

CONTACT

No. 1721 – Friday 6th March 2026

Year 10 & 13 Parents Evenings: thank you to all those families who attended our Year 13 & Year 10 parents evenings. It was lovely to see so many of you there to discuss how students are progressing.

School Play – A Christmas Carol – Tickets now available: Tickets are now on sale for this year's school play – *A Christmas Carol*. Performances will be taking place on Thursday 12th and Friday 13th March. Doors open at 6.30pm and the performances begin at 7pm. [Tickets can be purchased here](#), or via the QR code on the flyer below. We look forward to seeing you there.

Pi Day - Friday 13th March 2026: Following on from last year's successful Pi Day celebrations and fantastic amount raised, this year will hopefully be even better! We will be having our usual "Number" **NON – UNIFORM** day where students will be encouraged to wear something that includes a number or numbers. The expected donation is £2, payable via [MCAS](#), and this will include a Number Hunt sheet. There will be prizes for the best entries! As well as pi – related activities happening in lessons during the day, we have a Pi Cake Decorating competition! Entries need to be brought in on Friday 13th March to Maths 1. Prizes for the best three decorated cakes! Also new for 2026 – Pi Day Run! This year there will be a 3.14 mile race – prizes for the winners! All money raised during the day will go to Southend Hospital's Special Care Baby Unit. Ms Clarke, Head of Maths. **Non-uniform day rules apply:** *No clothing to be worn with messages or pictures on them which could be seen as inappropriate, disreputable or offensive, no earrings or other jewellery other than watches as per usual code of conduct. Clothes worn should be appropriate for a school day. Hats or headwear must be removed on entering the school.*

Year 8 Options Process and Options Evening: Our Year 8 Options Process begins this half term, with Options Evening taking place on **THURSDAY 26th MARCH**. A letter was sent out last week 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

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.

Dr. Thomas Holt Presents

A CHRISTMAS CAROL



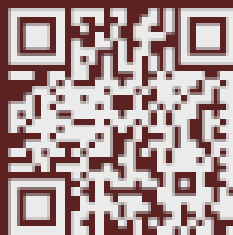
THURSDAY 12TH & FRIDAY 13TH MARCH

DOORS OPEN AT 6.30PM PERFORMANCE AT 7.00PM

ADMISSION*

£5

SCAN TO BUY



VIP TABLE*

£50

(6 max)

*PLUS BOOKING FEE

Prayer of the Week

Lord, open our eyes and hearts,
help us to live compassionately
help us to serve the lowly
help us to see You in others
help us to treat others as we wish to be treated
AMEN

3rd Sunday of Lent

John 17:5-42

Artwork: "Woman at the Well" (late 1800's) by Carl Bloch



This week we hear from the Holy Gospel according to St John. This is the famous story of the woman at the well. Our Lord Jesus Christ meets this woman at a well in the middle of the day. She is alone, and has chosen to come to the well during the hottest point of the day, instead of going to the well in the early morning (when it would be much more comfortable and social to do so) she does this because she has been cast out and judged by her community. She is a Samaritan woman, a group that would've been avoided by Jewish men like our Lord. She is on the outside of society. Lord Jesus does not hold to these social norms. He speaks to her with compassion and invites her to see something greater, He tells her that barriers will be broken and that she - and others like her - will no longer be on the outside looking in. He chooses this woman to be one of the first people to publicly proclaim the arrival of the Messiah.

In Lent we are reminded to reflect on our own lives and consider how we might bring openness and honesty to God, through prayer and through actions. This Gospel, as with any, challenges us to live with compassion and integrity. The Lord chose this woman at the well because she had been judged and pushed aside by herself and others, but why was this necessary? Because people around her didn't treat her as a fellow child of God. It wasn't only her mistakes that put her in this situation, it was the mistake that others made as well. We are called and expected to be great positive examples for everyone around us. Compassion doesn't mean excusing bad behaviour, but it does mean treating others in the most charitable way we can. Who in our lives do we treat like the woman at the well was treated? Who do we hurt, not by actively being mean, but instead by allowing others to mistreat them? This week, let's consider how our actions can affect those who are already struggling, let's do something to change ourselves for the better and be Christ-like.

