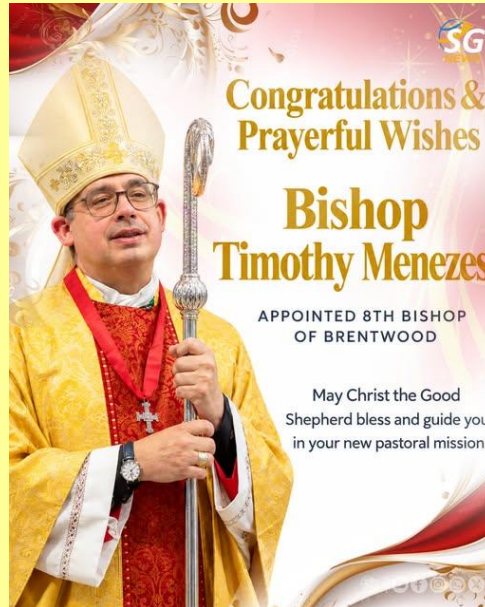


CONTACT

No. 1744 – Friday 16th October 2026



Yr. 7 Welcome Mass: Last night we held one of the highlights of our school year, our annual Mass of welcome to Year 7 and their families. It was a wonderful celebration of the Eucharist as we held students and their families in prayer as they enter this new Chapter. It was great to see so many Year 7's involved with the music, altar serving, reading and bringing up the offertory as well as the Year 7 Tutors all supporting our young people mark their first half term in secondary school. We also collected a fantastic amount of donations for the SVP which will make a huge impact on those in need in our local community. Thank you so much to all those families who donated to this great cause last night. A special thank you to Fr Jeff Woolnough for celebrating the Mass, to Max, Mr Dixon, Ms Donoghue and students in older years for supporting the year 7s with the music, our site team and FOSTM team for the refreshments afterwards.

Parent Forum: Our next Parent Forum will take place on Monday 19th October 2026 between 4.00pm and 5.30pm. This is an open invitation for parents and carers to pop into school to share ideas, ask questions and discuss feedback with leaders about general aspects of school life. No appointment is necessary!

GCSE Study Skills and 6th Form Open Evening: Current Year 11 students have been invited to a **personalised Sixth Form experience on Thursday 22nd October**. This evening will be tailored specifically to their journey ahead.

Early Warning – 19th November 2026: our **Yr. 10 study skills evening** takes place on Thursday 19th November 2026, a letter with full details of the evening will be sent out to parents/carers closer to the time.

Free School Meals: [Application for FSM - St Thomas More High School](#) Due to government changes more families may now be eligible for free school meals. If you think you may be eligible, please complete your details on the link above.

2Johns Workshop for Parents: The link to the parent event delivered by the 2 Johns on Monday evening is available [here](#). All we request is that the session is not downloaded or stored in any format. The link will be valid for 28 days.

Prayer of the Week

'Christ Has No Body But Yours' By St. Teresa of Avila (feast day: 15/10/2026)

Christ has no body now but yours.
No hands, no feet on earth but yours.
Yours are the eyes through which he looks compassion on this world.
Yours are the feet with which he walks to do good.
Yours are the hands through which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now on earth but yours.
Amen.

29th Sunday of Ordinary Time

Matthew 22:15-21

Artwork: Caesar's to Caesar, God's to God (c. 1612) by Peter Paul Rubens



This week we hear more from the Gospel according to Matthew, continuing the passages covering the discourse between our Lord Jesus Christ and the pharisees during the week leading up to the arrest and Crucifixion. This passage is well known, it's when the pharisees plan to catch our Lord out by asking Him if it is lawful to pay taxes to the Roman state. If He says 'yes' then He would upset the local citizens of Jerusalem. If he says 'No' then the Roman authorities would have cause to arrest Him. Instead our Lord asks for a coin and shows it to the crowd, He asks, "Whose likeness and inscription is this?" They respond, "Caesar's." He then replies, "Therefore render to

Caesar the things that are Caesar's, and to God the things that are God's"

Our Lord is revealing something beyond a clever answer to a trick question. The Roman coin bore the image of the Emperor, which is why it belonged to the state. So the question is, what bears the image of God? The answer is found in the first chapter of the first book in the Bible; we do. Humanity is created in the image and likeness of God, we are His currency on Earth.

