

CONTACT

No. 1710 – Thursday 27th November 2025

Please remember that the school is closed on Friday 28th November and Monday 1st December 2025

Early Warnings: As we prepare for Advent to begin on Sunday, please find below some reminders of events taking place in school over the coming weeks:

Advent Carol Service Monday 15th December – 5.15pm arrival for prompt 5.30pm start: our Advent Carol Service takes place on Monday 15th December which will start promptly at 5.30pm. The Carol Service will take place in the Assembly Hall, and we will be offering refreshments in the canteen. The service will run for approximately an hour and will include advent reflections, reading and poems. These will be interspersed with carols led by our talented musicians, all of which will help lead us on our advent journey. Please come along and join us on this special evening and if possible ensure your seats by completing either the Yr. 7 form [Advent Service 2025](#) & Yrs. 8-13 form [Advent Service 2025](#)



Christmas Jumper Day will be taking place on **Friday 12th December**. We kindly ask for a minimum donation of £2.00 per student, payable via [school gateway](#). This year we will be raising money for the SVP which is our chosen charity for St David's house in the month of December. We will also be supporting their reverse advent scheme which is outlined later in the newsletter and holding a number of fundraising events to raise as much as we can for the SVP this advent. **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.*



Southend City Activity Awards: On Friday 21st November the annual Southend City Activity Awards Evening was held at The Boundary. The event was a celebration of inspiring individuals, groups and organisations, hearing all about their hard work and recognising their achievements over the last year. It was truly inspiring to hear all of their accomplishments and the positive impact they have made in the community. We were celebrating having been shortlisted in two categories and

we were delighted to win them both; the PE department and wider school won the **Active Education Provider** for the inclusive and extensive range of sports and teams available to the boys. Mr Mason won the **Physical Activity Champion** for all the walking and mountain walking trips he had led for the last 35 years. Winning these awards now qualifies us for the Essex Awards which are in December.



Governor Insight

Local Governing Committee Meeting – 26 November 2025: At our recent Local Governing Committee (LGC) meeting, governors came together in prayer and then to review how well the school is progressing this year and to ensure that pupils continue to receive the very best education and pastoral support.

We began with key updates on safeguarding. Governors confirmed that all statutory training—including Keeping Children Safe in Education (KCSIE), safeguarding courses and cyber-security training—is being completed so that we continue to meet the highest standards in pupil safety.

Governors then reviewed visit reports from recent monitoring, including Literacy Intervention work, the Pilgrims of Hope initiative, the Remembrance Assembly and safeguarding checks such as the Single Central Record. These visits help governors see school life first-hand and ensure that what is reported matches what is happening in practice.

The Headteacher's Report gave a comprehensive overview of the Autumn Term, including progress on the School Development Plan, the pupil premium strategy, support for Looked After Children and the proposed admissions arrangements for 2027. Governors challenged, questioned and supported the school leadership as part of their role in ensuring high standards across teaching, behaviour, curriculum and wellbeing.

We also reviewed and approved several statutory policies, including safeguarding, SEND, behaviour, medical needs and staff conduct. These policies underpin the safe and effective running of the school.

Health and Safety reports for the term were shared and reviewed, ensuring that the school environment remains safe for students and staff. Governors were also given an update on the school's transition to the new Bromcom system (school management information system) which will go live in the new year.

Finally, we continued developing the LGC Action Plan which outlines our priorities as a governing body for the year ahead.

We would like to extend our sincere thanks to the parents of the school who continue to engage positively with us, ensuring that we all work together for the benefit of your children. Your ongoing attendance at important check-ins and meetings makes a real difference.

We also want to recognise our students, who—through my recent observations—continue to demonstrate a culture of respect, compassion, confidence and personal responsibility. When asked about safeguarding, students spoke clearly about their own role in helping to keep each other safe, showing maturity and awareness.