Max
Morris, Lay Chaplain

Chaplaincy News



CAFOD Pancake race: Thank you to everyone who took part in and supported the annual year 7 pancake race. Congratulations to St Patrick's house who won the interhouse competition. We raised £112 from this event. We have more events to follow for our Lenten charity and look forward to seeing how much we can raise as a community.

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.

CAFOD's Big Lent Walk 2026! This Lent we are supporting CAFOD and joining other schools around the country to help support our global neighbours. To raise money, at St. Thomas More we're going to run the following events:

Year 8 Big Lent Walk held during RE lessons: 8A, 8G, 8P, 8S and 8V - Tuesday 17th March 2025. 8D - Wednesday 18th March 2026.

Year 9 Big Lent Walk held during a RE lesson: 9s5-9s8 Monday -16th March 2026. 9s1-9s4- Tuesday 17th March 2026.

Year 10 Big Lent Walk held during a RE lesson: 10s5-10s8- Monday 23rd March 2026. 10s1-10s4 -Tuesday 24th March 2026.

Year 12 will complete a Big Lent Walk to Southend Pier on Tuesday 24th March 2026. The CAFOD Young Leaders will write a letter to parents/carers nearer the time with more information. All pupils are asked to contribute a minimum of £2 to take part in their event. If they wish to raise more money, they can ask family and friends to sponsor them for the relevant event above. Please make your donation online via [MCAS](#). Pupils can use the CAFOD sponsor form which will be attached to a letter send to parents and carers.



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.

Bishop's visitation St Peter's Eastwood Diocesan Bishop, Alan Williams is making his bi-annual Visitation to St Peter's Eastwood on Wednesday 11th March at 7.30pm when he will offer the Mass and also confirm Amira Munro. It would be lovely to see as many as possible attend and seek the opportunity to greet and speak to Bishop Alan after Mass in the hall.

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

Vacancies:


St Thomas More: Cleaner - [Cleaner Vacancy](#)

St Joseph's: Admin Assistant - [St Joseph's Catholic Primary School and Nursery - Admin Assistant](#)

St Joseph's Catholic Primary School and Nursery



70 YEARS OF OUR WONDERFUL SCHOOL!
Friday 20th March - community open evening from 3:30pm - 7:00pm.
Were you an ex-pupil, parent or staff member of St Joseph's?
All welcome! £1 entry suggested donation; pop-up museum and cafe; tours around the school



SACRED HEART PRIMARY SCHOOL

IS YOUR CHILD STARTING SCHOOL IN SEPTEMBER?

Come and see how we can support your child

BOOK YOUR VISIT NOW

A catholic school that welcomes all

01702 414200
office@sacredheart.southend.sch.uk



Our Lady of Lourdes
Catholic Primary School and Nursery

Our family friendly nursery welcomes children from 2 to 4 years old. Our experienced staff provide opportunities for all children to learn through play inside and outside the classroom. We are pleased to offer spaces from September.

Please contact the school office to book your visit.

NURSERY SPACES AVAILABLE
September 2026



WOULD YOU LIKE TO WORK WITH US AT ST JOSEPH'S?

COULD YOU BE OUR NEXT ADMINISTRATION ASSISTANT?

See our website for more details.
Closing date - 11th March
stjosephscanvey.net

Parent Reminders and Student Information

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](#).

Half-Term 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](#).

