

CONTACT

No. 1717 – Friday 30th January 2026

Mental Health Week Non-Uniform: takes place on **Wednesday 4th February** we kindly ask for a minimum donation of £2 made payable by [MCAS](#). **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.*

Literacy Workshop: Thank you to everyone who attended our first Literacy Workshop on Thursday. Our second workshop on **Handwriting** will take place next week on **Thursday 5th February**. If you would like to attend one of the two sessions running on this day, please complete this [form – Handwriting](#).

Topping up Lunch Money: Please could you ensure you top up your child's catering account on [School Gateway](#) by Sunday 1st February. [School Gateway](#) will no longer be available to use after this date.

We are changing our Parent App! Please Read!

The app is available for download from the Google Play Store or Apple App Store—simply search for "MyChildAtSchool" by Bromcom Computers Plc.

Download MCAS for Android: [Google Play Store](#)

Download MCAS for iPhone: [Apple App Store](#)

If you did not receive an activation email you can activate your account by typing the school postcode **SS0 0BW** and entering the school password.

Please make note of the key dates below:

Sunday 1st February -Midnight

Top up your School Gateway account by this date as we will be moving the dinner payments over to MCAS

Monday 2nd February

No dinner money account top-ups available on this day. Balances will be transferred

Tuesday 3rd February

All dinner money and trip payments can be made via MCAS from now on.

my child at school.com

DOWNLOAD MCAS
Coming in January 2026

View everything in one place:

- Announcements & Messages
- Attendance & Timetable
- Achievements
- Academic Information
- Online Payments
- Bookings & Consent
- Contact Information
- Multi-Child Access

Google Play App Store

ASSISI CATHOLIC TRUST

WE NEED ONE MORE 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 longterm planning. If interested, please contact the school office and speak to Mrs Ackred for an informal discussion.

Prayer of the Week

St Francis de Sales prayer

Be at peace.

*Do not look forward in fear to the changes in life;
Rather look to them with full hope that as they arise,
God, whose very own you are, will lead you safely through all things.*

*And when you cannot stand it, God will carry you in His arms.
Do not fear what may happen tomorrow;
The same everlasting Father who cares for you today
Will take care of you then and every day.*

*He will either shield you from suffering,
Or give you unfailing strength to bear it.*

*Be at peace,
And put aside all anxious thoughts and imagination.*

AMEN

4th Sunday of Ordinary Time

Matthew 5:1-12a

Artwork: *The Sermon on the Mount (1877)* by Carl Bloch



This week we hear from the Holy Gospel according to St Matthew. In this reading we hear the start of the Sermon on the Mount which is a multi-chapter portion of the Gospel that is almost entirely made up of direct speech from our Lord Jesus Christ. The beginning of this discourse is the most well-known – the Beatitudes, and that’s what our reading is this week. The Beatitudes (meaning the Blessings) are a collection of statements from Lord Jesus where He addresses people who are either doing the right thing (but aren’t respected in society for it) or are suffering in some way. In each statement He calls the group Blessed and then gives them hope for the future – for example “*Blessed are the poor in spirit, for theirs is the Kingdom of heaven*” or “*Blessed are those who hunger and thirst for righteousness, for they shall be satisfied*”. These encouraging messages are quoted quite often, and to us it might seem a bit unremarkable at times, but for those listening it points to this fantastic reversal

of expectations that the Lord Jesus does repeatedly throughout the Gospels. The people who were in power expected the Messiah to be a warrior who would bring them glory and praise, but instead the Lord tells them to humble themselves to receive great rewards. This isn’t what everyone expected, much as how they wouldn’t expect the Lord to humble Himself and become a sacrifice to save the world. Lord Jesus gets us to think of things from different angles and often flips our expectations on its head. In Assembly this week we heard about the importance of all of our Mental Wellbeing, and over the next couple of weeks we’ll have events to raise money for charities that specialise in the area. In a similar way to how our Lord flips expectations and perceptions on their head, we have to do the same with how we evaluate our own mental health. Struggling doesn’t mean we are weak, and seeking help does mean that we are strong. This week lets contemplate the message that our Lord is giving us in the Beatitudes and consider how we can best support our friends or peers when they need it.

Max Morris, Lay Chaplain

Chaplaincy News

Year 7 Mass: This week we celebrated Mass with year 7. This week we were blessed with both Fr Jeff and Fr Selvini celebrating Mass for us. I want to thank all the students and staff who were involved in the organisation, managing, and running of the occasion.