Finally, a heartfelt thank you to all our staff for their dedication to the holistic development of our young people. Their commitment ensures that our students are supported, challenged and prepared for the ever-changing world they will soon enter.

We finished our meeting with a prayer where we said – We are thankful 5 times with a loud voice to a soft voice. Take 5 mins in your day and explore why you are thankful today.

COULD YOU HELP THE SCHOOL? WE NEED ONE MORE FOUNDATION GOVERNOR

St Thomas More is currently seeking a foundation governor with experience or confidence in finance to support our work. If you, or someone you know, has financial skills and a heart for supporting Catholic education, we would love to hear from you. Governors 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. Daniel Cauchi

Reverse Advent Calendar

We are called to love one another and help those in need. This advent, instead of receiving gifts each day, we will donate gifts to those who need the help. Each house has been assigned specific items to collect on specific days, however if you wish to – please don't hesitate to donate additional items outside of the dates your house has been assigned.

Donations can be brought straight to the Chapel.

St. Andrew's

02/12/2025 – Tinned Soup

10/12/2025 – Tea/ Coffee

18/12/2025 – Gloves/ Hats/ Scarves



St. David's

03/12/2025 – Pasta/ Rice

11/12/2025 – Toothpaste/ toothbrushes

18/12/2025 – Gloves/ Hats/ Scarves



St. George's

04/12/2025 - Socks

12/12/2025 – Tinned meals

18/12/2025 – Gloves/ Hats/ Scarves



St. Patrick's

05/12/2025 – Shampoo/ Soap

15/12/2025 – Cereal

18/12/2025 – Gloves/ Hats/ Scarves



St. Sebastian's

08/12/2025 – Pasta Sauces

16/12/2025 – UHT Milk

18/12/2025 – Gloves/ Hats/ Scarves



St. Vincent's

09/12/2025 – Tinned Meat

17/12/2025 – Hot Chocolate

18/12/2025 – Gloves/ Hats/ Scarves



Prayer of the Week

God of promise and fulfilment,
You alone know the hour when Your Son will come again.
Teach us to wait with trusting hearts,
as Mary and Joseph once waited for His birth,
and as generations before them longed for the Messiah.
In our uncertainty, give us peace;
in our waiting, give us patience;
and in our faith, give us courage to trust Your plan.
May our hope in You never fade,
and may we live each day in quiet confidence
that Your love guides all things to their perfect end.
We ask this through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

1st Sunday of Advent

Matthew 24:37-44

Artwork: 'Vision of St Hubert' (1890) by Franz Von Stuck



This week we hear from the Gospel according to St Matthew as we start a new liturgical (Church) year with the season of Advent. A season of preparation. Preparing like the Israelites did, they prepared for the Messiah to come, we prepare for Him to come again.

The Gospel calls us to wake up from spiritual slumber. Lord Jesus Christ warns His disciples that the coming of the Son of Man will be sudden, like in the days of Noah, where people were living their lives as they wished, not knowing what was about to happen.

This is not a call to fear, but a call to awareness. Advent begins with this powerful reminder that time is precious. We are invited to live not in distraction or dull routine, but in readiness, with hearts alive to the presence of God in every moment.

The words of St Paul echo through the readings this week: "It is full time now for you to wake from sleep." But God is not just asking us to open our eyes, because our hearts must be opened as well. We can be physically awake yet spiritually asleep: living without gratitude, without hope, without love. How we greet each day says much about how awake we are spiritually. There are mornings when we rise with joy, eager to serve and to give thanks. But there are also mornings when life feels heavy, when we dread the dawn. The Lord meets us in both. To be spiritually awake means to bring our hearts, however weary, before God. To trust that even our smallest efforts to love, forgive, and begin again matter to Him.