This week we took some of our prefects to the Diocesan Leadership Conference where they gave a short presentation on how they want to mould student leadership in our school, we also had our year 7 welcome Mass where many young students volunteered to take up important roles in the organisation and running of the Mass. This week has been a great example of the different responsibilities that people of all ages have in our school community, and so as we near the end of this first half term we have to reflect on how we have navigated these responsibilities. Giving 'to Caesar' really means fulfilling out daily duties with integrity, giving to your family what is your family's , giving to our school what is our school's, and remaining ever conscious that all this is done while we bare the image of God.

So this week look at all we have done so far and ask ourselves if we have given our best efforts to our responsibilities while we keep our heart firmly rooted in God's love.

- Max Morris, Lay Chaplain

Chaplaincy News

Student Leadership Conference: On Thursday 15th October eight of our senior prefects, deputy head of prefects, and our head of prefects attended the diocesan leadership conference day 2. The students, among other things, presented in front of over 100 of their peers from every secondary school in the diocese as well as staff from the BCYS, Caritas Brentwood, and representatives from the diocese that work within Catholic Education. Our young leaders spoke passionately about how they want to shape the school going forward and the legacy they will leave. We look forward to the coming months as they put these plans into action and make lasting changes for the betterment of their classmates.

November Youth Mass: On 05/11/2026 we will be attending the monthly youth Mass at Brentwood Cathedral. This Mass is especially important as it will mark the last youth Mass with Bishop Alan as our Bishop. We will be taking more students to this Mass as a result. We have a few places left and so if you are interested in this or future youth Mass events please speak to Max or Mr Griffin.

Adoration of the Blessed Sacrament: on request of students and staff alike Adoration of the Blessed Sacrament now occurs every Thursday during lunchtime from 13:45. Benediction will be advertised separately and will still occur as an afterschool event.

Talks on Catholic Social Teaching: Caritas Brentwood have organised a number of talks around Catholic Social teaching from Clergy, religious Sisters, and Parishioners who have lived experience in instances of extreme poverty, seeking refuge, and being on the 'outside' of society in a vulnerable state. The Scheduled talks are as follows:
Homelessness and the Cost of Living - Saturday, 17th October hosted by St Alban's Church, Elm Park 9:45am arrivals - 12:30pm departures
Refugees and People seeking asylum - Saturday, 14th November hosted by St Anne Line Church, South Woodford 12:45pm arrivals - 3:30pm departures

For full details or to book please visit <https://www.eventbrite.com/cc/caritas-brentwood-events-4458423>



Our Assisi Catholic Trust Family

Schools	Parishes
 Our Lady of Lourdes Catholic Primary School and Nursery	Our Lady of Lourdes and St Joesph Msqr Kevin Hale
 St George's Catholic Primary School	St. George and The English Martyrs Fr. Brett
 Sacred Heart Catholic Primary School and Nursery	Sacred Heart of Jesus Fr. Graham
 St Helen's Catholic Primary School	Our Lady Helo of Christians and Saint Helen Fr. Alex
 St Joseph's Catholic Primary School	Our Lady of Canvey and English Martyrs Fr. Eamonn
 Holy Family Catholic Primary School	Holy Family and St Thomas More Fr. Eduard
 Our Lady of Ransom Catholic Primary School	Our Lady of Ransom Fr Paul
 St Teresa's Catholic Primary School	Catholic Church of St. Teresa and the Child Jesus Fr Viktor
 St Thomas More High School	St Peter's Fr. Jeff

Vacancies: Information for any vacancies in our Trust schools can be found on our [Assisi Catholic Trust Website](#)

Parent Reminders and Student Information



Term Dates: Please find the term dates [2026/2027](#)
Calendar for Parents: can be accessed [here](#).

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 daily. Attending a medical or dental appointment will be counted as authorised if the pupil's parent/carer notifies the school in advance of the appointment. We encourage parents/carers to make medical and dental appointments out of school hours where possible. Where this is not possible, the pupil should be out of school for the minimum amount of time necessary. You can request a leave of absence for exceptional circumstances by through MCAS or alternatively email attendance@st-thomasmore.southend.sch.uk or by collecting a form from Reception. Please keep medical evidence of absence e.g. appointment cards or letters, copies of prescriptions, pharmacy receipts etc in case you need them to provide more details on your child's return to school.

Student Medical Conditions: Please ensure 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.

