

# CONTACT

No. 1724 – Friday 27<sup>th</sup> March 2026

As a short and successful term ends today, I would like to extend my thanks and congratulations to all students and staff across the school for all that they have achieved in this term, including some incredible successes that we celebrated in our end of term Presentations Assemblies this morning. We look forward to an Easter break before returning to continue to enact our school motto to be 'God's Servant First' and look forward to welcoming students back into school after Easter for the Summer Term. I would like to wish you and your families a blessed and hope-filled Easter time.

**Yr. 8 Options Evening:** Our Year 8 Options Process began over the past week with assemblies outlining the options process this year and our Options Evening. Thank you to everyone who attended the options evening. A copy of the presentation from the Options Introduction Talk along with presentations from the different options subjects can now be found on our Year 8 Options page on the school website.

All year 8 students should now have their Options Booklet and Options Choices Form. If any students were unable to attend last night, they can collect their booklet from the Data Office (by Lab 7).

I have included a summary of the remaining key dates in the options process below:

Key Dates	Event
Thursday 23 <sup>rd</sup> April	Year 8 Parents Evening
Wednesday 29 <sup>th</sup> April	Final deadline for return of Options Form to Data Office.

If you have any queries or concerns regarding the options process at any point, please do not hesitate to email me. My email address is: [ahardiman@st-thomasmore.southend.sch.uk](mailto:ahardiman@st-thomasmore.southend.sch.uk)

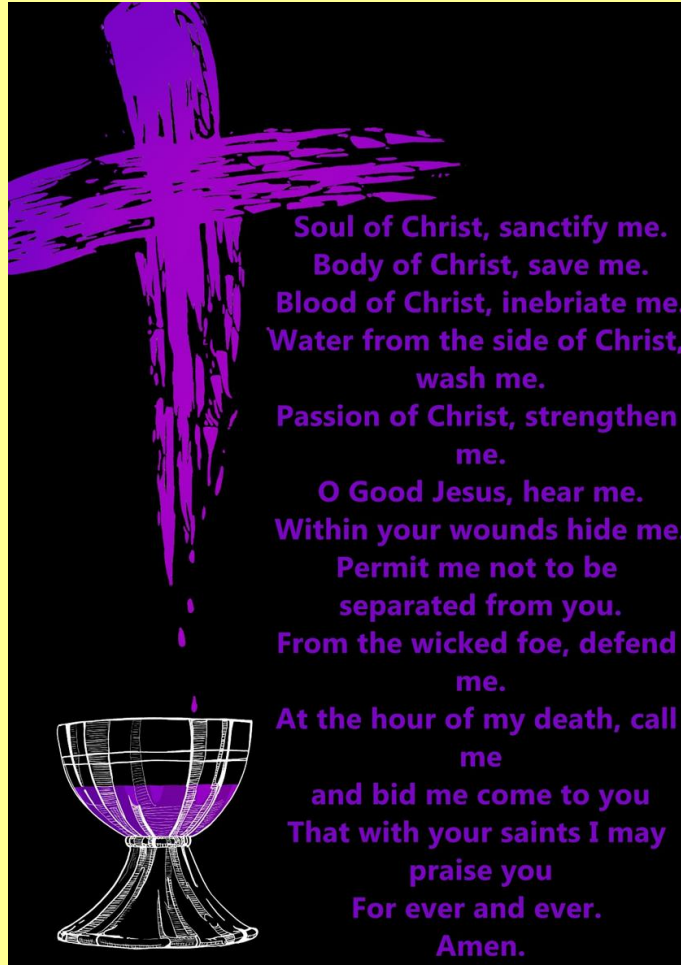
**Beginning of Summer Term:** Students return to school on **Monday 13<sup>th</sup> April 2026 timetable week 1**. Please we remind parents to ensure all uniform and shoes are ready for the new term and 'top up' lunch money accounts via [MCAS](#) before the students come back to school.

**Prefect Mass 16<sup>th</sup> April 2026:** a letter has been sent to parents of our retiring and newly appointed prefects this week, with information about the Prefects Thanksgiving Mass taking place at the school on Thursday 16<sup>th</sup> April. Please let us know if you will be attending using this [form](#). We look forward to celebrating our retiring prefects and welcoming our new prefects on this evening.

**COULD YOU BE A FOUNDATION TRUSTEE?** [Assisi Catholic Trust](#) is currently seeking a foundation Trustee with experience or confidence in HR; to support the development of people strategy or experience to support our flourishing capital strategy covering buildings, digital infrastructure & technology and our asset management plan. If you, or someone you know, have these skills and a heart for supporting Catholic education, we would love to hear from you. Trustees play a vital role in ensuring strong oversight, value for money and long-term planning. If interested, please contact the school office and speak to Mrs Ackred for an informal discussion.