So this Advent, let us rise from distraction. Let us greet each day as a gift, with gratitude and readiness. The Lord comes quietly — in prayer, in the Eucharist, in the person beside us. *Blessed are those servants whom the Master finds awake when He comes.*

Max Morris, Lay Chaplain

Chaplaincy News

St Andrew's House Mass: This week we celebrated St Andrew's house Mass, meaning every available student in his house attended. It was a fantastic occasion to celebrate one of our great patrons and Apostles. Thank you to Fr Jeff, the servers, the band and choir, and to all students who read and wrote prayers.




Request for prize donations - The CARITAS Team: Over the season of Advent there will be multiple charitable events that aim to raise funds and physical donations for the St Vincent de Paul project that helps the homeless and poor in our community. We are looking for donations of travel games, card games, small toys, sweet packets, or any other small gifts that can be used as prizes for these events or donated directly to the SVP.

Please keep an eye out for the different events that will be advertised in school over the next week.

BRENTWOOD CATHOLIC CHILDREN'S SOCIETY (BCCS) is currently seeking new Trustees with expertise in fundraising and marketing to help us expand our reach and strengthen our impact. Your skills and experience could play a vital role in shaping the future for children and young people, ensuring we continue providing essential services to children and families in need. If you are interested in learning more about this opportunity or know someone who might be a great fit, please do not hesitate to contact our Director, Bernadette Fisher at bfisher@bccs.org.uk who will be delighted to hear from you.

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 Apprentice (Level 3) – [website](#)

Holy Family Catholic Primary School, Benfleet – Headteacher - [website](#)

Sacred Heart Catholic Primary School, Southend-on-Sea – Administrative Assistant – [website](#)

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





ST VINCENT'S CENTRE
INVITES YOU TO

Afternoon Tea

AT
THE ROSLIN BEACH HOTEL
MONDAY 8TH DECEMBER 2025
1:30PM
£37.50 PER PERSON
(ADVISE DIETARY REQUIREMENTS WHEN BOOKING)



To Book Contact Phone: 07549128877
Email: nesperm@svp.org.uk
Charity No: 1053992

Parent Reminders and Student Information

Flu Vaccinations: flu vaccination information and catch-up appointments at local clinics can be found [here](#).

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

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



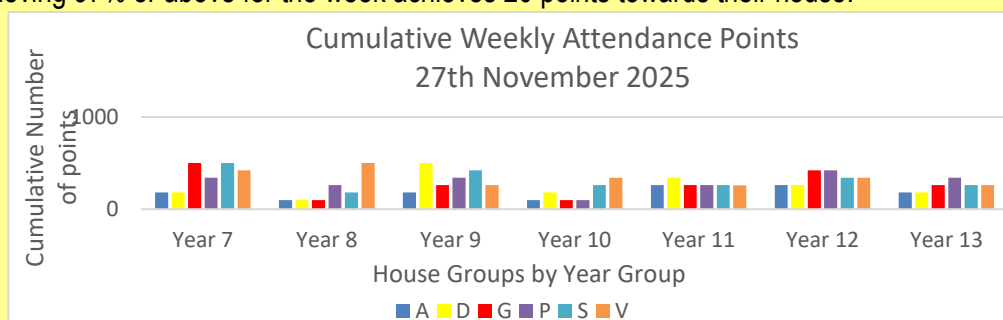
Absence: If your child is unwell and unable to attend, please notify the school of the reason for the absence on the first day of an unplanned absence by 9am or as soon as practically possible by calling the school and selecting attendance or

by emailing attendance@st-thomasmore.southend.sch.uk

If the absence lasts more than one day, please update the school daily. Attending a medical or dental appointment will be counted as authorised if the pupil's parent/carer notifies the school in advance of the appointment. We encourage parents/carers to make medical and dental appointments out of school hours where possible. Where this is not possible, the pupil should be out of school for the minimum amount of time necessary. You can request a leave of absence for exceptional circumstances by through 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.



