



CONTACT

No. 1742 – Friday 2nd October 2026



Monday 5th October 2026 Non-pupil day: School is closed to all students on Monday 5th October for our own staff training day.

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: On the **5th October** at 8pm we will be holding an online safety workshop for all parents, delivered by the 2 Johns. This is a fantastic opportunity to receive up to date knowledge around internet safety and to get practical advice to keep our children safe. The [link to the course is here](#);

Yr. 12 Information Evening – Early Warning – takes place on **Thursday 8th October 2026**, full information will be sent out to you in advance of the evening.

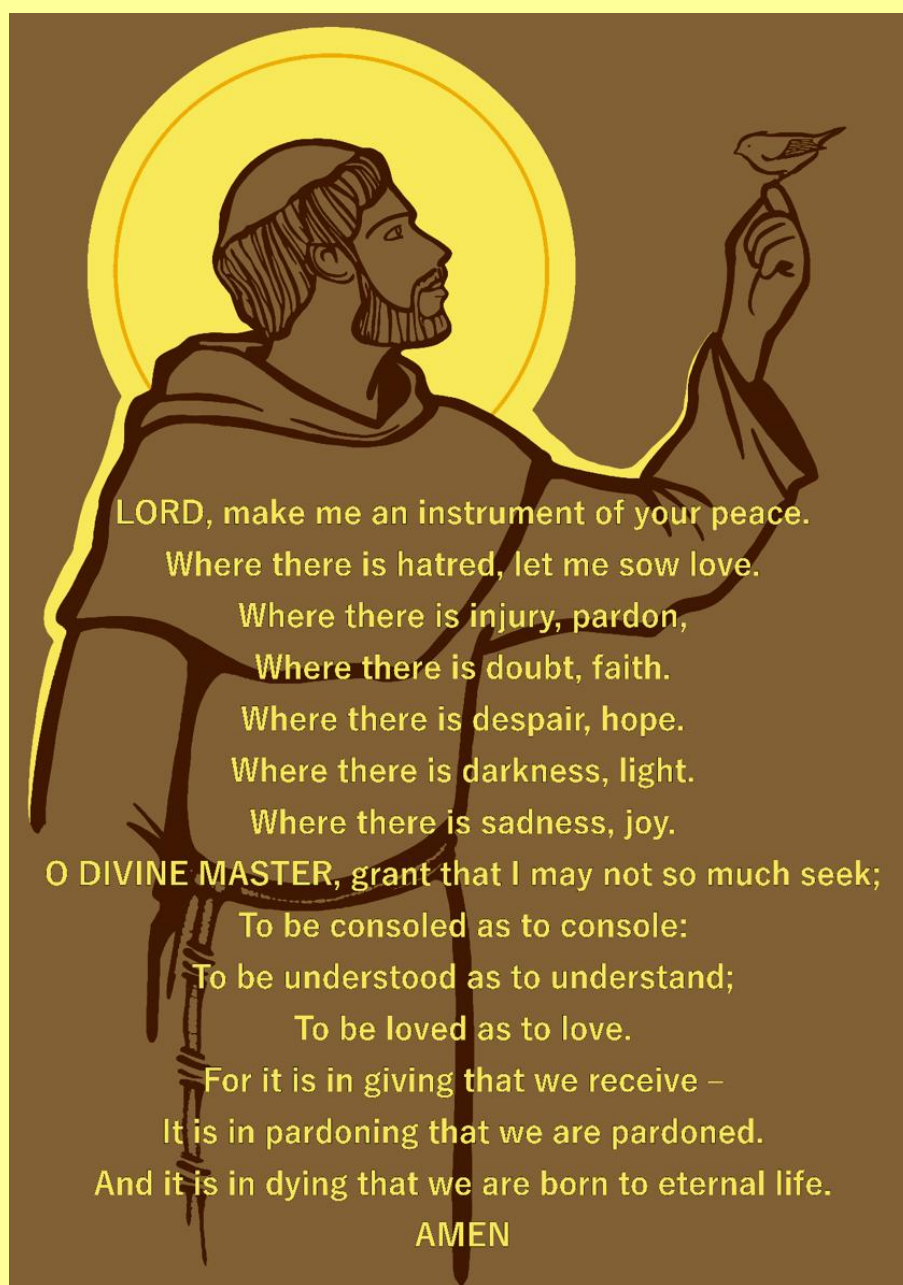
Yr. 7 Welcome Mass: takes place on **Thursday 15th October 2026 at 5.30pm**, we will celebrate together followed by refreshments. Full information has been sent out to year 7 parents this week. If you have not done so, please let us know if you will be attending using this [form](#).

Please note: **Current Year 11 students** will be invited to a **personalised Sixth Form experience on 22nd October**, tailored specifically to their journey ahead.