Changes to Contact Details: If you move house, change your email address, mobile telephone number or work contact number, etc. **please remember you can make these changes via your child's MCAS account.**

Considerate Parking: Thank you for your support and understanding when learning our routines for dropping and collecting students at school, this half term is a busy one and extracurricular clubs and trips are numerous thanks to our dedicated staff. Please **do not use school carparks** for dropping off in the morning or picking up at the end of the school day. The closest collection point is behind the fire station. Cars that attempt to drive in at the end of the day cause congestion and are a hazard. Please remember that this exit is also the main pedestrian exit from the school. If using the local area to park, please be considerate to our neighbours and local community **by not parking on double yellow lines or blocking driveways. Please do not 'drive by' to try and drop off or pick up or use surrounding roads** which get congested. Thank you for your co-operation. **After school activities and fixtures:** if you are collecting your child from a fixture or activity after school, please do not park in the double bays at the front of the school and block other cars in.



Lights Required for cyclists: With the darker evenings drawing in, it won't be too long before it is dark at the end of the school day. This is a reminder to all cyclists to ensure your bike is equipped with proper lights. Riding with front and rear lights is not just essential for your safety, but it's also a legal requirement to help you stay visible to others on the road. **Please check:**
Front Light: A white light on the front of your bike.
Rear Light: A red light on the back, plus a rear reflector if possible.
Visibility Gear: Consider reflective clothing or accessories to further increase visibility.



Southend Educational Psychology Service

Upcoming Parent Coffee Mornings

Introduction to Barriers to School Attendance (Part 1)

Designed to support parents and carers of both primary and secondary-aged children, this session provides a clear introduction to Emotionally Based School Non-Attendance (EBSNA), including key facts, research, and current understanding. It explores common risk and protective factors, helping parents recognise what may make school attendance more difficult, as well as what can support a child's resilience. The session also highlights early signs to look out for when a child may be beginning to experience EBSNA. In addition, parents will be introduced to early intervention strategies, the role of multi-agency support, and a range of helpful services and resources available to support both children and families.

05/11/2026- 10am-11am, Online via Microsoft Teams
26/11/2026 - 10am-11am, Online via Microsoft Teams
21/01/2027- 10am-11am, Online via Microsoft Teams
03/02/2027 - 10am-11am, Civic Centre, Committee Room 3
20/04/2027 - 10am-11am, Online via Microsoft Teams
10/06/2027- 10am-11am, Civic Centre, Committee Room 3

If you are joining a session online, via Microsoft Teams, please email: EPTeam@southend.gov.uk for the meeting link.



Southend Educational Psychology Service

Upcoming Parent Coffee Mornings

Barriers to School Attendance (Part 2)

Our part two parent session to 'Barriers to School Attendance' equips parents with practical tools and early-intervention strategies to support their child's attendance from home. It helps families better understand the reasons behind emotionally based school Non-Attendance (EBSNA) and why consistent support is so important. The session is designed to build confidence and hope, offering clear, achievable steps parents can take to make a positive difference.

08/12/2026- 10am-11am, Civic Centre, Committee Room 6
09/02/2027- 10am-11am, Civic Centre, Committee Room 6
18/03/2027 - 10am-11am, Online via Microsoft Teams
06/05/2027- 10am-11am, Civic Centre, Committee Room 3
22/06/2026- 10am-11am, Online via Microsoft Teams

If you are joining a session online, via Microsoft Teams, please email: EPTeam@southend.gov.uk for the meeting link.

Spotlight on Wellbeing and Keeping Safe

Please don't forget that 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. Parental factsheets on various topics are available on our website under the Safeguarding section, [Parent Fact Sheets \(st-thomasmore.southend.sch.uk\)](http://st-thomasmore.southend.sch.uk)

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.

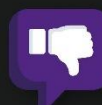


What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'



DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



Safety Tips For Parents

FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.

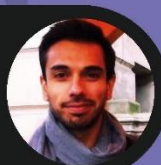


HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

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.



<https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-inventor-deletes-app-iphone-justin-rosenstein-addiction-fears-a7986566.html>,
<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/01/Childrens-Commissioner-for-England-Life-in-Likes-3.pdf>, <https://www.psychologicalscience.org/news/releases/social-media-likes-impact-teens-brains-and-behavior.html>,
<https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf>, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.08.2019

Departmental News



Our [Amazon Wishlist](#)! Friends, family and alumni can donate directly to the school library. We still accept preloved copies from home you may wish to donate, but student and departmental requests for library stock can be found here. The book wish list is chosen and updated by the Library team as texts that benefit the student's reading comprehension, engagement with the curriculum and foster an interest in reading.



