

CONTACT

No. 1723 – Friday 20th March 2026

Our next Parent Forum will take place on Monday 23rd March 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!

Year 8 Options Process and Options Evening: Our Year 8 Options Evening takes place on **THURSDAY 26th MARCH from 5.45 – 7.30pm**. A letter was sent out outlining the format of the evening, along with further details of this important process, and we hope to see all year 8 parents/carers and students on 26th March. A copy of this letter can also be found here – [Year 8 Options Evening](#) If you have any questions regarding the options process, please do not hesitate to contact me: ahardiman@st-thomasmore.southend.sch.uk

End of Term Arrangements: a reminder that the school closes for the Easter break at **1:30pm on Friday 27th March 2026**. A letter has been emailed home to parents with information about the contract buses for those students who use them. Students return to school on **Monday 13th April 2026 timetable week 1**.

CAFOD Lent Bazaar: On **Wednesday 25th March** we will have multiple stalls with games, handmade gifts for Easter, and cakes/ treats in our assembly hall. This event will be similar to our Advent Bazaar but bigger. All stalls will utilise the use of tokens and so we are asking that anyone who wishes to take part could please prepurchase tokens to reduce queuing on the day. The games will be 50p per go, cakes 50p-£1, and homemade gifts between £2-£5 (£5 is a bundle price for multiple gifts). Buying these tokens can be done via the [MCAS](#) store. There will be an opportunity to purchase more tokens on the day. Please support our students who have all worked hard to either organise the whole event or have been working with their form to make games. This event is in aid of CAFOD

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

Prayer written by 9P

We pray that during this season of Lent
we may grow in true charity
putting the needs of others before our own.
Help us to see Christ in those who are poor,
lonely, or in need of support
and give us the courage to respond
with kindness and generosity.

AMEN

5th Sunday of Lent

John 11:1-45

Artwork: “Raising of Lazarus” (1304) by Giotto



This Sunday we hear from the Gospel according to St John, a very famous story where our Lord Jesus Christ raises His friend, Lazarus, from the dead. In this our Lord receives word that His friend is sick, He leaves to visit him a couple of days later and on arrival He finds that people are mourning, and Lazarus had died days earlier. By this point in the Gospel Jesus had been seen to heal many people from lifelong illnesses and so the general crowds begin to make comments to the effect of “if He could heal a blind man, He could’ve saved His friend’s life”. Lord Jesus is met by one of Lazarus’ sisters who is understandably upset at the loss of her brother, and wishes that Jesus had arrived sooner, but she still shows faith. Lord Jesus is taken to the tomb where He cries for His friend and then raises him from the dead. Those who see this miracle, even those who

had no faith in Jesus before this, become faithful believers.

There is a lot going on in this passage, but what strikes me is the different reactions to loss. Martha, the sister of Lazarus, is faithful but upset. Even Jesus, who knows He is moments from raising Lazarus from the dead, cries for His friend. Sometimes it can be overwhelming, not only to lose someone but to feel sadness, stress, or any negative feelings, this can be more difficult at times when you have faith. Sometimes instead of finding comfort in the Lord it can feel like the opposite; why did this have to happen? Am I a bad Christian because I feel so awful? This passage should bring us comfort that these emotions aren’t bad. If Jesus, the perfect example of humanity, unblemished by any sin, can feel sad even when He knows what is about to happen then we know these feelings aren’t wrong. For the people in this account they are able to see a resolution quickly. Lazarus may have died for a brief period but in coming back he brought many people to the faith, it was a temporary pain for his loved ones that ended in hope for them all, not only for themselves but also pointing toward our Lord’s own resurrection. We don’t always get such a quick solution, sometimes it can take a long time (if ever) for us to completely grasp why we went through a dark period. But we can know that feeling bad isn’t a response to be ashamed of. If you’re feeling overwhelmed, ask for help as Martha did. Seek help from our Lord and those around you. Don’t suffer in sadness.

During Lent we often reflect on deep and dark themes in the Gospels, we do reflections like the Stations of the Cross and there is a lot of focus on suffering. Remember what we are preparing for, the Resurrection, the glorious celebration of Easter. This week we look outward and think about who is struggling through a difficult period, who can’t see the light at the end of the dark tunnel. Let’s be that support for them.

