Football Training PE DETENTION FIXTURES

Extracurricular Timetable – Spring Term

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	Music Rehearsal Room 8-8.35am (Music 1)	Music Rehearsal Room 8-8.35am (Music 1)	Music Rehearsal Room 8-8.35am (Music 1)	Music Rehearsal Room 8-8.35am (Music 1)	Music Rehearsal Room 8-8.35am (Music 1)
Lunchtime	<p>Chess Club 1.35-2.25pm (M6)</p> <p>Youth SVP 1.35-2pm (E3)</p> <p>Animal Club 1.35-2pm Years 7-8 (Lab 6)</p> <p>Anime and Manga Club 1.35-2.25pm (Library)</p> <p>History Club 1.35-2.25pm Years 7-8 (H2)</p> <p>Aviation Club 2-2.25pm (MFL3)</p>	<p>Tommie's Traders 1.35-2.25pm Year 10 selected students only (Conference room)</p> <p>Rehearsal Room (Music 1)</p> <p>CAFOD 1.35-2pm Years 8-10 and 12s (RE5)</p>	<p>Liturgical Band Rehearsal (Music 1)</p> <p>Games Club 1.35-2.25pm Years 7-9 (Lab 8)</p> <p>Dungeons and Dragons 1.45-2.25pm (Lab 2)</p> <p>Astronomy 1.35-2.25pm Year 10 (M6)</p> <p>Marine Biology Club 2-2.25pm WEEK 2 (Lab 9)</p> <p>Conspiracy Club 2-2.25pm Year 12-13 (G2)</p> <p>Spanish Ambassadors Club 2-2.25pm WEEK 2 (MFL 1)</p>	<p>Choir (Music 1)</p> <p>Chess Club 1.35-2.25pm (M6)</p> <p>Card Club 1.35pm-1.50pm (Lab 4)</p> <p>Sewing Club 1.35-2.25pm WEEK 2 (Tech 4)</p> <p>Football Financials 1.35-2.25pm Years 7-8 (CR7)</p> <p>Warhammer Club Years 9-13 1.40-2.20pm (Lab 1)</p> <p>Mock Bar Trials Club 1.35-2.25pm Years 11-13 (H2)</p>	<p>Folk Group (Music 1)</p> <p>Warhammer Club Years 7-8 1.40-2.20pm (Lab 1)</p> <p>Geography Ambassadors Club 1.45-2.20pm Years 7-9 (G1)</p> <p>Minecraft Club 1.35-2.20pm Years 7-9 (CR4)</p> <p>Spanish Competition Club 2-2.25pm (MFL 1)</p>
After School	<p>Labrats 3.30-4.30pm Years 7-8 (Lab 1)</p> <p>Study Club 3.30-4.10pm Years 7-9 (CR 7)</p>	<p>Drama Club run by JADA 3.30-4.30pm (Assembly Hall)</p> <p>Database Club 3.30-4.30pm Year 12-13 (CR 5)</p>	<p>Silver Duke of Edinburgh 3.30-4.30pm (Psy 2)</p> <p>Morley's music lessons</p>	<p>Cover Club 3.30-4.30pm (Music 1)</p> <p>Garden Guardians 3.30-4.30pm (Lab 10)</p> <p>Study Club 3.30-4.30pm Years 7-9 (CR 7)</p> <p>Morley's music lessons</p>	<p>Patisserie Club 3.30-4.30pm WEEK 2 (FTEC)</p>

Note: Clubs with no mention of year groups are open to all year groups



Extra-curricular student club for key stage 3: Following feedback from the student council we have decided to open up CR7 after school on a Monday (3.30-4.10pm) and a Thursday (3.30-4.30pm) for students have a space to complete extended learning tasks should they need a computer or somewhere quiet to work after school.