# Prayer of the Week

Anima Christi



## Palm Sunday and the Resurrection

Passion narrative according to Matthew

Artwork: "Christ's entrance to Jerusalem" (1800s) by Felix Louis Leullier



This weekend we hear the Passion account from St Matthew's Gospel. The Gospel reading will be a little different this week, as on Palm Sunday it is read like a script between the Priest, readers, and the congregation. It's an interactive and uncomfortable way to reflect on the Gospel where we are put right in the middle of the events. Many of us will have reflected on the Stations of the Cross, either in our chapel at school or at our parish churches. With the stations of the Cross we focus only on the journey from sentencing to

burial of our Lord. With Palm Sunday we have the extra layer of reflecting on what appears more joyful just before our Lord is betrayed. Over the term break we have Holy week and then the much awaited celebration of the Resurrection.

As we begin the journey from Palm Sunday to Easter, we remember how quickly things can change. On Palm Sunday, Jesus is welcomed with joy and praise; only days later, He faces rejection and suffering. It's a reminder that faith and life in general isn't just about the easy, celebratory moments. It's also about staying true in times of challenge.

For many of us, this term has likely had its own mix of highs and lows. Successes, pressures, friendships, and struggles. Easter invites us to see all of that in a new light. The resurrection of Jesus is not just a story from the past; it's a promise that hope is never lost, that new life can come even after the hardest moments. Easter tells us that no situation is beyond renewal, no failure is final, and no darkness is without the possibility of light. Whatever you're carrying right now; stress about exams, uncertainty about the future, or personal challenges, remember that hope is at the heart of our faith.

This Easter, we are invited to begin again, with courage and with hope. Enjoy the time away and we look forward to seeing you again next term.

**Max  
Morris, Lay Chaplain**

## Chaplaincy News





**Thank you to our new Sixth Form leaders:** Our new leaders were given a task to collect physical donations and make hampers for those in need in our local community. This year they really went above and beyond in collecting and decorating these hampers (a selection of which are pictured here). These hampers have been collected by Aspirations and will go directly to vulnerable women and young mothers in our area.

**CAFOD fundraising:** We have held multiple events over the last half term in aid of CAFOD and their work developing floating gardens in Bangladesh. From Big Lent walks, to Mother's Day craft gift sales, to the Bazaar we had this last week that contained stalls run by students across the school. Thank you so much to everyone who supported us through this campaign, especially to our CAFOD Young Leaders and the Caritas Team who organised and ran these events.

**Please pray for the Confirmandi in our School:** many students from year 9 and above are currently preparing to Confirm their faith at Pentecost. Please keep them all in your prayers as they learn and discern their faith through this process.

**Stations of the Cross:** Throughout the season of Lent we have had every class in years 7-9 take part in Stations of the Cross reflections in our school Chapel. These sessions have mostly been run by Sixth form volunteers. I want to thank everyone who reverently took part and to all the volunteers who helped to guide these students through this prayerful exercise.

# Our Assisi Catholic Trust Family

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

## SACRED HEART PRIMARY SCHOOL

IS YOUR CHILD STARTING SCHOOL  
IN SEPTEMBER?



BOOK YOUR VISIT NOW

*A catholic school that welcomes all*

☎ 01702 414200  
✉ [office@sacredheart.southend.sch.uk](mailto:office@sacredheart.southend.sch.uk)

Come and see how we can support your child





## Our Lady of Lourdes

Catholic Primary School and Nursery






Our Lady of Lourdes is a warm and welcoming school with high aspirations for every child in our care. We aim to provide a high quality education for every learner within our nurturing Catholic ethos.

We are proud of the diversity of our community and welcome families of all faiths or none to be part of our school family.

Please contact the school office to book your visit.

📞 01702 475689
🌐 [olol.co.uk](http://olol.co.uk)

📍 Manchester Dr, Leigh-on-Sea S59 3HS



# Parent Reminders and Student Information

**Easter HAF Programme 30 March to 10 April 2026:** We are delighted to share that HAF bookings will be opening on Thursday 12 March from 11am. The HAF programme is for pupils who get Benefits Related Free School Meals. Eligible pupils can attend up to 4 days over the Easter holidays. Check out the HAF providers who are delivering this Easter and register your interest in attending: [Book here](#) or scan the QR. Any questions email [HAF@southend.gov.uk](mailto:HAF@southend.gov.uk) or text 07795044329. Not eligible for free school meals? Apply here: <https://www.gov.uk/apply-free-school-meals/southend-on-sea> Kind Regards, HAF team.



**London To Bournemouth Run – Mr West** - On 2nd May, I'll be running approximately 105 miles (170km) from London to Bournemouth — the equivalent of 4 back-to-back marathons. I'm doing this to raise money for Movember, a charity that exists to change the face of men's health. They tackle three of the biggest issues facing men today:

- Prostate cancer – around 1 in 8 men will be diagnosed in their lifetime
- Testicular cancer – the most common cancer among young men globally
- Mental health & suicide prevention – one man dies by suicide every minute worldwide, with men accounting for 69% of all suicides

Since 2003, Movember has funded more than 1,250 men's health projects across 20+ countries, helping men live happier, healthier and longer lives. I'd be incredibly grateful if you could spare anything at all to support the cause.