**Max
Morris, Lay Chaplain**

Chaplaincy News



CAFOD Big Lent Walks: Multiple year groups have taken part in our Big Lent Walks with more to come over the next week. Please make sure that you donate on the MCAT store, these events are great acts of solidarity but with your donations we can ensure that action is taken to help those who need it most.

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.

Want to understand more about the Catholic faith? Unsure why we stand, sit, or kneel during certain parts of Mass? Have questions about the wording of certain prayers? Whether you're Catholic or not it's easy to have questions about the Catholic faith, every Mass, service, prayer, and dedication is full of rich meaning, Biblical origin, or tradition. On the request of multiple students there will now be 10-minute drop-in sessions during most break times in the chapel. The notice board in the chapel will contain information on each day the group will meet during the week, as well as any topics that have been previously agreed on (or if it will be just a general Q&A style session). If you want to join or have a question that you want to put forward for a full 10-minute session, please speak to Max.











Charity Keyrings: we would like to offer you the opportunity to purchase a house keyring, they are £1 each, with money going to charity. Please logon to [MCAS](#), click on the store icon and follow instructions for the house your child is in.

Diocesan News

Sacred Heart Church Community Warm Café – Every Friday 11am-2pm: Throughout winter, Sacred Heart Church (418 Southchurch Road, Southend-on-Sea, SS1 2QB) will be opening up the doors of their parish hall every Friday from 11am-2pm for their community warm café. Come along and enjoy a bowl of hot soup, refreshments, cakes & biscuits and a friendly chat. This is free of charge.

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. Gerry
 St Thomas More High School	St Peter's Fr. Jeff



SACRED HEART PRIMARY SCHOOL

IS YOUR CHILD STARTING SCHOOL IN SEPTEMBER?

BOOK YOUR VISIT NOW

Come and see how we can support your child

A catholic school that welcomes all

01702 414200
office@sacredheart.southend.sch.uk



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
Manchester Dr. Leigh-on-Sea SS9 3HS

Parent Reminders and Student Information

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](#)”

Camping under the stars for Royal British Veterans Enterprise - Sebastian in Year 7, will be camping under the stars this Saturday alongside others who will be with us on that chilly evening to fundraise for Royal British Veterans Enterprise. Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Royal British Veterans Enterprise, so it's the most efficient way to give - saving time and cutting costs for the charity. You can donate to my JustGiving page by clicking here https://www.justgiving.com/fundraising/jose-miro-blanking-1773787118?utm_medium=FR&utm_source=EM JustGiving sends your donation straight to Royal British Veterans Enterprise and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more. Thank you for your support!

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 do to with kids over the half-term break some useful ideas can be found [here](#).

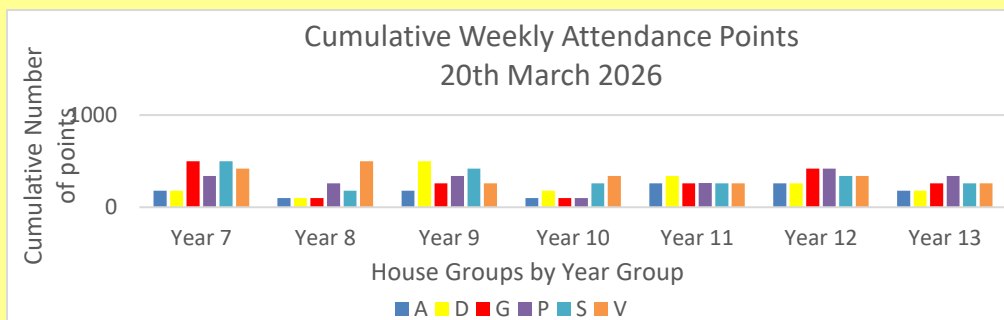


Parking: Despite persistent reminders, parents are still parking dangerously by the red gate exit at the end of each day. This is extremely dangerous as students, particularly those on cycles must swerve to get around illegally parked vehicles. We have contacted the Local Authority, and if it continues, 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

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 school gateway or alternatively email 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 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 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 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.

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 31% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE
Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK
Teens exposed to high levels of 'real-world' violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'. However, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a criminal offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT
Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing screenshots of content to a trusted friend is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION
Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glorify gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION
Real-world violence on social media can increase young people's belief that their local communities – or the broader world – may generally – or in unsafe places. This can result in avoidant and coping behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling isolated for spending time together in large groups, which may affect their social interactions and stress levels.