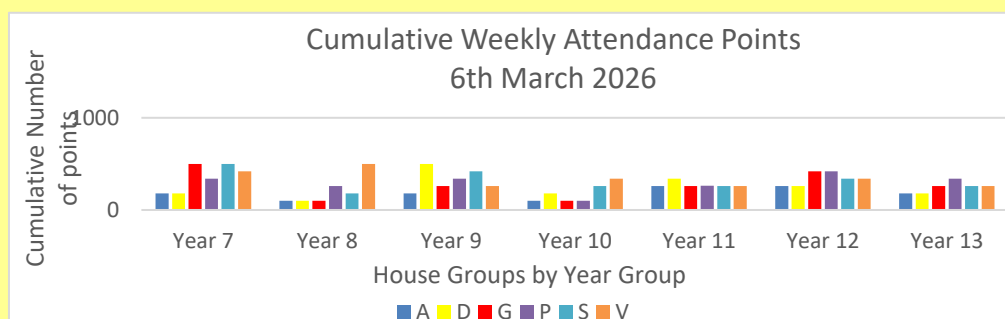


Parking: Despite persistent reminders, parents are still parking dangerously by the red gate exit at the end of each day. This is extremely dangerous as students, particularly those on cycles must swerve to get around illegally parked vehicles. We have contacted the Local Authority, and if it continues,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

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.

Severe Weather Procedures: In the event of severe weather, especially heavy snow, staff will conduct a risk assessment of the safety of the site before making any decision to close the school for the day.

We always hope to avoid that scenario but the health and safety of our students and staff must be weighed against any inconvenience caused by closure. If a decision is taken to close the school due to severe weather, an announcement will be posted on the website at approximately 7am on the morning of closure. We will also email parents via School Comms and post onto [Instagram](#). If the school is required to close for a second day work will be set via Teams as per our [Remote Learning Policy](#) and we encourage those preparing for public examinations to make use of the time revising at home. We will endeavour to ensure that the site is as safe as quickly as possible. Please can you ensure that your contact details, particularly your email, is updated on [MCAS](#) so you are able to receive these messages. We all hope that the cold weather will pass and that we will not be affected.

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.

Supporting Your Young Person Through Exam Stress – Parent Webinar Opportunity: As we move further into the exam season, we know this can be a challenging time for many of our students and their families. To help you support your young person during this period, we're pleased to share details of two upcoming free webinars delivered by Kooth.

How You Can Support Your Child to Manage Exam Stress

Kooth is offering a free 45-minute webinar for parents, carers and family members. The session will be led by a member of their Community Engagement Team alongside a Kooth clinician.

The webinar will provide:

- Guidance on when to take action if you're concerned about your young person
- Practical strategies to help manage exam-related anxiety
- Information about how Kooth can offer additional support

The content is particularly relevant for families of students sitting GCSEs, A-Levels, Nationals or Highers, and is especially suited to those in sixth form preparing for A-Level examinations.

Webinar Dates

- **9th March – 6:00pm** [How you can support your child to manage exam stress](#)
- **16th March – 7:00pm** [How you can support your child to manage exam stress](#)

If you feel this would be helpful, we strongly encourage you to book a place on one of the above dates.

Supporting students' wellbeing during exam season is a shared effort, and we hope this opportunity provides reassurance, guidance and practical tools to help both you and your young person feel more confident during this time.

If you have any concerns about your child's wellbeing, please do not hesitate to contact the Sixth Form Pastoral Team.

Best wishes, **Sixth Form Pastoral Support Team**

ACHIEVEMENTS FOR CONTACT

HAS YOUR CHILD DONE SOMETHING OUTSIDE OF SCHOOL THAT DESERVES RECOGNITION?

WE WOULD LIKE TO CELEBRATE IN CONTACT

Send Information & Pictures to:
office@st-thomasmore.southend.sch.uk

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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://www.nationalcollege.com).

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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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.



World Book Day: This year for World Book Day students enjoyed events across the school! We held our annual Fiction Kitchen in the Lower Canteen, students enjoyed a World Book Day Quiz during form time, and in the library during lunchtime preloved novels were available the Adopt-a-Book event. Most popular this year was the Guess The Teacher game, in which students were tasked with matching their teachers to their favourite books! Prizes are still available for those that want to try their luck! Students can still grab World book Day tokens from the library up until the 15th March.



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.

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

Darle la vuelta a la tortilla

Literal translation in English: To flip the tortilla/omelette (to turn the tide)

When do we use it?: when your luck/a situation changes

Example: Íbamos perdiendo, pero le dimos la vuelta a la tortilla y al final ganamos. (We were losing, but we turned the tide and ended up winning.)