Considerate Parking: Thank you for your support and understanding when learning our routines for dropping and collecting students at school, this half term is a busy one and extracurricular clubs and trips are numerous thanks to our dedicated staff. Please **do not use school carparks** for dropping off in the morning or picking up at the end of the school day. The closest collection point is behind the fire station. Cars that attempt to drive in at the end of the day cause congestion and are a hazard. Please remember that this exit is also the main pedestrian exit from the school. If using the local area to park, please be considerate to our neighbours and local community. **Please do not 'drive by' to try and drop off or pick up or use surrounding roads** which get congested. Thank you for your co-operation.

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

CHRISTMAS MARKET MENU
December 8th - 19th 2025

MONDAY Homemade Mince Pie	MONDAY Turkey Stuffing Panini
TUESDAY Chocolate Orange & Cranberries	TUESDAY Bacon & Cranberry Bagel
WEDNESDAY Xmas Tree Croissant Festive Roast Dinner	WEDNESDAY Xmas Hot Chocolate Festive Roast Dinner
THURSDAY Xmas Biscuits	THURSDAY Festive Cookies
FRIDAY Brie & Cranberry Turnovers	FRIDAY Roast Potato Pots

NOURISH
GROW WITH US

everyonehealth
because everyone matters

Join us for...

Winter Wellness Day

St Edmund's Community Hall, Saint Edmund's Close, Southend-on-Sea, SS2 4AS

Wednesday 10th December
12.30pm-3pm

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)

Now the world's go-to short video platform, TikTok captivates young audiences with its endless stream of engaging clips, but not without potential pitfalls. From unsettling or age-inappropriate content to harmful viral challenges, misinformation and even radicalisation, this ever-popular app can expose children to content that may not always be suitable for them. Our guide explores TikTok's hidden hazards, including in-app spending, compulsive screen time and privacy concerns, offering clear advice for parents and educators. With expert insight and practical safety tips, it aims to help families ensure that TikTok use remains fun, positive and, most importantly, safe.

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 TIKTOK

AGE RESTRICTION 13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one-third of 12-18-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chance of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

See full reference list on our website

#WakeUpWednesday The National College

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Users of this guide do so at their own discretion. No liability is entered into. Release date: 26.11.2025

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)



St Thomas More presents.....

The Great House Christmas Bake-Off

Bake a Christmas themed product – it can either be sweet or savoury (but needs to be suitable to be eaten cold) Bake it at home and bring your product in for judging on **Monday 8th December**. Drop off to the Food Tech room before school and collect after school labelled with your name, form and we ask you to provide the ingredients list with your entry (No nuts to be used in the recipe). Judging will be based on taste, appearance, complexity and theme. Happy Baking 😊 Mrs Napper (Teacher of Food Preparation and Nutrition/Enrichment Coordinator)



Alumnus of the Month: [November](#)

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](#).

Maths Problem of the Week

Answer to last week's problem: The fraction is 10/39 ths (simplified).

Two numbers p and q are such that $0 < p < q < 1$.

Which is the largest of these expressions?

A $q - p$

B $p - q$

C $\frac{p+q}{2}$

D $\frac{p}{q}$


E $\frac{q}{p}$

Aviation Club: The Global Innovators' Challenge Poster Competition: The Air League is holding a national poster competition for students aged 11–15. To take part, you'll need to design a creative and eye-catching A3 poster that shows how aviation is becoming more eco-friendly and sustainable.

Your poster should focus on one of these four exciting themes:

1. Sustainable Aviation Fuel (SAF): fuel made from renewable sources like plants, waste materials, or used cooking oil instead of traditional oil.
2. Electric Aircraft: planes powered by batteries instead of jet fuel.
3. Hydrogen Fuel: an energy source first discovered in 1839, now seen by many as a key part of zero-carbon flying.
4. Biomimicry: using nature-inspired designs to create innovative aviation technology.

Our school deadline for entries is Friday, 19th December 2025. Posters will be displayed at the Sustainable Skies World Summit at Farnborough Airport on 17–18 March 2026, where aviation experts will choose the winners.