Eucharistic Adoration: We are now in a new year, and as we think of renewal it might be that you want to look to renew your prayer life. We offer daily group prayers (the Divine Office and shorter reflective prayers) in our chapel but every Thursday after school we also take part in Adoration as a group. This is a great time to reflect, pray, and come closer to the Lord in front of His real presence in the Eucharist. We do not currently have a date for our next Benediction Service, but it will be advertised shortly. If you are unsure about Adoration, what it means, why its important, or what to do during then please speak with Max – our Chaplain – who will be happy to answer any questions you have.

The Miracles that continue to this day and Our Lady of Lourdes: On Wednesday 11th February 2026 at 7PM there will a talk held at Sacred Heart Church hall (SS1 2QB) looking at how our Lord continues to interact with His people through incredible miracles around the world but with a focus on Our Lady of Lourdes – who is the Principal Patroness of our Diocese. This could be especially beneficial for anyone looking to join the Diocese on the annual pilgrimage in the summer. Though this is open and suitable for people of all ages in the deanery, the content will be more tailored to those 16 and over.

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.

Diocesan News

ST JOHN BOSCO CHILDREN'S CAMP – AN AMAZING VOLUNTEER OPPORTUNITY FOR THIS SUMMER: If you are in school year 12 or student age (or any age over 17!) you are very welcome to apply at www.boscocamp.co.uk. The application process includes references and a DBS check, which we can help with, as well as a training and support before and during Camp. The Camp provides over 100 children a week with a summer holiday – for many their only holiday. As a volunteer you use your skills in assisting with different sporting and fun activities, as well as the practical aspects of camp life. Volunteer for 25th July – 1st August or 1st – 8th August. The Camp is a special work of Caritas Diocese of Brentwood and also seeks financial donations – all information on the website.

RETRouvaille MARRIAGE HELP: Retrouvaille helps couples find hope and healing for their marriage. Next date: Thursday 12th February. www.retrouvaille.org.uk Tel: 07887 296983

MARANATHA! COME LORD JESUS! You are warmly welcomed to an evening of praise and worship, including mass and adoration. Friday 13th of February 2026 from 7:00pm to 9:00pm at The Blessed Sacrament Church, 116 Melbourne Avenue, CM12DU, Chelmsford. Bring your friends!

TOUR OF THE RELICS OF ST. GERARD MAJELLA

Our diocese will host the relics of St. Gerard Majella at four locations in January 2026.

This is the start of a tour of England and Wales to mark his 300th anniversary. Come along and bring your intentions to this popular Saint.

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 High School, Westcliff-on-Sea – Cleaners - [website](#)

St Joseph's Catholic Primary School, Canvey Island – Early Years Practitioner – [website](#) and Early Years Apprentice (Level 3)

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


☎ 01702 475689

 ofsted.co.uk

Please contact the school office to book your visit.

NURSERY SPACES AVAILABLE

September 2026



Parent Reminders and Student Information

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

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



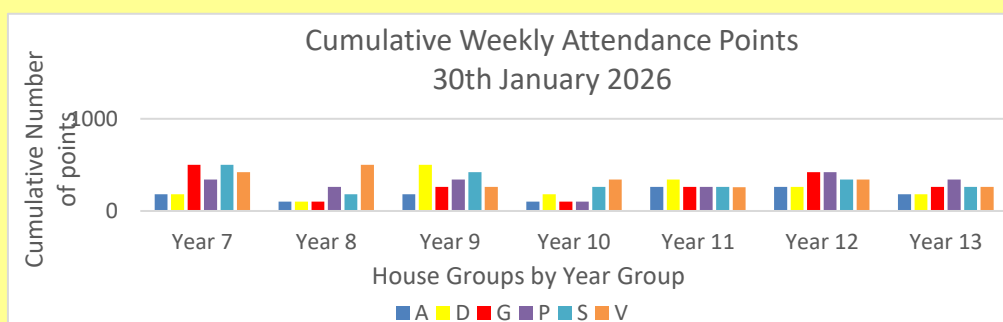
Severe Weather Procedures: In the event of severe weather, especially heavy snow, staff will conduct a risk assessment of the safety of the site before making any decision to close the school for the day.

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 [School Gateway](#) so you are able to receive these messages. We all hope that the cold weather will pass and that we will not be affected.

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.



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 [School Gateway](#) account.**

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.

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.

Lights Required for cyclists: With the darker evenings drawing in, it won't be too long before it is dark at the end of the school day. This is a reminder to all cyclists to ensure your bike is equipped with proper lights. Riding with front and rear lights is not just essential for your safety, but it's also a legal requirement to help you stay visible to others on the road.

Please check:

- **Front Light:** A white light on the front of your bike.
- **Rear Light:** A red light on the back, plus a rear reflector if possible.
- **Visibility Gear:** Consider reflective clothing or accessories to further increase visibility.