👉 [Movember - Donate](#)

If donating isn't possible right now, I would be hugely grateful if you're able to share the link with friends, family, or on socials. Thank you so much for your support. Mr West

**Manchester Marathon** – Mr Higgins will be taking part in the Manchester Marathon on 19th April to raise money for the British Heart Foundation. This is a fantastic charity that funds life-saving research into heart and circulatory diseases, helping millions of people across the UK. He would greatly appreciate any support from our school community. If you are able to make a donation, it would mean a lot and help support the vital work the charity does. Thank you for your support! 🏃❤️ [Mr Higgins JustGiving Link](#)”

**Term Dates:** Please find the [Term Dates 2025-26](#).

**Term Dates:** Please find the [Term Dates 2026-27](#)

**Calendar for Parents:** can be accessed [here](#).

**Easter Holiday Ideas:** If you are looking for free and cheap things to do with kids over the half-term break some useful ideas can be found [here](#).

**Parking:** Despite persistent reminders, parents are still parking dangerously by the red gate exit at the end of each day. This is extremely dangerous as students, particularly those on cycles must swerve to get around illegally parked vehicles. We have contacted the Local Authority, and if it continues, we have been asked to record number plates of offending vehicles to pass on to the traffic department. Could you please co-operate for the safety of our students.

**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](mailto: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



bit.ly/4ozRcIL

**FREE WEBINAR FOR PARENTS/ CARERS**  
of secondary aged children to support with mental health and wellbeing.  
Provided by your Mental Health Support Team  
@EssexMHST\_and\_SETcomhs

**Coming up in April**

Understanding Anxiety & Emotional Based School Avoidance (EBSA)  
22<sup>nd</sup> April 6:30 pm

How to Support your Child Around Exam Anxiety  
27<sup>th</sup> April 10 am

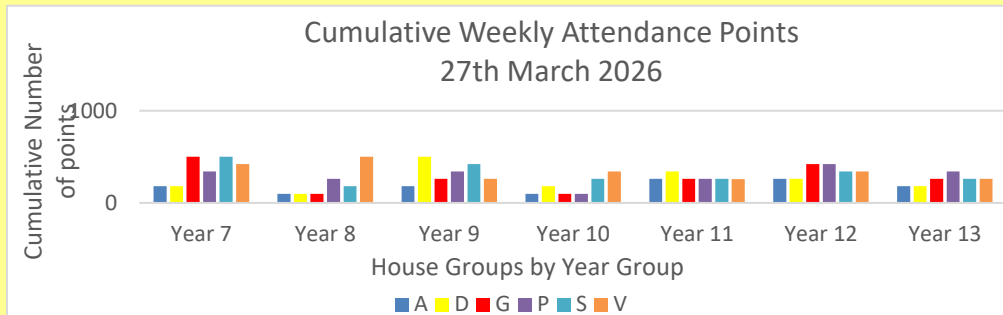
Bringing the best care by the best people

NHS North East London



absence for exceptional circumstances by through school gateway or alternatively email [attendance@st-thomasmore.southend.sch.uk](mailto:attendance@st-thomasmore.southend.sch.uk) or by collecting a form from Reception. Please keep medical evidence of absence eg 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.

**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.



**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](mailto:mwalford@st-thomasmore.southend.sch.uk) if you wish to discuss your case in detail.

**Changes to Contact Details:** If you have moved house, changed your email address, mobile telephone number or work contact number, etc. over the summer holiday, **please remember you can make these changes via your child's [MCAS](#) account.**

### 16–19 Bursary Fund – Support for Sixth Form Students

The Government's **16–19 Bursary Fund** is available to help students stay in education by covering costs such as travel, meals, books, equipment, and trips. There are two types of bursaries:

- **Vulnerable Student Bursary** – up to £1,200 for young people in care, care leavers, or those receiving certain benefits.
- **Discretionary Bursary** – for students facing financial hardship, awarded by the school based on household income and individual need.

To apply, parents/students should complete the bursary application form (available from the Sixth Form office or school website) and provide supporting evidence. For full details and eligibility, visit: [www.gov.uk/1619-bursary-fund](https://www.gov.uk/1619-bursary-fund) If you have questions or need help with the application, please contact our Sixth Form office.

# 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](mailto: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 \(st-thomasmore.southend.sch.uk\)](#)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# EFFECTIVE REVISION AND STUDY SKILLS

As exam season ramps up, revision often becomes louder, busier, and less effective. Many pupils still rely on comfort strategies like re-reading and highlighting. These can feel productive but rarely build long-term memory. This guide will help you create a low-effort, high-impact revision system that teaches pupils how to revise, rather than merely emphasising its importance.

### 1 DIAGNOSE BEFORE DOING

Before adding more sessions, identify why a pupil is underperforming: knowledge gaps, weak routines, poor choices, or low effort driven by a lack of confidence. Treating every issue as 'needs more revision' creates noise. Use a quick check: what do they know, what do they misunderstand, what can't they retrieve under pressure, and what do they avoid? Then match revision to the actual problem.