This year, as a part of St Thomas More High School's celebrations for the National Year of Reading, we are inviting students in Year 7 & 8 to be involved in our upcoming Scholastic Book Fair. The Scholastic Book Fair offers a variety of texts for students to enjoy—young adult fiction, non-fiction, graphic novels, and more!—and will take place within school from **Wednesday 14th October – Wednesday 21st October**. Students will be brought down to the STM Library in their English set groups to participate. All students wanting to purchase from the fair will need to have a contactless payment applicable device or bring cash with them. This is a fantastic opportunity for students to access high-quality books and explore their love for reading, and we hope this opportunity will provide them ample time to find a novel that they can connect with.



Small steps make big progress!

EXTENDED LEARNING CLUB

Bring your work
Bring your questions
Bring your goals!

Support • Practice • Improve • Succeed

TUESDAY
DAY

3:30
TIME

CR3
PLACE

- ✓ Complete your Extended Learning
- ✓ Get help with tricky topics
- ✓ Use computers (e.g. ActiveHub)
- ✓ Work in a calm and supportive space

Ask questions, build confidence and make progress!

You've got this!

Invest time today for a brighter tomorrow!

**BETTER PREPARATION
BRIGHTER IDEAS
A MORE CONFIDENT YOU**

LEARN • PRACTISE • IMPROVE • ACHIEVE

The STM Music Department's

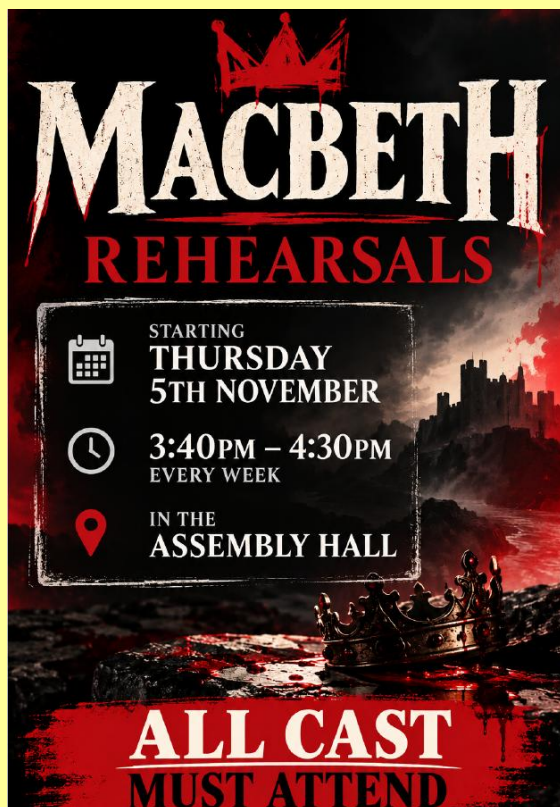
Musician of the Month

September

Uche Year 7

Thank you to Uche for:

- Making an enthusiastic start to several ensemble groups.
- Being willing to try new things
- Encouraging other musicians to participate.



Year 11 Road Safety Workshop: “Dead End” Delivers a Powerful Message: On Thursday 15th October, students took part in an inspiring and hard-hitting road safety session delivered by a visiting Road Safety Theatre Group. Their production, titled “Dead End,” used gripping true stories and dramatic scenes to highlight the real-world dangers faced by new and young drivers. “**Dead End**” explored how distractions, peer influence, mobile phones, and momentary lapses in judgement can lead to serious—and sometimes life-changing—consequences. The performance captured students’ attention from the outset, encouraging them to think carefully about the decisions they make both behind the wheel and as passengers. Following the production, students took part in a **workshop**, where they discussed common causes of road accidents and reflected on ways to keep themselves and others safe. The session allowed them to ask questions, challenge assumptions, and consider practical strategies for responsible road use. The experience was both memorable and meaningful, offering Year 11 vital guidance at a time when many are beginning to think about learning to drive.



