

# CONTACT

No. 1725 – Friday 17<sup>th</sup> April 2026

**Prefect Mass:** On Thursday evening we celebrated a Mass of thanksgiving for a very special purpose – for our school prefects, those who are concluding their service to the school and those who have been newly appointed. We are immensely proud of all our prefects, past and present, but would especially like to thank Sean – our new Head of Prefects, and Daniel – our retiring Head of Prefects. Sean showcased how he will honour his leadership role by being involved in every aspect of the evening and in giving everyone in attendance a warm welcome in an opening address. Daniel has been a fantastic asset to our school, and he gave a heartwarming speech after our mass. We want to extend our thanks to Fr Jeff, who said mass for us, the servers and our liturgical band. We would also like to thank everyone who came to support the students and celebrate mass with us. It was a fantastic evening, and it was great to see so many families in attendance. We thank our retiring prefects for their service this past year and wish them luck on the next stage of their journeys. They set a very high bar. Congratulations to our new prefects who have already shown their desire to raise that bar this year!

**Yr. 8 Options & Key Dates:** All year 8 students should now have their Options Booklet and Options Choices Form. If any students were unable to attend last night, they can collect their booklet from the Data Office (by Lab 7).

I have included a summary of the remaining key dates in the options process below:

Key Dates	Event
Thursday 23 <sup>rd</sup> April	Year 8 Parents Evening (parents should have received an email about this)
Wednesday 29 <sup>th</sup> April	Final deadline for return of Options Form to Data Office.

If you have any queries or concerns regarding the options process at any point, please do not hesitate to email me. My email address is: [ahardiman@st-thomasmore.southend.sch.uk](mailto:ahardiman@st-thomasmore.southend.sch.uk)

**Year 9 Parents Evening:** takes place on **Thursday 30<sup>th</sup> April 2026 at 4pm**, all parents will receive an email with further information and how to book appointments shortly.

**Year 11 Leaving Arrangements:** parents/carers of Yr. 11 should have received a letter this week informing them of the arrangements which have been made for **Friday 8<sup>th</sup> May**, the day on which Year 11 can begin their study leave. Also included in the letter are some other key reminders for the upcoming weeks and a number of important dates and procedural points for the forthcoming examination period. Please take time to read through these with your child.

**COULD YOU BE A FOUNDATION TRUSTEE?** [Assisi Catholic Trust](#) is currently seeking a foundation Trustee with experience or confidence in HR; to support the development of people strategy or experience to support our flourishing capital strategy covering buildings, digital infrastructure & technology and our asset management plan. If you, or someone you know, have these skills and a heart for supporting Catholic education, we would love to hear from you. Trustees play a vital role in ensuring strong oversight, value for money and long-term planning. If interested, please contact the school office and speak to Mrs Ackred for an informal discussion.

## Prayer of the Week

Anima Christi

Prayer of the week

*Seasonal Marian Anthem*

Queen of Heaven, rejoice, alleluia!

for He whom you were worthy to bear, alleluia!

has risen as He said, alleluia!

Pray for us to God, alleluia!

# 3rd Sunday of Easter

Luke 24:13-35

Artwork: 'The Road to Emmaus' (c.1490) by Altobello Melone



This week we hear from the Holy Gospel according to Luke, its a very famous passage known as the road to Emmaus. In this two followers of Christ are walking along a road that leads to a villiage called Emmaus. Our Lord Jesus Christ has been Crucified a few days earlier, and though the Resurrection has occurred, not many people know about it at this point - certainly not these two disciples who are walking the road, they have heard of the empty tomb but don't believe it means Christ has conquered death. So they are wandering. They are upset, confused, and really unsure how to react to the Crucifixion. While they are walking a Man they dont recognise approaches them and starts to walk alongside them. This Man is the Risen Christ. "But their eyes were kept from recognising Him" is how our reading puts it. The two disciples and the hidden Christ discuss the Crucifixion and what the empty tomb means. They make it to Emmaus and decide to invite this Stranger (the hidden Christ) to dinner and to rest with them for the evening. They sit down and as soon as Christ breaks the bread they suddenly recognise Him, and they realise that the rumours of Resurrection are true.