### 2 TEACH REVISION EXPLICITLY

Most pupils haven't been taught how to revise well, so they pick what feels easiest. Build short revision mini-lessons into curriculum time; demonstrate retrieval, spacing, and how to self-check. Model it live, do it together, then gradually hand over responsibility. The goal is independence, not dependency. When pupils understand why strategies work, they're more likely to use them when it matters.

### 3 PRIORITISE RETRIEVAL PRACTICE

Make recall the default. Use methods such as low-stakes quizzes, flashcards, free recall, blurring, and 'answer then check'. Effective testing helps to measure and strengthen learning. Keep it specific and frequent - small chunks, lots of repetition, and immediate feedback. For parents: the best question isn't 'Have you revised?' but 'What can you remember today, without notes?'

### 4 SPACE IT OUT

Cramming can boost short-term performance, but it's weaker for long-term retention. Help pupils spread practice across days and weeks, revisiting content after memory has faded; that 'slight struggle' is the point. Use a simple rhythm: new learning, next-day retrieval, a three-day revisit, a weekly revisit, and mixed practice before the exam. This turns revision into a routine, not a panic.

### 5 MIX, DON'T BLOCK

Practising one topic for a long stretch - known as 'blocked practice' - can feel easy, but it can hide fragile learning. Mixing topics, question types, or methods strengthens long-term learning and helps pupils apply knowledge later; for educators, design homework and revision packs so topics reappear in a planned cycle. For parents, encourage sessions that mix two topics rather than focusing on just one.

### 6 USE DESIRABLE DIFFICULTY

Revision should feel effortful, not effortless. Durable learning comes from challenging revision techniques: attempting answers before looking, explaining ideas aloud, writing from memory, or tackling unfamiliar question formats. The key is hard, but doable: if a pupil always gets everything right, it's too easy; if they always fail, it's too hard. Aim for productive struggle with quick feedback loops.

### 7 CENTRALISE MATERIALS SIMPLY

Revision fails when pupils waste energy finding resources, navigating platforms, or guessing what matters. Reduce cognitive overload by centralising what they need: a single hub per subject, a clear list of priority knowledge, and a small set of standard task types such as quizzes, flash cards, exam questions, or corrections. Less admin clutter means more working memory for learning.

### 8 PLAN, MONITOR, EVALUATE

Strong revision is self-regulated. Pupils plan what they'll do, monitor if it's working, and evaluate what to change next time. Use a weekly revision review routine that asks: 'What did I try?' 'What improved?' 'What didn't?' 'What's my next micro-goal?' Post-mock action plans are powerful here because they force honesty about time spent, strategy used, and impact achieved.

### 9 WRAP MOCKS PROPERLY

Mocks only help if pupils learn from them. Use an exam wrapper approach: before the mock, set strategy goals; afterwards, analyse errors such as knowledge gaps, misread questions, weak methods, and timing issues, then create a targeted re-learn and retest plan. Parents can support by asking: 'What type of mistake was it, and what's your fix?' rather than 'What grade did you get?'

### 10 MAKE TIME VISIBLE

Revision becomes real when time is protected and predictable. Help pupils build a timetable that's short, repeatable, and realistic: 30-40 minute blocks, clear start and stop times, and specific tasks, not 'revise science'. Avoid perfectionist plans that look pretty and collapse by Tuesday. Consistency beats intensity. Build momentum with small wins, then build from there.

### Meet Our Expert

Amjad Ali is the creator of Try This Teaching and the CPD and Inclusion Lead for the Children Learning Trust. With over 10 years' experience in education, including leadership roles in diverse and high-need schools, he specialises in inclusive, evidence-informed practice. His work focuses on practical, low-effort, high-impact strategies that help students learn more and retain knowledge over time.



#WakeUpWednesday

The National College

See full reference list on our website



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/www.thenationalcollege



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@wake.up.weds

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# 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. If students have overdue library books, you should have received an overdue notice and may be charged an overdue fee per book via Gateway. To have the overdue notice removed, students can return the book, pay the fee, or replace the missing book with a new copy.

**Does your child need somewhere quiet to study with access to a computer to complete extended learning?** We currently have two Study Clubs available: Study Club: Monday 3.30-4.30pm in CR3 overseen by Mrs Williams (open to all years). Veritas Mentors: Thursday 1.30-2.25pm in the Year 12 study room. The Veritas mentors idea is based on the plan on having an extended learning support group run by sixth form students who will be on hand to offer support if needed (open to key stage 3 students). Mrs Napper (Enrichment Coordinator)



**Guardians of the Garden:** Hello, we are the Guardians of the Garden, a club of students from St Thomas More High School. We are currently trying to fundraise money for our school wellbeing garden, which we believe will help create a quiet natural space for students to enjoy at lunch and breaktimes. We would be grateful for any donations, such as gardening equipment like shovels and rakes, soil, sensory flowers and plants such as fruit trees and lavender, and potentially benches and tables, to put in the garden. Ultimately, we think it would be an amazing opportunity to bring the school garden to life and to create a safe space for students and would be grateful to receive any donations. Thank you from the Guardians of the Garden.