‘This was a good way to learn about road safety because it showed what would happen instead of just saying it, and it made me realise the consequences that could occur without having to actually experience them ourselves.’ Year 11 student Evaluation Results for Dead End:

- A 71% increase in the number of students who could name the ‘Fatal Four’ – the most common causes of collisions on the roads – after taking part in Dead End
- 95% of students said Dead End had helped them understand how their behaviour as a driver (or passenger) can contribute to dangerous situations on the road.

A big thank you to Collinwood theatre group for bringing “**Dead End**” to our school, and well done to Year 11 for engaging so thoughtfully with this important topic. A special shout out to both Tobi and Ben who gave an excellent video testimonial – you were AMAZING! Mrs Lindsay

Keeping Safe This Halloween and Bonfire Night: On Friday 16th October, our Year 7 and Year 8 students took part in an important and thought-provoking safety talk delivered by Steve, an alumnus of St Thomas More High School, representing Essex Fire and Rescue Service. With Halloween, Bonfire Night and firework celebrations fast approaching, Steve delivered an inspiring yet hard-hitting message about the dangers associated with fireworks, bonfires and fire-



related accidents. His talk encouraged students to think carefully about their choices, understand the potentially devastating consequences of unsafe behaviour and, most importantly, know how to keep themselves and others safe. Students were reminded of essential fire safety advice, including what to do if their clothing catches fire, with a demonstration of the **“Stop, Drop and Roll”** technique. The session highlighted how simple safety knowledge and responsible decisions can make a real difference and help prevent serious injuries. The talk concluded with an engaging question-and-answer session, giving students the opportunity to ask questions, explore the issues further and reflect on the advice they had received. We are extremely grateful to Steve and Essex Fire and Rescue Service for delivering such a valuable session. It was

particularly special to welcome a former St Thomas More student back to our school to share his experience and help educate and protect the next generation. As our students enjoy the upcoming Halloween and Bonfire Night celebrations, we hope they will remember Steve’s powerful message: **stay safe, make responsible choices and never underestimate the dangers of fire and fireworks.** Mrs Lindsay

Maths Problem of the Week

Three boxes under my stairs contain apples or pears or both. Each box contains the same number of pieces of fruit. The first box contains all twelve of the apples and one-ninth of the pears.

How many pieces of fruit are there in each box?



Answer to last weeks problem: 5/17 th's was shaded.



Alumni Information [can be found here](#).

Aspire: online resources for all things careers/universities and apprenticeships, great for those not sure of the opportunities after GCSE's (POST 16) and A levels (POST 18). Click to find out more [The Aspire Guide - Flipbook - Page 1 \(paperturn-view.com\)](#)

Southend Careers Service Events: a list of 6th Form and colleges open events for 2026/27 can be found on our website use the following [link](#) to take you there.



[Webinars & Workshops - Amazing Apprenticeships](#)

Where Next booklet is a useful tool for parent/carers to use to help support theirs and their child's understanding of what careers pathways and next steps they can actively support them taking.

CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

Careers Newsletter can be found [here](#).

Poetry Corner No. 110

Personal Helicon

As a child, they could not keep me from wells
And old pumps with buckets and windlasses.
I loved the dark drop, the trapped sky, the smells
Of waterweed, fungus and dank moss.

One, in a brickyard, with a rotted board top.
I savoured the rich crash when a bucket
Plummeted down at the end of a rope.
So deep you saw no reflection in it.

A shallow one under a dry stone ditch
Fructified like any aquarium.
When you dragged out long roots from the soft mulch
A white face hovered over the bottom.

Others had echoes, gave back your own call
With a clean new music in it. And one
Was scaresome, for there, out of ferns and tall
Foxgloves, a rat slapped across my reflection.

Now, to pry into roots, to finger slime,
To stare, big-eyed Narcissus, into some spring
Is beneath all adult dignity. I rhyme
To see myself, to set the darkness echoing.

Seamus Heaney

[Seamus Heaney reads his poem Personal Helicon](#)

Year 11 Information

(A full-size revision timetable is included at the bottom of the newsletter)

Sports News



Year 8 Basketball: St Thomas More vs Riverside: St Thomas More's Year 8 basketball team secured an impressive 66–38 victory over Riverside in the Essex cup after a competitive start to the game. The opening quarter was evenly matched, with the score at 16–15. However, the class of Derick helped STM take control in the second quarter, establishing a 30–18 lead at half-time. Strong defensive work from David and excellent positioning and link-up play from Jacob helped STM dominate the second half, pulling away to secure a convincing 28-point victory. Max showed good composure to make correctly timed decisions to retain the ball. Derick was the standout performer with 40 points, while Jacob impressed with his link play and David produced an excellent defensive display. Overall, it was a fantastic team performance as we progress into the next round of the Essex cup.