This narrative has a lot to unpack, including an obvious message that many will have heard or understood before. But its one that we should remind ourselves of, especially during this great season of Easter. Throughout life we are constantly walking a path from destination to destination. From primary to secondary school, from GCSE to working full time, from living with family to starting your own. We can look back on our lives and usually see a series of events (or path) that lead us from point A to point B. During these journeys its easy to get tunnel vision and focus only on your goals, or to get distracted by unimportant things on your walk like a metaphorical cool looking stick that we have an urge to pick up for some reason. But we don't always see God around us, we don't realise that He is travelling with us. We don't see Him in the poor or vulnerable trying to walk the same path as us.

This Easter, as we celebrate Christ conquering death, let's look to see Him in those around us - What you do to the least of my brethren, you do to Me (Christ). Let's open our eyes to see God around us, even in the unexpected places.

- Max Morris, Lay Chaplain

## Chaplaincy News

**Student Leadership Retreat 2026/27:** From Monday 13th to Wednesday 15th April 2026, our newly appointed Senior Prefects and Sixth Form Leadership Team took part in a Student Leadership Retreat at St Cassian's Centre, Kintbury, Berkshire. The retreat was led by members of the Kintbury Retreat and Volunteer Teams, alongside Chaplain Max, Mr Chipping, Ms Corr and Mrs Ackred.

The retreat offered an invaluable opportunity for student leaders to spend time together, building strong relationships and developing key leadership skills through shared activities and prayer. Across the three days, students engaged in outdoor activities, teambuilding challenges, a fun quiz night and evening prayer, all centred on the themes of welcome, community, awareness and Good News. Time for reflection helped students deepen their understanding of themselves, grow in confidence and consider how to live out our school motto: "God's Servant First."

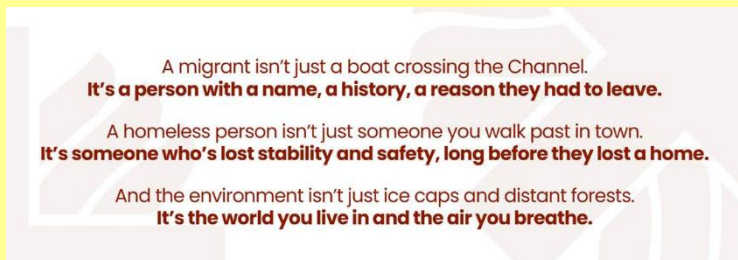
It was also wonderful to catch up with alumnus Marco, who is currently part of the Kintbury team of volunteers. A truly enriching experience for all involved, we look forward to announcing our School Captains in next weeks Contact!

**Yr 12 Core RE -Visiting Speaker Ms Sian Thomas -Cullinan from CARITAS Brentwood:** On Thursday 16<sup>th</sup> April during Core RE, Yr 12 listened to a presentation given by Ms Sian Thomas -Cullinan, on behalf of CARITAS Brentwood. This organisation supports, connects, and develops charitable projects across Essex and East London, focusing on social justice, community volunteering, and aiding the poor, vulnerable, and marginalized. It acts as a network for parish-based initiatives, schools, and charities, helping them share best practices and train volunteers to live out Catholic Social Teaching. The presentation focussed on 3 main areas:

1. Environment-our common home.
2. Homelessness and the cost of living.
3. Refugees and people seeking asylum.

Pupils were encouraged to reflect on the following:

1. Where is my information coming from?
2. Whose voices am I not hearing?
3. Am I reacting or thinking about where I stand?
4. Would my views change if I met the people I'm talking about?



Feedback from students:

"A really eye opening assembly. I didn't realise the extent of which homelessness and refugees affect our own borough. The message that young people can make a difference, no matter how small was very powerful and will definitely stick with me."

"I learnt from the talk that it's easy to judge people based on the stereotypes we've learnt and heard in society. These people have a name, and a story and they are fundamentally part of the world, specifically the UK."

"Very interactive....helps us understand in more detail, the ways, members of our community are supported and how we can begin to slowly change, in order to do the same."