Advice for Parents & Educators

STAY INFORMED
Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. If you've got accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

TALK CRIME AND SAFETY
In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there are legal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult if the police if they witness or experience violence.

DISCUSS SOCIAL MEDIA
Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Encourage them to block, report, and remove harmful content, and signpost where to get support and advice, such as reportnarrowcontent.com.

ENCOURAGE POSITIVE ACTION
Focus on strengthening young people's positive experiences both online and within their local communities. Practical strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage online activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert
Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.

See full report on our website
[@wake_up_weds](https://twitter.com/wake_up_weds) www.thenationalcollege.com [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.facebook.com/wake.up.weds)

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The National College

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.

St Patrick's Day Celebrations: On Tuesday we celebrated St Patrick's Day. Form groups took part in a quiz about St Patrick, and students from 8P helped to run a bake sale, raising £137.08 for our House Charity raising awareness of sickle cell. Thank you to all who supported and brought in baked goodies - Oscar's shortbread, Posi's cookies and Ben's Biscoff cupcakes were particularly popular! Well done all involved. Mr Millham



Pi Day Winners!: I am pleased to announce the winners of the competitions held last week on Pi day – all winners will receive Amazon vouchers!

Cake Decorating Competition: 1st – Corban 9D, 2nd – Lourenco 9P & 3rd – Archie 11G and Lewis 10A

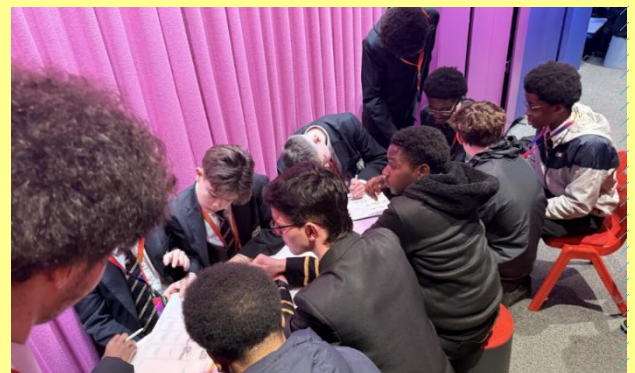
Number Hunt: 1st – David 8G, 2nd – Ali Abbas 7A & 3rd – Chrysolite 9S

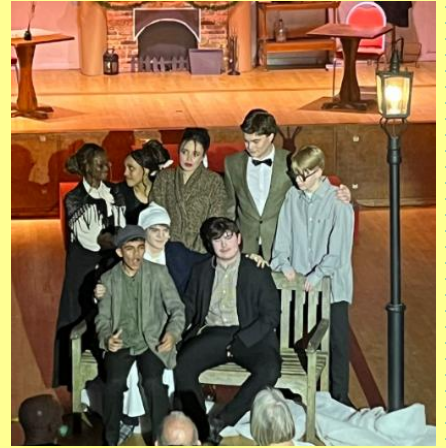
Pi Day Run: 1st – Lewis 10A, 2nd – Sam 8P & 3rd – Theo 7

Pikus: Winners to follow...

Congratulations to all the winners! The total raised so far from Pi Day (including the cake sale) is over £800! Ms Clarke, Head of Maths

Year 10 GCSE Media and Film Studies students: On Tuesday 10th March Year 10 GCSE Media and Film Studies students visited Sky Academy at Elstree Studios. The students had the opportunity to learn about the production process of film and television, have a careers workshop, a tour of the studios as well as create their own film trailer. The day provided an exciting insight into the opportunities available for post KS4 apprenticeships and university courses that the students could sign up to. Thank you to Ms Carus, Mrs Lane, and Mr Dejonge for their support. Many thanks, Mrs Lewis





School Play: On behalf of Mrs Cotgrove and I, we would like to say a huge congratulations and well done to the fantastic cast and crew of A Christmas Carol. The dedication that the students have given to this project is reflected in its success. We would also like to extend our thanks to all staff who supported in either donations of Christmas decorations or time spent line learning with the cast. Final thanks to the parents and carers who bought tickets and supported us throughout. Until next year! Mrs Lewis and Mrs Cotgrove.