Year 8 Football – STM 6-2 Sweyne (Essex Cup): The year 8 football team started the week with a dominant win in the Essex Cup at home to Sweyne. The boys started on the front foot and were rewarded early on when Amari's shot deflected off of Enoch and into the bottom corner. Amari then smashed home from the edge of the box to double the lead. Sweyne struck back, fortuitously converting a freekick from distance to halve the deficit, yet 3 more goals before the half, two from Amari to complete his hatrick and another from David A, finishing off a fantastic team move, meant STM went into the break 5-1 up. Midway through the second half, Sweyne pulled one back on the counter attack, yet STM retained control throughout. Enoch's cross was excellently converted by David D late in the second half to secure a well-deserved 6-2 victory for STM.



Year 8 Football – Chelmer Valley 1-4 STM (National Cup): The year 8 football team made it two wins from two this week with an emphatic 4-1 win away to Chelmer Valley. STM dominated opening proceedings but could not convert any of their early openings. However, they were rewarded midway through the first half, when Maxwell's shot deflected into the bottom corner to give STM a well-deserved 1-0 lead going into the break. STM continued to control the game in the second half, doubling their lead when Amari poked home from close range after good work from David A. Chelmer Valley struck back within seconds of the restart, shooting straight from kick off, looping an effort into the top corner, yet STM retained control and reestablished their two goal lead when Amari headed home the rebound after David A's shot was saved. Amari completed his hatrick (his second hatrick in 3 days!) when he was quickest to react in the box, rounding off an impressive victory for STM. An excellent week of football, despite missing a couple of key players, the whole squad contributed to two excellent victories. Special mention to Tinashe who filled in as goalkeeper. Well done to all boys involved.

Year 9 Football v Cecil Jones: St Thomas More's Year 9 football team produced a dominant performance to secure a convincing 10–0 victory over Cecil Jones. STM controlled the game from start to finish, showing their quality in possession and creating numerous opportunities. At times, the team played some excellent football, with Chase and Kian linking up well to create chances in the attacking areas. Harry Fletcher also impressed with his direct approach, consistently looking to play passes in behind the opposition defence and cause problems for Cecil Jones. Overall, it was a solid performance, with STM demonstrating their attacking quality to complete the job. The goal scorers were: Chimeka, Chimandiya, Harry, Mylo, Kian, Nate, Malakai x2, Jack 2.



Year 11 Football Vs Belfairs - Southend Cup - Won 4-0: The year 11s involved in their 3rd game this year securing a 3rd victory. 2 first half headers from Harry in the first half gave us the advantage before the break, with the Belfairs goalkeeper saving from close range twice to keep the score respectable. Ehimare scored both in the second half with two powerful strikes. A good all round performance and through to the next round. Mr Spillet

Fixtures

DATE	FIXTURE	TIME
Mon 19 Oct	U14 Basketball v Fitz (H)	3.45pm
	Year 11 Rugby v Eastwood (H)	3.45pm
Tue 20 Oct	Year 11 Football v Cecil (A)	4pm Return 6pm
	U18 Basketball v Riverside (H)	3pm
	Year 7 House Rugby	3.45pm Finish 5.15pm
Wed 21 Oct	Year 10 Football v East Bergholt (A)	Leave 12.30pm Return 6.30pm
Thu 22 Oct	Year 7 Basketball v Cecil Jones (A)	Leave 3pm Return 5.30pm
	Year 9 Rugby v WHSB (H)	4pm start
Fri 23 Oct	No fixtures	
Mon 2 Nov	U16 Basketball v St Clere's (H)	2.15pm
Tue 3 Nov	Year 7 Basketball v Gateway (A)	Leave 2.30pm Return 5.30pm
	U15 Basketball v Royal Liberty (A)	Leave 1.15pm Return 5pm
Wed 4 Nov	No fixtures	
Thu 5 Nov	U14 Basketball v Shenfield (A)	Leave 3.10pm Return 6pm
Fri 6 Nov	No fixtures	