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

Previous attachment

THE VICTORIA CENTRE SOUTHEND

Southend-on-Sea City Council

IN CELEBRATION OF CHILDREN'S MENTAL HEALTH WEEK

YOUTH FEST

FREE ENTRY

SATURDAY 14TH FEBRUARY 2026
10AM - 4PM
THE VICTORIA SHOPPING CENTRE

CHILD & YOUTH SERVICES
ACTIVITIES & MUSIC
WELL-BEING

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).

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anne Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.01.2026

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)



Alumnus of the Month: [January 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](#)

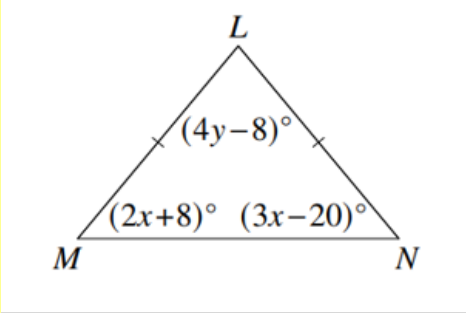
CAREERS NEWSLETTER

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](#).

Triangle LMN is isosceles with $LM = LN$.

What is the value of y ?



Maths Problem of the Week

Answer to last week's problem: sum of the angles was 360 degrees.

Science Day: On Tuesday, a group of our Year 9 students visited St. Helen's primary school to take part in their school science day. The boys had the opportunity to work with both KS1 and KS2 students in the designing, making and testing of different catapults. It was a fantastic morning and it was great to see the boys develop and display their leadership skills to the younger students. They showed the enthusiasm and respect that embodies the Tommy More spirit, being described as a credit to the



school by the staff of St. Helen's. We are very grateful to St. Helen's for the opportunity to collaborate in a scientific setting and the boys have taken away so much from the experience.



Poetry Corner No.89 - Samuel Palmer and Chagall – Elizabeth Jennings



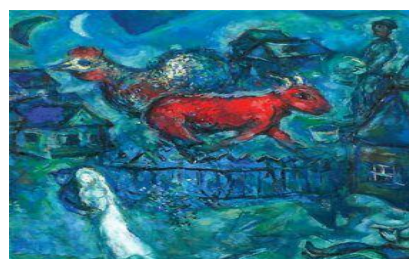
You would have understood each other well
And proved to us how periods of art
Are less important than the personal
Worlds that each painter makes from mind and heart.

The greatest—Blake, Picasso— move about
In many worlds. You only have one small
Yet perfect place. In it, there is no doubt,
And no deception can exist at all.

Great qualities make such art possible,
A sense of TRUTH, integrity, a view
Of man that fits into a world that's whole,
Those moons, those marriages, that dark, that blue.

I feel a quiet in it all although
The subject and the scenes are always strange.
I think it is that order pushes through
Your images, and so you can arrange

And make the wildest, darkest dream serene;
Landscapes are like still-lives which somehow move,
The moon and the sun shine out of the same scene—
Fantastic worlds but all are built from love.



[Line by Line Jennings: Samuel Palmer and Chagall](#)

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.)



Onatti Spanish Play: Un Ensayo Desastroso - Wednesday, 28th January 2026: This week, our Year 8 and GCSE Spanish students enjoyed an exciting live performance of *Un Ensayo Desastroso* (a disastrous performance) by Onatti Productions. The fast-paced, humorous play brought Spanish to life through audience participation, with five students invited on stage to take part in the action. Particular highlights included the brave volunteers who stepped into the roles of Romeo and Juliet, confidently speaking all their lines in Spanish for the first time — an achievement that drew applause and admiration from their peers.

The whole experience not only showcased our students' courage but also reinforced their language skills in a lively and memorable setting. The interactive nature of the performance kept students fully engaged and demonstrated how languages can be used creatively beyond the classroom. It was an inspiring and memorable experience that boosted students' confidence and enthusiasm for learning Spanish.

Hispanic Cuisine Workshop - A Level Spanish: On Tuesday 27th January, the Spanish Department held a Sixth Form workshop on Hispanic cuisine, which was a great success. Students prepared paella, tortilla de patatas, chorizo and guacamole. Special thanks to Brandon and Alexander, our "barmen", for making a delicious non-alcoholic sangria. Monty, Marley, Nancy, Sumayra, James and George all worked brilliantly as a team, cooking the tortillas, guacamole and paella. The department is very proud of the students' teamwork and effort. Thank you to Mrs Napper for her health and safety guidance, to Mrs Angel and Mrs Mansfield for their patience, and to Mrs Williams for organising this fantastic workshop. The students enjoyed a wonderful immersion in Hispanic culture and language.