Governor's Insight — A Strong Start, Together: At our September Business Meeting, Daniel Cauchi was elected Chair of Governors and Lorraine MacLean was elected Vice-Chair. Our meeting papers covered examination results, safeguarding, attendance, student wellbeing and the school's priorities for the year ahead. We considered how to support achievement for every learner, including those with additional needs, alongside developing confidence, character and independence. Updates also highlighted new staff and improvements to the school environment, including a new music room, pastoral spaces and refreshed Sixth Form facilities. These priorities reflect our shared commitment to helping every student feel safe, supported and able to flourish, with our Catholic mission at the heart of school life. As we begin a new school year at St Thomas More, we extend a heartfelt thank you to all our staff for preparing such a wonderful environment for our students to return to. Your care, hard work and dedication help our young people feel welcomed, supported and ready to learn. Thank you also to our parents and carers. As your children's first and primary educators, you play a vital role in preparing your sons and daughters for school and supporting their growth. Your encouragement, guidance and daily commitment make a real difference. As governors, our role is to support and challenge school leaders, keeping students' best interests at the heart of decisions. Our work includes overseeing safeguarding, reviewing the safety of the school environment, considering how resources support learning, and strengthening our understanding through governor visits and training. We look forward to continuing open, two-way communication between parents, students and staff. By listening to one another, sharing concerns early and celebrating achievements together, we can build a strong partnership in which every young person feels valued. Our shared purpose is to develop the whole person—academically, socially, emotionally and spiritually—ready to contribute confidently to the world we live in. With the values of Jesus at our core, we seek to nurture compassion, integrity, service and respect for the dignity of every person. **Daniel Cauchi**, Chair of Governors.

Prayer of the Week

In honour of the 8th centenary of the death of St Francis, our MAT patron saint.



LORD, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon,

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O DIVINE MASTER, grant that I may not so much seek;

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive –

It is in pardoning that we are pardoned.

And it is in dying that we are born to eternal life.

AMEN

27th Sunday of Ordinary Time

Matthew 21:33-43

Artwork: from the collection of *the Life of St Francis* (published 1926) by José Benlliure y Gil



This week we hear from the Gospel according to St Matthew, in this Our Lord Jesus Christ shares the parable of the Tenants. In this a landowner plants a beautiful, well-equipped vineyard and leaves it in the care of tenant farmers. Come harvest time, he sends his servants to collect his share of the fruit, but the tenants violently reject them. Finally, the landowner sends his own son, assuming they will surely respect him. Instead, driven by greed, the tenants throw him out of the vineyard and kill him. Jesus then warns the religious leaders that because of their rejection, the kingdom of God will be taken from them and "given to a people producing its fruits".

Post Crucifixion we would view this parable in a more prophetic way, but to those listening at the time they would've also recalled the prophet Isaiah who described God's people as a vineyard lovingly planted, but producing bitter grapes.

We can sometimes find ourselves falling into a similar trap, we can treat the opportunities in our lives (our talents, the environment, etc.) as personal possessions to exploit rather than gifts to nurture and use for the benefit of others and the Kingdom. This weekend we remember St Francis of Assisi, his feast day would usually be 4th October however it is rightfully superseded by the Lord's day this year, however this Sunday marks 800 years since his death. It's fitting that we think of him while we reflect on this week's gospel. St Francis was a model of a good tenant, he owned nothing, yet cared for everything, he truly viewed creation as a glorious vineyard entrusted to us by God. We have been posted in our own 'vineyard' within our communities, do we act as good tenants, or are we so focused on our own life that we risk harm by our own actions or omission?

- Max Morris, Lay Chaplain

Chaplaincy News

8th Centenary of the death of St Francis: 04/10/2026 marks 800 years since the death of St Francis, the patron saint of our MAT. We are celebrating his life with the famous prayer 'Make me an instrument of your peace' (attributed to St Francis) as our chapel prayer of the month, but also in celebrating this inspirational saint with a Mass for all staff in every school in our trust. This beautiful Mass was celebrated by Br Patrick OFM and Fr Jeff (our clerical chaplain). I want to extend a massive thank you to everyone who helped with this Mass.

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.



The Caritas Club: This week our Caritas club, that consists of student volunteers from year 12 who are part of the Caritas Leadership Programme or students in 7-11 who just wish to give their time to charity, lead the school in the CAFOD family fast day with a simple lunch in an act of solidarity with the poor.