Extra-Curricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	- Group Prayer 8.15-8.30am (Chapel) - Library 8-8.40am - Music Rehearsal Room 8-8.35am (Music 1) - Beyblade 8-8.35am (Assembly Hall)	- Group Prayer 8.15-8.30am (Chapel) - Library 8-8.40am - Music Rehearsal Room 8-8.35am (Music 1) - Beyblade 8-8.35am (Assembly Hall)	- Group Prayer 8.15-8.30am (Chapel) - Library 8-8.40am - Music Rehearsal Room 8-8.35am (Music 1) - Beyblade 8-8.35am (Assembly Hall)	- Group Prayer 8.15-8.30am (Chapel) - Library 8-8.40am - Music Rehearsal Room 8-8.35am (Music 1) - Beyblade 8-8.35am (Assembly Hall)	- Group Prayer 8.15-8.30am (Chapel) - Library 8-8.40am - Music Rehearsal Room 8-8.35am (Music 1) - Beyblade 8-8.35am (Assembly Hall)
Breaktime	- Personal Prayer 11.10-11.25am (Chapel) - Library 11.10-11.25am	- Personal Prayer 11.10-11.25am (Chapel) - Music Rehearsal Room 11.10-11.25 (Music 1) - Library 11.10-11.25am	- Personal Prayer 11.10-11.25am (Chapel) - Music Rehearsal Room 11.10-11.25 (Music 1) - Library 11.10-11.25am	- Personal Prayer 11.10-11.25am (Chapel) - Music Rehearsal Room 11.10-11.25 (Music 1) - Library 11.10-11.25am	- Personal Prayer 11.10-11.25am (Chapel) - Music Rehearsal Room 11.10-11.25 (Music 1) - Library 11.10-11.25am
Lunchtime	- Personal Prayer 1.30-2.25pm (Chapel) - Library 1.30-2.00pm - Chess Club 1.30-2.25pm (RE3) - Anime and Manga Club 2-2.25pm (Library) max 30 students - Breakout and Games Club Years 7-11 1.35-2.25pm (RE1) - Liturgy Band 1.30-2.25pm (Mus 1) - Business Careers Years 11-13 1.30-2.25pm (BS2)	- Personal Prayer 1.30-2.25pm (Chapel) - Library 1.30-2.25pm - History Club 1.30—2pm (RE3) - Latin Club Years 7-9 1.45-2.25pm (RE4) - Culture Club (Literature, Arts, Culture and Society) Years 9-13 1.30-2pm (E8) - Transformers Club Years 7-9 1.30-2.25pm (Lab 8) - Junior Rock Band Years 7-9 1.30-2.25pm (Music 1) - Jazz Band - By Audition 1.30-2.25pm (Music 2)	- Personal Prayer 1.30-2.25pm (Chapel) - Library 1.30-2.25pm - The Caritas Team 1.30-2pm (E4) - Dungeons and Dragons 1.30-2.25pm Eat before attending! (Lab 2) - Computer Science Club Years 9-11 1.30—2.30pm (CR5) - Choir (Mus 1) - Philosophy Club Years 7-9 1.30-2pm (RE4)	- Adoration (guided prayer) 1.45-2.25pm (Chapel) - Library 1.30-2.25pm - Pokémon Club 1.30-2.25pm Eat before attending! (Lab 2) - Aviation Club 2-2.25pm (MFL3) - Cards Club 1.30-2.25pm (M2) - Folk Band 1.50pm (Music 1) - Classics Club Years 7-9 1.30-2pm (RE4) - Chess Club 1.30-2.25pm (RE3) - Guardians of the Garden 2-2.25pm (Garden) - Harry Potter Club Years 7-9 1.30-2pm (CR1) - Warhammer 1.40 – 2.20 (Lab 1) - Creative Writing Club – 2pm (E9)	- Personal Prayer 1.30-2.25pm (Chapel) - Library 1.30-2.00pm - Film Club Years 7-10 1.30-2.25pm (BS1) - Star Wars Club 2-2.25pm (Library) max 30 students - Cards Club 1.30-2.25pm (M2) - Bible Study 1.35-2.25pm (RE4) - Astronomy Year 10 1.30-2.25pm (M6) - Drama Club 1.50-2.25pm (H3) - Origami Club 2-2.25pm (RE3)
After School	- Group Prayer 3.30-3.40pm (Chapel) - Library 3.30-4pm	- Group Prayer 3.30-3.40pm (Chapel) - Library 3.30-4pm - Computer Science Club Years 9-11 GCSE, BTEC & A-Level students 3.30-4.30pm (CR5) - Extended Learning Club 3.30-4.30pm (CR3) - Silver DofE 3.30-4.30pm (Eng 10)	- Group Prayer 3.30-3.40pm (Chapel) - Library 3.30-4pm - Morley's music lessons - Silver DofE 3.30-4.30pm (Eng 10)	- Group Prayer 3.30-3.40pm (Chapel) - Library 3.30-4pm - Lab Rats Years 7-8 3.40 – 4.20pm (Lab 1) - Adoration of the Blessed Sacrament (Holy Hour) 3.50-4.40pm (Chapel) - Senior Rock Band - By Audition 3.30 – 4.40pm (Music 1) - Morley's music lessons	- Group Prayer 3.30-3.40pm (Chapel) - Library 3.30-4pm