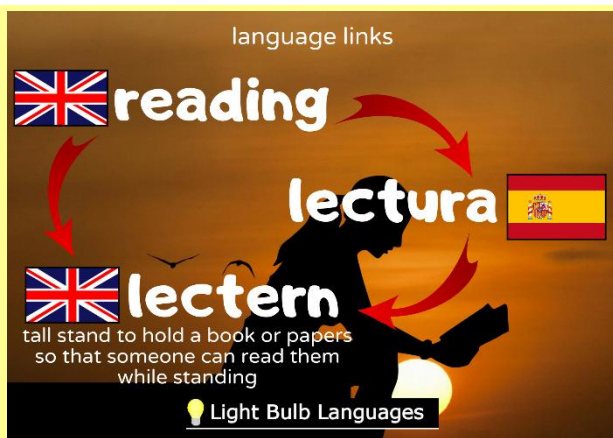
Guante

(gwahn-teh)

Masculine Noun

In English: A glove

Example: Hacía tanto frío que me tuve que poner los guantes. (It was so cold I had to put on my gloves.)



The March Celebrity Linguist Spotlight:



Name: King Felipe VI of Spain

Career: King of Spain and former Olympic athlete

Languages spoken: English, Spanish, Catalan, French & Greek.

"Spanish is an undoubted cultural and economic engine, not only because of its potential as a learning language in the world, but also because of the values that it embodies and transmits, shared by Spain and by so many nations on several continents that, through a long and rich joint history, they have become what they are: open and vital societies." – King Felipe VI of Spain, October 2020



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](#).

Amrita needs to select a new PIN. She decides it will be made up of four non-zero digits with the following properties:

- i) The first two digits and the last two digits each make up a two-digit number which is a multiple of 11.
- ii) The sum of all the digits is a multiple of 11.

How many different possibilities are there for Amrita's PIN?



Maths Problem of the Week: 1200 metres.

Poetry Corner No.91

There will come soft rains (1920)

There will come soft rains and the smell of the ground,
And swallows circling with their shimmering sound;

And frogs in the pools singing at night,
And wild-plum trees in tremulous white;

Robins will wear their feathery fire,
Whistling their whims on a low fence-wire;

And not one will know of the war, not one
Will care at last when it is done.

Not one would mind, neither bird nor tree,
If mankind perished utterly;

And Spring herself, when she woke at dawn
Would scarcely know that we were gone.

Sara Teasdale

Poetry By Heart | There will come soft rains

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	ZR- English (sets 7-9) E4	A8 - 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 Students of the Week: Our winners this week both represented Tommy More at the Borough Swimming Gala on Wednesday. Ben From Year 11, in his final gala, stepped in at the last minute to race certain events to ensure we had a full team in all races. Nedum from Year 7, in his first gala, swam exceptionally well in both his individual and relay races. Well done to both boys.



Borough Swimming Gala – 3rd Overall: An excellent team performance in this year's Swimming Gala meant STM secured third overall in the borough, making it three consecutive bronze medal finishes. Notable mentions to silver medal winners Ehimare (Year 10/11 Free), Fisher (Year 9 Free) and Blyth (Year 8 Back), as well as bronze medal winners Sam (Year 9 Back), James (Year 7 BS) and Nedum (Year 7 Free). The boys also performed well in the relays, winning gold in the Co-Ed relay, silver in the Year 7 medley and freestyle relays and bronze in the Year 10/11 medley relay, Year 9 medley and freestyle relays and the Squadron relay. A superb achievement from the team, earning 37 medals in the process! Well done to all swimmers who represented the school. A big thank you to Mrs Hardiman for her support and assistance with this event.



Yr. 8 Essex Rugby 7's Festival: Great weather at New Hall School on Monday was a huge plus, enabling some good rugby to be played. We topped our group having beaten Fitwimarc 30-20, Shenfield 15-10, Boswells School 20-10 and Gt Baddow 20-15. This led us to meet Colchester Royal Grammar School in the Semi-final, a very well organised opposition went into a 15-0 lead in the first half, Posi and David showed some belief and got us back to 15-10 just needing one try to take the game to over time Golden try, a few handling errors and a dropped ball meters from the try line showed it wasn't to be our day. But an incredible achievement to reach an Essex Semi final at this festival.