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>

'During this special Jubilee Year of St Francis of Assisi, proclaimed by Pope Leo XIV on the occasion of the 800th anniversary of the Saint's death, we also pray that we will be inspired to imitate the Poor Man of Assisi to work for peace, live simply, be of service to the poor, and trustworthy stewards of God's creation. On Education Sunday, we give thanks to the Lord for the vocations of all who work within the Catholic sector: the teaching and support staff, chaplains, school leaders and governors. It is through their commitment and hard work that pupils and students in our schools, colleges and universities can thrive and contribute to society, through their formation and education. In the academic year ahead, let us endeavour to give witness to the message of forgiveness, reconciliation and peace in the Gospel of Our Lord Jesus Christ, and to pray that our Catholic schools, colleges and universities will be beacons of His good news in our communities.' The Rt Rev Marcus Stock, Bishop of Leeds, Chairman of the Catholic Education Service



Our Assisi Catholic Trust Family

Schools	Parishes
 Our Lady of Lourdes Catholic Primary School and Nursery	Our Lady of Lourdes and St Joesph Msgr 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.

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 \(st-thomasmore.southend.sch.uk\)](https://www.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. For further guides, hints and tips, please visit [nationalcollege.com](https://www.thenationalcollege.com).

What Parents & Educators Need to Know about LOOKSMAXXING

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

WHAT ARE THE RISKS?

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "botoxmaxxing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'face' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "slur" (a misogynistic term for a woman), and "mugging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "staremaxxing" (extreme staring).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.

See full reference list on our website

#WakeUpWednesday The National College

www.thenationalcollege.com @wake_up_weds @wake.up.wednesday @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.

Small steps make big progress!

EXTENDED LEARNING CLUB

Support • Practice • Improve • Succeed

Bring your work
Bring your questions
Bring your goals!

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!

BETTER PREPARATION
BRIGHTER IDEAS
A MORE CONFIDENT YOU

You've got this!

Invest time today for a brighter tomorrow!

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 Silver D of E Expedition Assessment- South Downs: The winds and stormy weather of last summers practice expedition seemed a long time ago on the year 11 Silver Assessment on the South Downs last weekend. Absolutely stunning weather with beautiful sunshine added to a really enjoyable, if not challenging long weekend for the 30 members of the D of E Group. Their route started at Beachy Head taking in Birling Gap, the National Trust Centre on the Cuckmere River, hiking to Alfriston and their first night's camp site. Day 2 saw the group climb up to the South Downs way from Alfriston, hiking to Itford Farm on the River Ouse and continuing along the stunning chalk ridgeline to Housedeans camp site near Lewes. Their final walk was to Ditchling Beacon, Pyecombe Church and across to Devils



Dyke. All told, the group covered just under 50km over the weekend. The group throughout showed great determination, good field skills and were a credit to the school. A special thank you to Ms Rey, Mr Millham and Mr Higgins for giving up their weekend to make the trip possible. G Mason



In a school, one fifth of the students have blue eyes. One tenth of the left-handed students have blue eyes. One quarter of the right-handed students have blue eyes. What fraction of the students are left-handed?



Maths Problem of the Week

Answer to last weeks problem: Figure D (put a '3' in the left side circle)



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](#).



Year 11 Information

This week saw year 11 have a careers assembly with SEC organised by Mrs Bradley and Mrs Lindsay, this was followed by some information regarding year 11 study which I will share with parents. The year 11 revision timetable is now ready, sessions will begin in earnest on Tuesday October 6th. As you can see, there is a fantastic array of sessions on offer at different times of the school day. Current year 12 students have told us that these sessions directly impacted on their ability to establish effective revision habits, reinforce prior learning and improve their confidence. The timetable is a working document, please check it regularly in Contact for any amendments or additions. I would also advise parents and/or guardians to have a conversation with your child about what revision sessions could be of use: if you need advice in this regard, please do speak to Mr Sheridan or myself. Have a great week, Mr Dooley and Mr Sheridan.



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		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 E7 2-2.25PM DCO		
		COMPUTER SCIENCE CR5 CCO		
AFTER SCHOOL 3.30PM - 4.30PM				
CREATIVE MEDIA COURSEWORK C2	SCIENCE LAB6 SJO	COMPUTER SCIENCE CR5 CCO		GEOGRAPHY G1 JH
MUSIC MUS1 LDIX				

Poetry Corner No 109

The Diver by Ian Serraillier

I put on my aqua-lung and plunge,
Exploring, like a ship with a glass keel,
The secrets of the deep. Along my lazy road
On and on I steal –
Over waving bushes which at a touch explode
Into shrimps, then closing rock to the tune of the tide;
Over crabs that vanish in puffs of sand.
Look, a string of pearls bubbling at my side
Breaks in my hand –
Those pearls were my breath! Does that hollow hide
Some old Armada wreck in seaweed furled,
Crusted with barnacles, her cannon rusted,
The great San Phillip? What bullion in her hold?
Pieces of eight, silver crowns, and bars of solid gold?
I shall never know. Too soon the clasping cold
Fastens on flesh and limb
And pulls me to the surface. Shivering back I swim
To the beach, the noisy crowds, the ordinary world.