**Birmingham & London Business Trip:** On Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> March, Year 12 & 13 Business students went on an educational visit to several iconic British brands: Cadbury and Morgan Motor Company factory. The day started with an interactive session where students delved into the mindset of an entrepreneur, looking at the importance of knowing the market they are operating in, who their competitors are and exploring what it's really like to run your own business. This was all held at an innovative co-working space,



designed for London's young new entrepreneurs. The evening involved students and staff showing their competitiveness over a game of bowling followed by lots of pizza. Wednesday morning saw the students first visit Cadbury World, looking at how it was formed and how it has evolved over the past 100 years. Students were also able to identify the different marketing strategies used to help maintain its survival in a competitive market, including was it a man dressed up or a real-life guerilla advert?? As well as being able to watch the employees temper chocolate and then try it out for themselves. Next, we moved onto the Morgan factory where students were able to witness the beautifully hand-crafted personalised cars being made in action. An important fact learnt, is that a huge 80% of all their cars are exported around the world. Watching the men and women at work was awe inspiring, especially knowing that some of them have worked there for over 30 years, whilst others are still learning a new skill under their 4-year apprenticeship scheme. Unfortunately, were we unable to see their most expensive car produced to date, a £700,000 as the owner wanted a big reveal. Now, if I can just save enough money to buy one!!!



**Future speaker in school - Darren Ryan:** We are hoping to have Darren in school in the near future to talk to students about mental health, but wanted to share with you his challenge in the local area that is taking place from the 6th April - 21st April. Former Detective Shares PTSD Story in New Memoir and Sets Out on 16-Day Charity Walk for Mind. To hear more about Darrens story before he comes into school please see the link below:

Link to Leigh-On-Sea.com: <https://www.leigh-on-sea.com/blog/detail/former-detective-shares-ptsd-story-in-new-memoir-and-sets-out-on-16-day-charity-walk-for-mind.html>

Link to JustGiving: To donate follow this link: [https://www.justgiving.com/page/darren-ryan-2?utm\\_medium=FA&utm\\_source=CL](https://www.justgiving.com/page/darren-ryan-2?utm_medium=FA&utm_source=CL)



**Year 12 Gambling & Gaming Awareness Workshop with YGAM:** On Monday 16th March, our Year 12 students took part in an engaging and thought-provoking workshop delivered by YGAM (Young Gamers and Gamblers Education Trust), led by guest speaker Thomas Curtis. Thomas shared a powerful and personal account of his own journey into gambling addiction, offering students a rare and honest insight into how quickly casual habits can develop into something much more serious. His story helped bring



to life the risks associated with gambling and highlighted the importance of awareness, self-reflection, and seeking support when needed. The session also included a range of interactive activities, encouraging students to explore both the positives and negatives of gaming. Discussions focused on how gaming can be a healthy and enjoyable pastime when managed well, but also how certain features—such as in-game purchases and reward systems—can sometimes blur the lines between gaming and gambling. Students examined how people can become drawn into gambling, including the psychological triggers and marketing tactics used by companies. The workshop also addressed key questions such as when gambling becomes a problem, how to recognise warning signs in themselves or others, and the potential impact on mental health, finances, and relationships.

Importantly, the session emphasised that help is always available. Students were signposted to a range of support services and resources where they can find advice or assistance if they or someone they know may be struggling.

For more information and support, students and families can visit:

YGAM: <https://ygam.org>

BeGambleAware: <https://www.begambleaware.org>

GamCare: <https://www.gamcare.org.uk>

We would like to thank Thomas Curtis and YGAM for delivering such an impactful and informative session. Workshops like these play a vital role in helping our students make informed, responsible decisions as they navigate an increasingly digital world. Thomas also talked about the fact that a problem shared was a problem halved and to speak to a teacher, trusted adult or a friend if you ever find yourself in trouble. Mrs Lindsay



# MFL Department's Word and Idiomatic Expression of the Week:

## Dos pajaros de un tiro

**Literal translation in English:** Two birds with one shot

**When do we use it?:** To get two things done at once

**Example:** Voy a una entrevista, pero ya aprovecho para ver a mi amiga Luisa, así mato dos pájaros de un tiro.

*(I am going to an interview but I'll take advantage of it to see my friend Luisa, so I kill two birds with a stone..)*

## Peluche

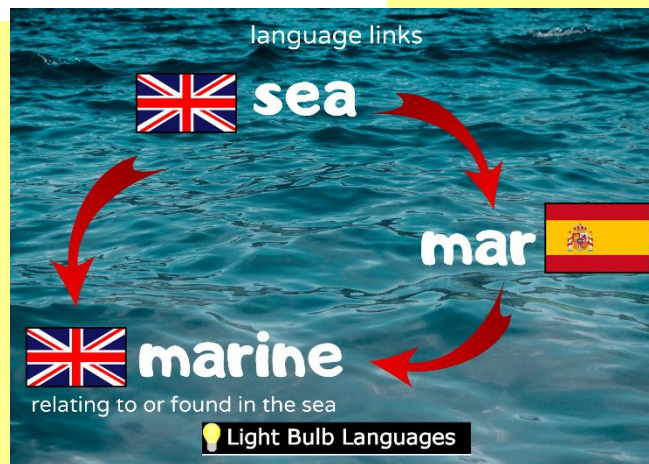
(peh-loo-cheh)