## Our Assisi Catholic Trust Family

Schools	Parishes
 <a href="#">Our Lady of Lourdes Catholic Primary School and Nursery</a>	<a href="#">Our Lady of Lourdes and St Joesph Msqr Kevin Hale</a>
 <a href="#">St George's Catholic Primary School</a>	<a href="#">St. George and The English Martyrs Fr. Brett</a>
 <a href="#">Sacred Heart Catholic Primary School and Nursery</a>	<a href="#">Sacred Heart of Jesus Fr. Graham</a>
 <a href="#">St Helen's Catholic Primary School</a>	<a href="#">Our Lady Helo of Christians and Saint Helen Fr. Alex</a>
 <a href="#">St Joseph's Catholic Primary School</a>	<a href="#">Our Lady of Canvey and English Martyrs Fr. Eamonn</a>
 <a href="#">Holy Family Catholic Primary School</a>	<a href="#">Holy Family and St Thomas More Fr. Eduard</a>
 <a href="#">Our Lady of Ransom Catholic Primary School</a>	<a href="#">Our Lady of Ransom Fr Paul</a>
 <a href="#">St Teresa's Catholic Primary School</a>	<a href="#">Catholic Church of St. Teresa and the Child Jesus Fr. Gerry</a>
 <a href="#">St Thomas More High School</a>	<a href="#">St Peter's Fr. Jeff</a>

**SACRED HEART PRIMARY SCHOOL**

**IS YOUR CHILD STARTING SCHOOL IN SEPTEMBER?**

**BOOK YOUR VISIT NOW**

*Come and see how we can support your child*

*A catholic school that welcomes all*

☎ 01702 414200  
✉ office@sacredheart.southend.sch.uk




**Our Lady of Lourdes**  
Catholic Primary School and Nursery

Our Lady of Lourdes is a warm and welcoming school with high aspirations for every child in our care. We aim to provide a high quality education for every learner within our nurturing Catholic ethos.

We are proud of the diversity of our community and welcome families of all faiths or none to be part of our school family.

Please contact the school office to book your visit.

☎ 01702 475689    🌐 olol.co.uk  
📍 Manchester Dr. Leigh-on-Sea SS9 3HS





## Parent Reminders and Student Information

**London To Bournemouth Run – Mr West** - On 2nd May, I'll be running approximately 105 miles (170km) from London to Bournemouth — the equivalent of 4 back-to-back marathons. I'm doing this to raise money for Movember, a charity that exists to change the face of men's health. They tackle three of the biggest issues facing men today:

- Prostate cancer – around 1 in 8 men will be diagnosed in their lifetime
- Testicular cancer – the most common cancer among young men globally
- Mental health & suicide prevention – one man dies by suicide every minute worldwide, with men accounting for 69% of all suicides

Since 2003, Movember has funded more than 1,250 men's health projects across 20+ countries, helping men live happier, healthier and longer lives. I'd be incredibly grateful if you could spare anything at all to support the cause. 🙌 [Movember - Donate](#) If donating isn't possible right now, I would be hugely grateful if you're able to share the link with friends, family, or on socials. Thank you so much for your support. Mr West

**Manchester Marathon** – Mr Higgins will be taking part in the Manchester Marathon on 19th April to raise money for the British Heart Foundation. This is a fantastic charity that funds life-saving research into heart and circulatory diseases, helping millions of people across the UK. He would greatly appreciate any support from our school community. If you are able to make a donation, it would mean a lot and help support the vital work the charity does.

Thank you for your support! 🏃❤️ [Mr Higgins JustGiving Link](#)

**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](#).

FREE WEBINAR FOR PARENTS/ CARERS

of secondary aged children to support with mental health and wellbeing.

Presented by our Mental Health Support Team @EssexMHST\_and\_SEToasha

Coming up in April

Understanding Anxiety & Emotional Based School Avoidance (EBSA)  
22<sup>nd</sup> April 6:30 pm

How to Support your Child Around Exam Anxiety  
27<sup>th</sup> April 10 am

bit.ly/4ozRcIL





**FOLLOW US !!**



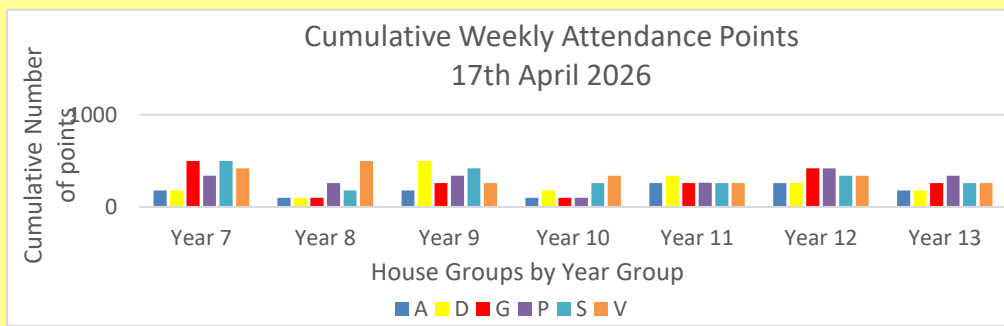
@stthomasmorehighschool



**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](mailto: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](mailto: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](mailto:mwalford@st-thomasmore.southend.sch.uk) if you wish to discuss your case in detail.