Yr. 11 Revision Timetable



REVISION TIMETABLE 25/26

MON	TUE	WED	THU	FRI
8am – 8:30am (speak to teacher for specific time)				
	RC-English E4 JFE-English E7 (Week 1) PGR-RE RE2	ZR- English (sets 7-9) E4 JFE-English E7 (Week 2)	BS- science Lab 2	GDO -English E1
	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		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	DMA-Maths (Higher Tier grades 7-9) Studio
KAY & KBA Art AR2 & AR3 LSH/JEV GCSE PE 1.45-2.15pm PE1/CR6	AMB-Tech Tech 3		Art – KAY AR2	JS-Maths (foundation) M5 1.30pm
			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- CR5	FLE- Media and Film Coursework MS1	MLO - Maths (set 3) M7	TMI- RE (12mark Clinic) RE5	JH- Geography G1 3.30pm-4.30pm
	GWE-Geography-G3	GWE-Geography-G3	AP- Spanish MFL 2	
	LDX- Music MUS1	CWI- Spanish MFL 2		
	LMY - Business BS1			
	CJC-Computer Science CR5			

Sports News

Year 8 Basketball: The Year 8 team faced Eastwood on Tuesday in a borough basketball fixture and produced yet another positive performance. The boys got off to a flying start, dominating the first quarter 20–2 and setting the tone for the rest of the game. They maintained their intensity throughout and finished with a deserved 60–41 victory. Special mentions go to Kian for his consistent scoring across the game, and to Jeremiah for his strong defensive work, which played a key role in limiting Eastwood’s scoring. A very pleasing team performance overall.

Year 8 Basketball: The Year 8s faced yet another tough test on Tuesday last week against Westcliff. Each quarter was closely contested, with very little separating the two teams throughout the game. We led 55-51 in the final quarter with 1:27 remaining, however, sustained pressure from Westcliff saw them score two quick baskets to level the game. Heading into overtime, the boys gave their all but were unfortunately edged out by five points. There were plenty of positives to take from the performance, including outstanding defence from David and an incredible 47-point performance from Matthew.

Year 9 Basketball v Chase (Won 61-40): We went to this game without four key players, meaning those who haven't had as much court time this year got plenty. Chase were a good, strong team but we managed to hit them on the fast break enough to always stay ahead in the game. Man of the match was Josh S for his vision and unselfishness. Next up is Great Baddow on the 30th in the first of two quarter final group matches in the Essex Cup.

Year 9 Cricket Tournament: The Year 9s had their first taste of competitive cricket last week at Westcliff in an indoor tournament. The day began with a narrow loss to King John, followed by an impressive win against Southchurch, before finishing with a defeat against a very talented Westcliff side. A special mention goes to Teddy for his platinum duck and to George for his impressive batting. The boys are eager to get going again, and we are all looking forward to the start of the cricket season.

Fixtures

Date	Fixture
2/2/2026	Year 11 Football v Castle View (HOME) 3:45pm kick off Year 7 Basketball v Gateway (HOME) 4pm tip off Under 13 Basketball v Shenfield (AWAY) 4pm tip off - Leave 2:45pm, return 7pm
3/2/2026	Year 11 Basketball v Westcliff High (AWAY) 4pm tip off – return 6pm Year 9 Basketball v Shoebury (HOME) 4pm tip off
4/2/2026	1st XI Football v Plume (HOME) 2pm Year 7 Basketball v Eastbrook (AWAY) - 2:30pm tip off - Leave 1:30pm, return 5pm Year 9 'B' Basketball v Eastwood (HOME) 4pm tip off
5/2/2026	Under 14 Basketball v Westcliff High (AWAY) 4pm tip off - return 6pm Year 7 Basketball v Appleton (AWAY) 4:15pm tip off - return 6:15pm Year 10 Basketball v Eastwood (HOME) 4pm tip off
6/2/2026	Year 9 Football v Belfairs (HOME) 3:10pm kick off
9/2/2026	Year 10 Football v Shoebury (HOME) 4pm kick off Year 9 Basketball v Southend High (AWAY) 4pm tip off - return 5:45pm Year 11 Basketball v Eastwood (HOME) 4pm tip off
10/2/2026	Under 15 Basketball v Redden Court (HOME) 4pm tip off Year 7 Basketball Final v Southend High @ WHSB 4pm tip off - Return 6pm
11/2/2026	House Swimming - 10am-1pm
12/2/2026	Under 14 Basketball v St Martins (HOME) 1:45pm tip off
13/2/2026	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)	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)
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