 Top prize: an exclusive flight experience day at a local airfield! If interested in taking part, please see Mr. Pereira and more info about the competition can be found here: [Global Innovators' Challenge – Poster Competition - Air League](#)



Yr. 11 Revision Timetable

MON	TUE	WED	THU	FRI
8am – 8:30am (Speak to teacher for specific time)				
	RC-English E4	ZR- English (sets 7-9) E4	BS- Science Lab 2	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		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	AMB-Tech Tech 3		Art – KAY AR2	JS-Maths (foundation) M5 1.30pm
			GRO- RE 1.40-2.20pm (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)				
CW- Spanish- CR3	FLE- Media and Film Coursework MS1	MLO - Maths (set 3) M7	TM- 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 Ed from Year 9 for his great efforts in GCSE PE. Ed has really impressed in this first term, working well in lessons and working hard outside of lessons to reinforce his subject knowledge. Well done Ed!

Indoor Athletics: our Yr9 Athletes have made it through to the Final of the Lee Valley Schools Cup. Having had to shuffle the team around after Aubrey and Henry's absences, we wish them well. We welcomed Archie into the 200m and he absolutely delivered matching Henry's time. Elliot and Ralph dropped down to 60m & Hurdles. Luciano in the 300m Corban in the 800m another pb 2.24, Charlie went over 1m50 in the High jump.



Fixtures

DATE	FIXTURE
1/12/2025	School Closed
2/12/2025	Under 13 Basketball v Southend High (AWAY) 4pm tip off - return 5:45pm Under 18 Basketball v KEGS (AWAY) 4pm tip off - Leave 2:30pm, return 6:30pm Under 14 Basketball v Northfleet (HOME) 4pm tip off
3/12/2025	1st XI V Copleston (AWAY) 2pm kick off - Leave 12pm, return 6pm Year 8/9 Indoor Athletics @ Lee Valley – Leave 12.30pm, return 7pm
4/12/2025	Under 16 Basketball v Gateway (AWAY) 3:30pm tip off - Leave 2:30pm, return 6pm
5/12/2025	No Fixtures
8/12/2025	Year 7 Basketball v King John (AWAY) Under 16 Basketball v St Helena's (HOME)
9/12/2025	SEND Bowling - Leave 9:30am, return 12:30pm Under 16 Basketball v Westcliff High (HOME) 4pm tip off
10/12/2025	1st XI Football v Woodbridge (HOME) 2pm kick off Year 7 Basketball v Redden Court (AWAY) 3:30pm tip off - Leave 2:30pm, return 5:45pm
11/12/2025	Under 15 Basketball v KEGS (AWAY) Year 8 Basketball v Royal Liberty (HOME) 4pm tip off Under 14 Basketball v Barking Abbey (AWAY) 2:30pm tip off - Leave 1:30pm, return 5pm Under 13 Indoor Cricket v Southchurch (AWAY) 12pm start - Leave 11:30am, return
12/12/2025	Under 13 Basketball v Barking Abbey (HOME) 2pm tip off

PE Extra-curricular Timetable – Autumn Term

	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 – Autumn

	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 1.10-11.25am (Chapel) Library 11.10-11.25am	Personal Prayer 1.10-11.25am (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) Drama Club 2-2.25pm (H3) Warhammer Club 1.40-2.20pm (Lab 1) KS3 Maths Support Club Years 7-8 1:45 – 2:15pm (Tech 4) Minecraft Club Years 7-8 (CR4)	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)	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) Junior Rock Band 1.50pm (Music 1)	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) Magic The Gathering Club 2-2.25pm (Library) Chess Club 1.30-2.25pm (RE3) Guardians of the Garden 2-2.25pm 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 (BS1) Star Wars Club 2-2.25pm (Library) Bible Study 1.35-2.25pm (RE4) Labrats Years 7-8 1.40-2.25pm (Week 1 Lab 1/ Week 2 Lab 5)
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