**Changes to Contact Details:** If you have moved house, changed your email address, mobile telephone number or work contact number, etc. **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](https://www.gov.uk/1619-bursary-fund) If you have questions or need help with the application, please contact our Sixth Form office.

# Spotlight on Wellbeing and Keeping Safe

Please don't forget that staff are here for you and your children, and you can get in touch with Mrs Walford via [welfare@st-thomasmore.southend.sch.uk](mailto: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 APP & PLAY STORES

### WHAT ARE THE RISKS?

Since the introduction of Apple's App Store and Google's Play Store, an estimated two million apps have been made available on each. Ofcom's 2025 media use and attitudes report states that more than half of children aged between 3 and 7 use apps or sites to communicate with each other, and, by the ages of 10 to 12, 45% of children are playing games on their mobile phones. This guide will help you ensure that children use the app stores and their content safely.

### MALICIOUS APPS WITH MALWARE

Although Google and Apple must approve the apps on their official stores, inappropriate content sometimes slips through the net. For example, in 2025, the security company Kaspersky found that multiple iOS and Android apps contained screen-reading software, primed to look for passwords and stealing crypto-wallet recovery phrases captured in screenshots.

### UNOFFICIAL COPYCAT APPS

Both official app stores contain copycat apps – often games – designed to look like popular rivals, mimicking their branding, layout and logos. While these will usually just offer a poor experience packed with ads as a quick money-making exercise, they're also more likely to be vessels for malware than the products they're counterfeiting.

### INAPPROPRIATE CONTENT

As the App Store and Play Store are for all ages, there's a lot of content available that's inappropriate for children. Examples include apps that have references to alcohol, drugs, sex, violence or gambling. In general, these are sensibly age-rated, but social media sites such as YouTube and TikTok, which both have an App Store age rating of 12+, can be gateways to adult material.

### PREDATORY IN-APP PURCHASES

App-making is a business, and most creators have found that 'freemium' software is the way to make money. That means the app will be free initially but will either require the user to watch ads or rely on them making in-app purchases. Some 'free' apps can be predatory, and there are plenty of examples reported where parents have racked up huge bills on behalf of their children's app activity.

### ADDICTIVE BY DESIGN

Phone addiction is fast becoming recognised as a real concern, and apps are a big part of this. Freemium apps have a real incentive to keep children checking in every day in order to generate more ad views or secure extra in-app purchases. This can interfere with schoolwork and other offline hobbies.

### SIDELOADED BANNED APPS

'Sideloading' – the more complicated practice of installing applications on a device from sources other than the official app stores – bypasses Google's and Apple's security procedures; however, it is possible for tech-savvy users. This opens up huge risks – not just apps that would be forbidden by Apple and Google, but pirate ones packed with malware too.

## Advice for Parents & Educators

### ACTIVATE PARENTAL CONTROLS FOR APPS

Both Google and Apple have apps that can give adults greater control over children's phone activity. 'Screen Time' (iPhone) and 'Family Link' (Android) have a range of features, such as letting you set age-related restrictions on the app stores, require permission to download an app, set daily time limits on specific apps, and control real-world spending.

### DO YOUR RESEARCH

If children ask permission to download an app, do your due diligence and research it. Read the app summary and search the internet for reviews and discussions to establish its legitimacy, safety and appropriateness – if it doesn't seem to be appropriate, look for safer alternatives instead.

### LOOK BEYOND THE REVIEWS

App store reviews are helpful, but they are easily gamed, and some unscrupulous developers will pay for quick reviews to give their work perceived legitimacy. Take more than a cursory glance at listings by digging out the one- and two-star reviews and looking closely at the developer – for example, if they've published a lot of unrelated apps, that's a red flag.

### TALK TO YOUR CHILD

Talk to children and make sure they're aware that apps can be risky. As part of a wider talk about internet literacy, ensure they don't download apps outside of the official channels, nor grant apps permission to access their camera, microphone, or photos without a good reason. Make sure they understand that in-game currency costs real-world money.