Masculine Noun

**In English:** stuffed toy/teddy bear

**Example:** Mi hija no puede dormir sin su peluche.

*(My daughter can't sleep without her stuffed toy/teddy bear.)*



**Alumnus of the Month:** [March 2026](#).

**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 \(paperturn-view.com\)](#)

**Connexions Events:** a list of 6<sup>th</sup> Form and colleges open events for 2025/26 can be found [here](#).  
[Webinars & Workshops - Amazing Apprenticeships](#)  
[The Telegraph Media Literacy Programme 2026 :: Telegraph Media Group Jobs](#)

**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](#).



Goldilocks eats three equal-sized bowls of porridge, one after the other. When she has eaten  $\frac{3}{7}$  of the total amount of porridge, what fraction of the porridge in the second bowl has she eaten?



**Maths Problem of the Week:** answer to last weeks problem: angle was 15 degrees

### Poetry Corner No.94

#### Savior

Petulant priests, greedy  
centurions, and one million  
incensed gestures stand  
between your love and me.

Your agape sacrifice  
is reduced to colored glass,  
vapid penance, and the  
tedium of ritual.

Your footprints yet  
mark the crest of  
billowing seas but  
your joy  
fades upon the tablets  
of ordained prophets.

Visit us again, Savior.  
Your children, burdened with  
disbelief, blinded by a patina  
of wisdom,  
carom down this vale of  
fear. We cry for you  
although we have lost  
your name.

**Maya Angelou**

# Year 11 Easter Revision Timetable



## EASTER HOLIDAYS REVISION TIMETABLE

Dear Parents and Carers,

As we approach the critical final weeks before the summer exams, the Easter break provides a vital opportunity for Year 11 students to consolidate their knowledge and build confidence. To support your child's preparation during this important time, we are pleased to share the following Easter Revision Timetable.

MON 30 <sup>TH</sup>	TUE 31 <sup>ST</sup>	WED 1 <sup>ST</sup>	THU 2 <sup>ND</sup>	FRI 3 <sup>RD</sup>
Science – 10am-1pm (SJO, MJA + EJO – Labs 1,2+3) <b>*YOU CAN ONLY ATTEND IF YOU SIGNED UP ONLINE</b>	Science – 10am-1pm (SJO, EJO + BSU) <b>*YOU CAN ONLY ATTEND IF YOU SIGNED UP ONLINE</b>	History (Stuarts and Castles) – 9am-12pm (KDO – H1)	Geog – 9am-1pm (JHO – G1)	
PE – 10am-12pm (LSH + JEV – PE1 +CR8)				
MON 6 <sup>TH</sup>	TUE 7 <sup>TH</sup>	WED 8 <sup>TH</sup>	THU 9 <sup>TH</sup>	FRI 10 <sup>TH</sup>
	English – 9am-11am (DCO + FLE – Studio) <b>*MUST CONFIRM WITH MRS COTGROVE BEFORE ATTENDING</b>	Music – 9am-11am (LD – Music)	Art – 9am-2pm (KAY+KBA – Art Rooms)	
		History – 9:30am-12pm (CDA – H3)	Spanish – 10am-1pm (RGR – ML2) <b>*MUST CONFIRM WITH MS REY BEFORE ATTENDING</b>	
			English – 9am-11am (MFI – E7) <b>*SET 7,8 AND 9 ONLY</b>	

We are incredibly grateful to our dedicated staff who are volunteering their holiday time to run these revision sessions. To ensure everyone benefits from this valuable opportunity, we ask that students arrive fully prepared and with a positive attitude to learning. Please remind your child that they must meet their teachers in reception upon arrival. As these sessions are designed to be highly focused, any student who is not engaging appropriately or fails to make the most of the time will be asked to return home.

Thank you,  
Mr West  
Pupil Progress Mentor Year 11

# Year 13 Easter Revision Table

## YEAR 13 EASTER REVISION SESSIONS

### 1<sup>st</sup> Week – 30<sup>th</sup> March –4<sup>th</sup> April 2026

Monday 30 <sup>th</sup> March 2026	Tuesday 31 <sup>st</sup> March 2026	Wednesday 1 <sup>st</sup> April 2026	Thursday 2 <sup>nd</sup> April 2026	Friday 3 <sup>rd</sup> April 2026
<ul style="list-style-type: none"> <li><b>HISTORY</b> 10am-1pm - James I &amp; Charles I KDO</li> </ul>	<ul style="list-style-type: none"> <li><b>PSYCHOLOGY</b> 9am-11am – Stress and Research Methods - ECO</li> </ul>	<ul style="list-style-type: none"> <li><b>GEOGRAPHY</b> 9am-12pm -JHO – Physical Geography – G1</li> </ul>	<ul style="list-style-type: none"> <li><b>PSYCHOLOGY</b> 9am-11am – Stress and Research Methods - ECO</li> </ul>	SCHOOL CLOSED BANK HOLIDAY