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

PE Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45 - 8.30 am	Sixth Form Gym (IFA) '5 Ball Basketball' Year 9-11 (RHE)	All Years Astro (RDY) All Years Badminton/Volleyball (SB) Year 9-11 Gym (LSH)	Sixth Form Gym (IFA) Yr7-10 Indoor Athletics (AAC) Sports Hall	Yr9-10 Track & Field Fitness Suite (AAC) Darts Club in PE1 (SB) Year 7 &8 Futsal (EK)	Sixth Form Gym (IFA) Yr7-10 MDR - Run Club Green Gate (AAC) Sixth Form Basketball (SB)
1.35 - 2.25pm	Year 7 Basketball (RDY) Year 11 Astro (NSP) Sixth Form Girls Gym (GRO)	Year 10 Astro (TH) Year 10 & 11 Basketball (SB/RHE)	Year 8 Astro (LSH) Year 8 & 9 Basketball (JTB/NSP)	Racket Sports (JH) Year 7 Astro (JTB)	Year 9 Astro (RDY) Sixth Form in Sports Hall (SB)
3.30 - 4.45pm	Year 7 Football Training (JTB) FIXTURES	Year 8 Football Training (LSH) FIXTURES	FIXTURES/MEETINGS	Year 9 Football Training (RDY) FIXTURES	Year 10 Football Training (MH/AH) FIXTURES



ST THOMAS MORE HIGH SCHOOL

Y11 REVISION TIMETABLE 2026 - 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL 8:00AM - 8:30AM				
	ENGLISH (SETS 5 - 9) E4 RC		MATHS M2 MAR	ENGLISH E11 GDO
LUNCH 1.30PM - 2.25PM				
ENGLISH (SETS 6-9) E3 1.30-2PM		FOOD PREP MUS2 1.30-2PM SMN		
BUSINESS STUDIES BS1 1.35-2.05PM LMY (INVITE ONLY)	SCIENCE (COMBINED / TRIPLE) LAB7 1.30-2.05PM EJO	BUSINESS STUDIES BS1 1.35-2.05PM LMY	ENGLISH E8 1.30-2PM CHE	GEOGRAPHY G1 1.30-2PM JH
TECH TECH 2 1.30-2.25PM KBA	ART ART2 1.30-2.25PM KAY	MATHS (FOUNDATION) M5 1.30-2PM JSR	MUSIC MUS1 1.30-2.25PM LDIX	TECH TECH 2 1.30-2.25PM KBA
MEDIA STUDIES MS2 1.30-2PM LCA (INVITE ONLY)	MEDIA STUDIES MS2 1.30-2PM LCA (INVITE ONLY)	ART AR2 1.30-2.25PM KAY	HISTORY (WEEK 2) H1 1.30-2PM KDO	RE (AFTER XMAS) 12 MARK CLINIC TMI
ENGLISH LIT (SETS 1-3) E8 1.35-2.05PM DTJ		ENGLISH E7 2-2.25PM DCO		
		COMPUTER SCIENCE CR5 1.40-2.20PM CCO		
		PE PE1 2-2.25PM JTB/NSP		
AFTER SCHOOL 3.30PM - 4.30PM				
CREATIVE IMEDIA COURSEWORK CR2	SCIENCE LAB6 SJO	COMPUTER SCIENCE CR5 CCO		GEOGRAPHY G1 JH
MUSIC MUS1 LDIX				