Yr 7 Essex Rugby 7's T2 CHAMPIONS: Jack C, David V, Joseph H-M, Mc and Wes are a fantastic front 5 who rotated well to allow rest and experience in the group stages of this Essex Schools Rugby 7's Festival. Some very strong running, huge tackles and at times some delicate hands in the offloads led to 25 tries in total being scored by STM throughout the tournament. Excellent scrum/fly half play from Cadin B, who dominated all 5 of our matches and was a true leader in captaining his team. Lots of positive encouragement and



communication allowed everyone to enjoy a successful day. Backs pace and tackles in defence from Theo, David D, Shimon, JT, not forgetting the important role of the subs to allow rest for the intensity of 7's Rugby. Everyone had good

involvement from the group fixtures beating Woodbridge School 20-5, Hall Mead, Upminster 35-0, Billericay School 25-10, Orsett Heath w/o, then meeting St Nicholas Grammar School in the Semi-Final with a 20-5 win. This set up a final with Becket Keys school from Brentwood who had progressed well from their side of the draw and Semi final. A few nervous handling errors could have seen us conceded early in the game but we went in at half time 10-0 up. We talked at the break about the importance of shape, looking after the ball and using set pieces again. We managed to add another 3 tries and defend our try line not to concede a try and win 25-0 collecting our first bit of Rugby Silverware. Thanks to Mr Burton for his assistance, he really enjoyed helping on Monday and Wednesday this week.

Yr. 8 Essex Rugby 7's Festival: beat St Nicholas 8-1, Woodbridge 5-3 and Gateway Academy 3-1 in their group stage. They beat local rivals Chase High School in the semi final 3-1 but unfortunately fell short in the final losing 3-2 to Hall Mead School, all the boys were a credit to the school. Special mention to Manny, Louis and Archie making his debut.



Year 8 Football Vs Eastwood: Our first game in a while, and first one this year against a strong Eastwood team. Having dominated the first 20 minutes of the game, we were unlucky to not go ahead by 2 or 3. Eastwood then punished us just before half time, scoring from a corner with seconds to go. The second half saw Eastwood have the majority of the ball and in the end we ended up conceding another 3. The scoreline did not reflect the performance and we were unlucky not to score throughout the game, playing some good football. We move onto another cup game on Monday away at Shoebury, hoping to get into a final!

Fixtures

Date	Fixture
9/3/2026	Year 8 Football v Shoebury (AWAY) 4pm kick off - return 5:45pm
10/3/2026	Year 10 Rugby 7's @ Westcliff Rugby Club - 11am start - Leave 10:10am, return 3:30pm Year 7 Football v Cecil Jones (AWAY) 4pm kick off - return 5:30pm Year 11 Football v Southend High (HOME) 4pm kick off
11/3/2026	1st XI Football v King John (HOME) 2pm kick off
12/3/2026	Under 14 Basketball v Gateway @ Eastwood 4pm tip off Under 16 Basketball v Barking Abbey @ Woodlands 3:30pm tip off Year 10 Football v Eastwood (HOME) 4pm kick off
13/3/2026	Year 9 Football v Westcliff (HOME) 2:30pm Year 11 Football v Fitz (HOME) 12:45pm kick off
16/3/2026	No Fixtures
17/3/2026	No Fixtures
18/3/2026	No Fixtures
19/3/2026	Year 7 Jnr NBA
20/3/2026	No Fixtures
21/3/2026	SOS Cup Final @ STM 9:30am kick off

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)	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) Accounting Club Years 11-13 1.30-2pm (BS2) Veritas Mentors 1.30-2.25pm (year 12 study room)	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 (Yr. 12 Study Centre) Star Wars Club 2-2.25pm (Library) Bible Study 1.35-2.25pm (RE4) Cards Club 1.30-2.20pm (M2)
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) 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