### 2<sup>nd</sup> Week - 6<sup>th</sup> April – 10<sup>th</sup> April 2026

Monday 6 <sup>th</sup> April 2026	Tuesday 7 <sup>th</sup> April 2026	Wednesday 8 <sup>th</sup> April 2026	Thursday 9 <sup>th</sup> April 2026	Friday 10 <sup>th</sup> April 2026
SCHOOL CLOSED BANK HOLIDAY	<ul style="list-style-type: none"> <li><b>PSYCHOLOGY</b> 9am-1pm – JOS Paper 1: 9-10am: Social Influence 10-11am: Psychopathology 11-12am: Memory 12-1pm: Attachment</li> </ul>	<ul style="list-style-type: none"> <li><b>SOCIOLOGY</b> 9am-11am – DCO (E7)</li> <li><b>BTEC IT/AAQ IT</b> Year 13 CR4 Year 12 CR5 9am-1pm LBA / CCO</li> <li><b>BTEC MUSIC</b> 11am-1pm Unit 2: Professional Practice in the industry, exam revision - LDI</li> </ul>	<ul style="list-style-type: none"> <li><b>PSYCHOLOGY</b> 9am-1pm - JOS 9-10am: Paper 2 – Approaches 10-11am: Paper 2 – Biopsych 11-12am: Paper 3 – Forensics 12-1pm: Paper 3 – Issues &amp; Debates</li> </ul>	

## Sports News

**Year 7 Football - Borough Final - STM 3-0 Westcliff:** The Year 7 football team secured their first piece of silverware with a commanding victory in the Borough Cup final. The boys controlled the early stages and looked threatening throughout, but determined defending from the opposition, who had half their team in defence, meant the game remained level at half-time. The breakthrough came early in the second half, when Joachim converted from an excellent corner delivered by Jake. Soon after, Amari doubled STM's lead, finishing confidently from another superb Jake delivery. Westcliff created a few chances on the counter late on, but the boys showed great resilience to protect their two-goal advantage. The win was sealed with the final kick of the game, as Maxwell calmly dinked the goalkeeper to cap off a well-deserved victory for STM. It has been an outstanding first season of secondary school football, and we look forward to building on this next year with another season of 9-a-side. Well done to all the boys involved.



### **STM Yr 9 A Team v Eastwood 8-0 (Final SOS Cup)**

The year 9 team won their first final in 4 days against Eastwood last Saturday. Despite missing some key players our squad strength and depth shone through. The theme of this season for year 9 has been positivity and taking every opportunity to enjoy playing football together. We have talked a lot about the importance of everyone who turns up and trains with us on a Friday after school and this season has really proved how important that is. The year 9s have become a squad that always has someone ready to step up and do their job for the team and for each other. This was a brilliant final for the home fans to watch with 8 fantastic goals and another clean sheet from our always reliable goalkeeper Daniel. The team dominated the game with everyone contributing to an excellent victory, not least our man of the match Hayden who had an outstanding game.

### **STM Yr 9 A Team v Southend 4-2 (Semi-final – SEE Cup)**

On the Tuesday after our victory against Eastwood we faced our Southeast Essex Cup final opponents Greensward. Led brilliantly by Jeffrey, who to quote another member of the team 'has never had a bad game', we have remained unbeaten since before Christmas and we went into this game wanting to maintain that record. The team has shown that they can stick together in the most challenging games. Then in the final of the Southeast Essex Cup we battled against a good Greensward team and some hideous footballing conditions to battle to a 2-1 victory and our second cup of the season. Most importantly we demonstrated to our opposition what true sportsmanship looks like both on and off the pitch...and could probably teach some premier league teams a thing or two about how to capitalise on the long throw despite the very windy conditions!! A phenomenal overhead kick from Nathan from a long throw was definitely our contender for goal of the season and Josh's brilliant winner, again from another long throw meant a very well deserved second trophy this season.

A special mention also to our temporary Assistant Coach Aubrey and our team photographer Leroy and to all the boys who have turned up to support our team each game and are a massive part of our successes this season.

And a huge congratulations to every member of our double winning year 9 squad - Daniel, Chisha, Jeffrey, Hayden, Henry, Josh Frempong-Taylor, Josh Ayanwale, Sean, Corban, Ken, Archie, Luciano, Nathan, Ralph, Alex, Olly, Teddy, Anthony, Charlie, Dorian, Kai and Zach!

We look forward to continuing to train throughout the summer term and hopefully some more B Team fixtures in the coming months.

**Year 7 House Football:** The Year 7 house football competition took place this week, with each house competing in a round-robin format to determine the final standings. Congratulations to St Andrews, who secured victory with an impressive five wins from five, sealing their success with a win over St Georges in the final match. It was a fantastic afternoon, with all participants demonstrating excellent skill, teamwork, and sportsmanship throughout. A sincere thank you to Mr Evans and Mr Jackson for giving up their time to officiate. Well done to all the boys involved.