### Meet Our Expert

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



#WakeUpWednesday

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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.

**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)



**Future speaker in school - Darren Ryan:** We are hoping to have Darren in school in the near future to talk to students about mental health, but wanted to share with you his challenge in the local area that is taking place from the 6th April - 21st April. Former Detective Shares PTSD Story in New Memoir and Sets Out on 16-Day Charity Walk for Mind. To hear more about Darrens story before he comes into school please see the link below:

Link to Leigh-On-Sea.com: <https://www.leigh-on-sea.com/blog/detail/former-detective-shares-ptsd-story-in-new-memoir-and-sets-out-on-16-day-charity-walk-for-mind.html>

Link to JustGiving: To donate follow this link: [https://www.justgiving.com/page/darren-ryan-2?utm\\_medium=FA&utm\\_source=CL](https://www.justgiving.com/page/darren-ryan-2?utm_medium=FA&utm_source=CL)



**Year 8 First Aid Training in Personal Development:** Year 8 students have begun an exciting and valuable new unit in their Personal Development lessons, focusing on essential first aid skills. Starting with class 8A on Thursday 16th April 2026, students have been learning how to carry out a primary survey, use a defibrillator, and administer an EpiPen.

This hands-on experience provides students with the knowledge and confidence to respond effectively in emergency situations, equipping them with skills that could one day save a life. The sessions are being delivered by Mrs Morrison, with support from Ewan, and have already proven to be highly engaging and informative.

Other Year 8 forms will take part in the training over the coming weeks, ensuring that all students benefit from this important opportunity. This initiative is a fantastic addition to our Personal Development programme, helping to prepare students for real-life situations beyond the classroom.

We would like to extend our sincere thanks to Mrs Morrison and Ewan for their time, expertise, and support in delivering this excellent programme. Mrs Lindsay



**Alumnus of the Month: April 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 \(paperturn-view.com\)](http://The Aspire Guide - Flipbook - Page 1 (paperturn-view.com))



**Connexions Events:** a list of 6<sup>th</sup> 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](#).

### Maths Problem of the Week:

## Problem of the Week

Ibraheem has 10 cards. Four display the letter P; three display Q; two display R and one displays S. He also has 10 counters. One shows the number 3; two show 1; three show 4 and four show 2. He places one counter on the top of each card so that every pairing is different. Which one of these pairings does he *not* make?

A P2                  B R4                  C Q1                  D R2                  E S4



Answer to the pre-Easter problem – When she has eaten  $\frac{2}{7}$ ths of the 2<sup>nd</sup> bowl.

### POETRY CORNER NO. 95

#### WHEN MARY THRO' THE GARDEN WENT

When Mary thro' the garden went,  
There was no sound of any bird,  
And yet, because the night was spent,  
The little grasses lightly stirred,  
The flowers awoke, the lilies heard.

When Mary thro' the garden went,  
The dew lay still on flower and grass,  
The waving palms above her sent  
Their fragrance out as she did pass,  
No light upon the branches was.

When Mary thro' the garden went,  
Her eyes, for weeping long, were dim,  
The grass beneath her footsteps bent,  
The solemn lilies, white and slim,  
These also stood and wept for Him.

When Mary thro' the garden went,  
She sought, within the garden ground,  
One for whom her heart was rent,  
One Who for her sake was bound,  
One Who sought and she was found.

#### BY MARY E. COLERIDGE

[Stanford - When Mary thro' the garden went | The Choir of Trinity College Cambridge](#)

# Year 11 Revision Timetable



## REVISION TIMETABLE 25/26

MON	TUE	WED	THU	FRI
8am – 8:30am (speak to teacher for specific time)				
RCA - English E4	RC-English E4			
	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	A6 - 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) RES	
	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 Thalís from Year 8 for his excellent performance in the tennis fixture against Chase. Well done Thalís!

**Year 7/8 Tennis vs Chase – Won 8-4 & Year 9/10 Tennis vs Chase – Won 12-0:** Summer term has officially started when the tennis rackets come out. The year 7&8 team including Thalís R, Jacob F and Billy C all won their singles matches, with Thalís and Jacob pairing up and winning their doubles round too. We lost post due to missing one player on the day due to illness. The year 9&10 team consisting of Edward E, Michael A, Teddy M and Ralph P also won convincingly. Chase were missing 2 players meaning Ed and Michael played singles and won convincingly, as well as Teddy and Ralph pairing up to play doubles, again winning comfortably.