Have Your Say Competition: Outstanding Performance by Our Spanish Students in the "HAVE YOUR SAY" Competition 2026! The MFL Department is incredibly proud of our talented Spanish students from Year 7, Year 8, and Year 9 — Rohan, Phineas, Eli, David, Kieran, Quinn, Andrii, Mylo, Rhys & Samuel — who showcased their outstanding language skills at the prestigious "HAVE YOUR SAY" 2026 Regional competition, organized by the Association for Language Learning, which took place at WHSG on Tuesday, 17th March. Our students delivered exceptional performances, demonstrating confidence, fluency, and enthusiasm in Spanish. Their dedication, hard work, and passion for languages have earned the school a well-deserved place in the REGIONAL FINAL in May! We extend our appreciation to Señora Williams for her dedication in organizing the competition and working closely with the participants. Congratulations to all participants! ¡Felicidades!



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

al pan, pan y al vino,

vino

Literal translation in English: Bread's bread and wine's wine

When do we use it?: When something is what it is (is what it says on the tin)

Example: Al pan, pan, y al vino, vino, Rebeca. Tú quieres mucho a Frankie, pero reconoce que no te quieres casar con él.

(It is what it is, Rebeca. You love Frankie very much, but you have to admit you don't want to marry him.)

Villancico

(bee-yahn-see-koh)

Masculine Noun

In English: Christmas Carol

Example: Tenemos una tradición navideña de cantar villancicos.

(We have a Christmas tradition of singing carols together.)



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 6th 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

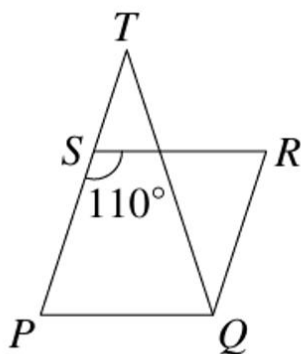
CAREERS NEWSLETTER

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](#).

In the diagram shown, $PQRS$ is a rhombus and PQT is an isosceles triangle in which $PT = QT$. Angle $PSR = 110^\circ$.

What is the size of angle SQT ?



Poetry Corner No.93 How The World Gets Bigger

This morning there's a note pinned to your door explaining why you've had to rush out and cancel our meeting. I turn back into the rain, watch it falling on tarmac, rivering in gutters, little bullets exploding. I unbutton my jacket, lift my face to the sky. This is better than crying; nowhere to be and nothing to do. I walk the christened pavement, cherry tree hung like a chandelier, the corner at the end of the road suddenly appealing, the way it turns without revealing what lies beyond.

Alyson Hallett
25. How The World Gets Bigger by Alyson Hallett - A Friend to Roxy | The Poetry Exchange - YouTube

Maths Problem of the Week: answer to last weeks problem: £1.40

Year 11 Revision



REVISION TIMETABLE 25/26

MON	TUE	WED	THU	FRI
8am – 8:30am (Speak to teacher for specific time)				
RCA - English E4	RC-English E4			GDO -English E1
	PGR-RE RE2			
	LDO-Music listening paper revision-H1			
1:30pm – 1:55pm (speak to teacher for specific time)				
DCO - Media and Film E7	Art-KBA AR3 (Week 2)	DCO - English E7	API - Physics Lab 2	JH-Geography G1 1.45-2.25pm
GRO-RE 2.00-2.25pm RE2	KDO-History H1	IR- English (sets 7-9) E4	AB - Product Design Tec 3	SEM-English E6
JH- Geography G1 1.45pm-2.25pm	LMY - Business BS1	CJC-Computer Science CR5	KDU- English E5	
KAY & KBA Art AR2 & AR3	AMB-Tech Tech 3		Art – KAY AR2	
			GRO- RE 1.40-2.20pm RE2 (week2)	
			MAR-Further Maths M2	
2pm – 2:25pm (speak to teacher for specific time)				
	API-Physics (double & triple) Lab 2	CJC-Computer Science CR5	MAR-Further Maths- M2	KBA-Art AR3
		SMN-Food Preparation and Nutrition revision/NEA, catch up CR6		
After School (Speak to teacher for specific time)				
CWI- Spanish- CR3	FLE- Media and Film Coursework MS1	MLO - Maths (set 3) M7	TMI- RE (12mark Clinic) RE3	
	GWE-Geography-G3	GWE-Geography-G3		
	LDX- Music MUS1			
	LMY - Business BS1			
	CJC-Computer Science CR5			

Sports News



PE Student of the Week: Our winner this week is Joel from Year 11. Surprisingly for him, it's not for any excellent sporting performance but for his attitude in the GCSE PE Moderation day this week. Joel was asked to help out in activities he wasn't being assessed in in order for the others to show off their best performances. Not only did he do this but he was proactive in helping out with equipment too. The moderator even asked if he was going to run a session! Well done Joel.