Some of our Sports Captains with County, Borough and SE Essex competition winning trophies, that were presented during our assembly this morning. Including County Rugby 7's winners and finalists, County and Borough basketball winners, as well as our successful Football sides. Lots of Borough swimming medals were also presented along with all our Academic and Spiritual life of the school awards.



Date	Fixture
13/4/2026	No Fixtures
14/4/2026	No Fixtures
15/4/2026	Year 7/8 & 9/10 Tennis v Chase @ Westcliff Lawn Tennis Club - 2pm start - Leave 1:30pm, 4pm return Year 8 House Football - 3:30pm-5pm
16/4/2026	No Fixtures
17/4/2026	No Fixtures

## PE Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45 - 8.30 am	Year 7-10 Basketball (RHE)	Year 8/9 Gym (JEN) Rackets Club (All Years) (RHE)	Year 10-13 Gym (SB) Year 7-10 Indoor Athletics (AAC)	Darts Club (All years) (SB) Year 8/9 Futsal (JEN) Year 10-13 Gym (LSH)	Year 11-13 Basketball (SB) Year 10-13 Gym (EK)
1.35 - 2.25pm	All Years Athletics - Back Field (JEN) Year 7 Basketball (JTB) Year 10 Astro (NSP)	Darts Clubs (All years) (SB) Year 10/11 Basketball (RHE/AWI) Year 9 Astro (JTB)	Year 8 Astro (JEN) Year 9 Basketball (SB) Year 9-11 Gym (NSP) Year 7-9 Rugby - Backfield (RHE)	Year 7 Astro (LSH) Year 11 Basketball (AWI)	Year 8 Basketball (JEN) Year 11 Astro (TH)
3.30 - 4.45pm	Year 7 Football - A + B Team (LSH) <b>FIXTURES</b>	Year 12/13 Basketball (SB) Yr7-9 Rugby (AAC & EwM) <b>FIXTURES</b>	Year 8 Football - A + B Team Training (JEN) <b>FIXTURES</b>	Badminton Club (All Years) (SB) <b>FIXTURES</b>	Week 1 - Year 9 'A' Team football training (MH/AH) Week 2 - Year 9 Open football training (MH/AH) Indoor Athletics (AAC) <b>FIXTURES</b>

# Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Before School</b>	Group Prayer 8.15-8.30am (Chapel)  Library 8-8.40am  Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel)  Library 8-8.40am  Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel)  Library 8-8.40am  Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel)  Library 8-8.40am  Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel)  Library 8-8.40am  Music Rehearsal Room 8-8.35am (Music 1)
<b>Breaktime</b>	Personal Prayer 11.10-11.25am (Chapel)  Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel)  Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel)  Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel)  Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel)  Library 11.10-11.25am
<b>Lunchtime</b>	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  Chess Club 1.30-2.25pm (RE3)  Anime and Manga Club 2-2.25pm (Library)  Aviation Club 2-2.25pm (MFL3)  Chaplaincy Games Club Years 7-11 1.35-2.25pm (RE4)  Warhammer Club 1.40-2.20pm (Lab 1)  KS3 Maths Support Club Years 7-8 1:45 – 2:15pm (Tech 4)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  History Club 1.30—2pm (RE3)  Liturgy Band 1.50pm (Music 1)  Latin Club 1-2.25pm Years 7-9: invite only (RE1)  Culture Club (Literature, Arts, Culture and Society) Years 10-13 1.30-2pm (E3)  Labrats Years 7-8 1.40-2.25pm (Week 1 Lab 1/ Week 2 Lab 5)  Transformers Club Years 7-9 1.30-2.25pm (Lab 8)	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 (Lab 2)  Computer Science Club Years 9-11 1.30–2.30pm (CR5)  Minecraft Club Years 7-8 (CR4)  Junior Rock Band 1.50pm (Music 1)  Origami Club 2-2.25pm (RE3)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  Pokémon Club 1.30-2.25pm (Lab 2) Folk Band 1.50pm (Music 1)  Classics Club 2-2.25pm Years 7-9: invite only (RE4)  Chess Club 1.30-2.25pm (RE3)  Guardians of the Garden 2-2.25pm  Drama Club 1.50-2.25pm (H3)  Harry Potter Club Years 7-9 1.30-2.25pm (E6)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  Choir 1.50pm (Music 1)  Film Club Years 7-10 1.40-2.20pm (BS1)  Star Wars Club 2-2.25pm (Library)  Cards Club 1.30-2.25pm (M2)  Bible Study 1.35-2.25pm (RE4)
<b>After School</b>	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Study Club 3.30-4.30pm (CR3)	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Computer Science Club Years 9-11 3.30-4.30pm (CR5)	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Silver Duke of Edinburgh 3.30-4.45pm (Lab 10)  Morley's music lessons	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Adoration of the Blessed Sacrament (Holy Hour) 3.50-4.40pm (Chapel)  Morley's music lessons	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Senior Rock Band 3.30-4.30pm (Music 1)

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