[Andrew recites: The Diver by Ian Serraillier](#)

[Ian Serraillier - Wikipedia](#)

Sports News

Year 7 Football - St Thomas More 2–0 Westcliff: A scrappy but deserved 2–0 win for St Thomas More, who were the stronger team throughout despite Westcliff defending well. STM created plenty of pressure but struggled at times in the final third, with the final pass often letting them down. Lorenzo was a standout, chasing everything down and eventually getting his reward with a goal. Fred Bennetto also impressed, controlling the midfield and helping STM dictate the game. Egor added the second to secure a well-earned victory.

St Thomas More 16–0 Southchurch: A dominant performance from St Thomas More saw the Year 7 A team run out 16–0 winners against Southchurch. Nathaniel and Lenny both grabbed hat-tricks, while Chris added two goals. Kit was excellent in midfield, controlling the game and helping STM maintain their dominance throughout. A fantastic team performance with plenty of attacking quality and a strong all-round display.

Year 8 Football (National Cup) – STM 3-1 Boswells: The year 8 football team progressed to the next round of the national cup with a spirited performance at home to Boswells. A closely contested first half ended level, with STM having the best chance when Max broke away but shot just wide, and Caiden making a couple of smart saves to deny the opposition. A gritty yet clinical second half performance meant STM ended up deserved victors, with a close-range finish from Eli, a powerful strike from outside the box by Jake, and an excellent team move smartly finished off by Enoch. Boswells pulled back a late consolation goal, yet STM held on to progress into the next round. A notable mention to Tinashe for a superb performance at centre back. We look forward to our next test, an Essex cup game at home to Sweyne on Monday 12th October. Well done to all boys involved.



Yr 9 STM VS Brentwood 1-3: The year 9 football team played their first round of the National cup against Brentwood where they narrowly lost 3-1. The team started well in the first half, putting Brentwood under pressure when Brentwood countered and won a penalty. The penalty was fantastically saved by Cillian, which gave STM motivation to push on and attack which eventually led us to go 1-0 up thanks to a goal from Mylo. During the second half, Brentwood grew stronger into the game and proved to be more energetic and physical, which led them to score 3 goals. Despite the result, the boys continued to fight hard showing excellent courage, teamwork and commitment right until the very last whistle. For their second game together of the academic season, there were plenty of positives to take going into their next match. Well done to all year 9's involved.

Yr8 Essex Schools Rugby Festival: Year 8 competed in three games, beating Tabor High and Chelmer Valley from Chelmsford, St Nicholas and were invited to play New Hall, the hosts and group 1 winners in a game, it was a fantastic game of rugby in which we came out clear winners, special mentions to Caidin, Seb, MC, Jack & Jake. They progress to next round on 10th November.



Extracurricular Sporting Achievements: We are always keen to celebrate the sporting achievements of our students, both in school competitions and through their involvement in sport outside of school. Below are some recent successes that we are incredibly proud to recognise and celebrate.



Michael – Year 8 – England Karate: Congratulations to Michael, who represented his AMA squad at the 2026 England Karate National Championships at the University of Warwick recently. Competing in two events within his age group, Michael secured bronze in both, earning two England Karate medals. His squad also enjoyed a fantastic competition, collecting 13 medals overall. We are incredibly proud of Michael's hard work, dedication and commitment. Well done, Michael!

Jamie – Year 11 – Boxing: Congratulations to Jamie, who recently won the Eastern County Boxing Championships, demonstrating his hard work, determination and commitment to his training. Following this success, Jamie will now go on to compete at the National Championships next month. We are incredibly proud of Jamie and wish him the very best of luck at the Nationals! Well done, Jamie!



Fixtures

DATE	FIXTURE	TIME
Tue 6 Oct	Year 11 Football v Beaulieu Park (H) Year 10 Football v Harris Kingswood (A)	3.45pm 3.45pm
Wed 7 Oct	1st XI Football v Bishops Stortford (A)	Leave 12pm Return 4pm
Thu 8 Oct	Year 7 Football v Orsett Heath (H)	3.45pm
Fri 9 Oct	Year 9 Rugby v Eastwood (H)	4pm
Mon 12 Oct	Year 10 Rugby v Eastwood (H) Year 8 Football v Swayne (H)	4pm 2.45pm
Tue 13 Oct	U13 Basketball v Riverside (A) U15 Rugby Festival @ WRUFC	3.45pm TBC
Wed 14 Oct	Year 10 Rugby v Eastwood (H) Year 8 Rugby v Eastwood (A)	4pm
Thu 15 Oct	No Fixtures	
Fri 16 Oct	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)	- 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