Year 9 Essex Cup Basketball Final: A fantastic game of basketball saw us fall just short of winning our third Essex cup in as many years. Up against a dangerous Ormiston Park team, we more than held our own for three periods despite a dominant performance from their best player. We had the lead going into the fourth but run out of steam to fall to a 99-89 point defeat. The boys should be proud of their achievements this year with this being their only defeat. They get the chance for revenge straight away as the teams meet again in the last 8 of the National tournament next week.

STM Yr 9 A Team v Westcliff 10-0 (Semi final - SOS Cup – match won)

Our first semi-final of the year took place last Friday against Westcliff in the Southend Cup. Our previous games against this team have been close, but our team put on a performance to show how much progress they have made this year. Both teams started strongly, but we gained the edge with an early goal. We were worthy of our lead and built on this with the excellent passing game they have shown this season. Our fantastic back four of Jeffrey, Josh A, Hayden and Chisha kept our defence strong. Luciano and Archie used their phenomenal pace on the wings to exploit the Westcliff defence and Corban and Sean's relentless energy in the middle meant we were able to take clear control of the game. Ken and Nathan combined again upfront and are proving to be a ruthless combination. The goals flowed throughout the game - a hat-trick from Ken, Nathan scored 2 and Hayden, Archie, Corban, Jeffrey and Josh FT all joined the scoring too. When Ralph, Alex, Henry and Olly joined the game at various points throughout they added to the energy and helped provide another brilliant team performance to take us into the final tomorrow.

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

Quickly following our win against Westcliff we faced our South East Essex Cup semifinal opponents Southend yesterday at home. We started with our usual energy and played a fantastic pressing game that surprised a strong Southend team and gave us the early advantage. We found ourselves 1-0 up after a phenomenal individual goal from Hayden and the whole team worked relentlessly to capitalise on this advantage. A second goal from Luciano, a great finish from a move started by Hayden and a lovely pass from Archie, rewarded our dominance and got a great reaction from the home crowd. Then just before half-time Corban's long throw into the box was tipped in by the goalkeeper and we found ourselves 3-0 up at half-time. We knew Southend wouldn't give up their place in the final easily and they came out second half with all out attack. We defended strongly with Chisha, Jeffrey, Luciano and Josh A doing an exceptional job to keep out the Southend attack. Daniel made some exceptional saves yet again to keep Southend frustrated. Then a couple of passages of good Southend play meant they found themselves back to 3-2, but we showed our usual determination to win. Olly and Josh FT came on to bring some renewed energy to the game and some brilliant play by Archie was only stopped by a foul in the box. Penalty! Josh A stepped up and coolly put the ball in the back of the net 4-2. Alex then joined the defence to sure things up and help us see out the game and secure our place in the final next Tuesday. Another hugely positive team performance rightly rewarded by a second final this season. Well done!

Fixtures

Date	Fixture
23/3/2026	Year 10 House Basketball - 3:30pm-5pm
24/3/2026	SEE Cup Finals @ STM - 4:15pm kick off Year 8/9 Rugby v Chase (HOME) TBC Under 14 Basketball v Ormiston (AWAY) 1:30pm tip off – leave 12:30pm, return 4pm
25/3/2026	Year 9 Rugby @ Southend Rugby Club
26/3/2026	Year 7 'B' Football v Southchurch (AWAY) 4pm kick off - Return 5:30pm
27/3/2026	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) FIXTURES	Year 12/13 Basketball (SB) Yr7-9 Rugby (AAC & EwM) FIXTURES	Year 8 Football - A + B Team Training (JEN) FIXTURES	Badminton Club (All Years) (SB) FIXTURES	Week 1 - Year 9 'A' Team football training (MH/AH) Week 2 - Year 9 Open football training (MH/AH) Indoor Athletics (AAC) FIXTURES

Extracurricular Timetable – Spring

	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)	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)
Breaktime	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
Lunchtime	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)
After School	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