# Sports Fixtures

Date	Fixture
20/4/2026	No fixtures
21/4/2026	Year 8 House Football - 3:30pm-5pm
22/4/2026	Year 7/8 & Year 9/10 Tennis v Southend High @ Westcliff Lawn Tennis Club 4pm start Year 11 House Football - 3:30pm-5pm
23/4/2026	Year 9 House Basketball
24/4/2026	No fixtures
27/4/2026	Year 7 Jnr NBA v Gateway (AWAY)
28/4/2026	No fixtures
29/4/2026	Year 11 House Basketball - 3:30pm-5pm Borough Athletics Trial - Pole Vault & Hammer @ SHSB 4pm - return 5:15pm Yr 7/8 & 9/10 Tennis v Belfairs @ WLTC - 3pm start - Leave 2:30pm, return 5pm
30/4/2026	No fixtures
1/5/2026	Under 13 Cricket v Thorpe Hall @ Garons - Start TBC

## PE Extracurricular Timetable – Summer Term

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7.45 – 8.30 am</b>	Year 7-8 Strength and Conditioning (Gym) (JEN)	Year 8/9 Gym (JEN)	Year 7-10 Indoor Athletics (AAC)	Darts Club (All years) (SB) Year 8/9 Futsal (JEN) Year 10-13 Gym (LSH)	Year 10-13 Gym (EK)
<b>1.35 – 2.25pm</b>	Year 10 Cricket (JTB) Year 10 Astro (NSP) Hurdles & High Jump Astro Long & Triple Jump (AAC) GCSE PE Coursework catch-up (LSH)	Darts Clubs (All years) (SB) Year 9 Astro (JTB) Hurdles & High Jump Astro Throws Back Field (AAC) Long & Triple Jump (LSH)	Year 8 Astro (JEN) Year 9-11 Gym (NSP) Middle Distance (EK) Long & Triple Jump (SB)	Year 7 Astro (LSH) Hurdles & High Jump Astro (AAC)	Year 11 Astro (TH) Hurdles & High Jump Astro Throws Back Field (AAC)
<b>3.30 – 4.45pm</b>	<b>FIXTURES</b>	GCSE PE Coursework catch-up (SB) Year 7 Cricket (EK) <b>FIXTURES</b>	Tennis club (All years) (NSP) Year 8 & 9 Cricket (JEN, JTB)	<b>FIXTURES</b>	<b>FIXTURES</b>

# Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Before School</b>	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)
<b>Breaktime</b>	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 1.10-11.25am (Chapel)  Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel)  Library 11.10-11.25am
<b>Lunchtime</b>	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  Chess Club 1.30-2.25pm (RE3)  Anime and Manga Club 2-2.25pm (Library)  Aviation Club 2-2.25pm (MFL3)  Chaplaincy Games Club Years 7-11 1.35-2.25pm (RE4)  Warhammer Club 1.40-2.20pm (Lab 1)  KS3 Maths Support Club Years 7-8 1:45 – 2:15pm (Tech 4)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  History Club 1.30—2pm (RE3)  Liturgy Band 1.50pm (Music 1)  Latin Club 1-2.25pm Years 7-9: invite only (RE1)  Culture Club (Literature, Arts, Culture and Society) Years 10-13 1.30-2pm (E3)  Labrats Years 7-8 1.40-2.25pm (Week 1 Lab 1/ Week 2 Lab 5)  Transformers Club Years 7-9 1.30-2.25pm (Lab 8)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  The Caritas Team 1.30-2pm (E4)  Dungeons and Dragons 1.30-2.25pm (Lab 2)  Computer Science Club Years 9-11 1.30–2.30pm (CR5)  Junior Rock Band 1.50pm (Music 1)  Origami Club 2-2.25pm (RE3)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  Pokémon Club 1.30-2.25pm (Lab 2) Folk Band 1.50pm (Music 1)  Classics Club 2-2.25pm Years 7-9: invite only (RE4)  Chess Club 1.30-2.25pm (RE3)  Guardians of the Garden 2-2.25pm  Drama Club 1.50-2.25pm (H3)  Harry Potter Club Years 7-9 1.30-2.25pm (E6)	Personal Prayer 1.30-2.25pm (Chapel)  Library 1.30-2.25pm  Choir 1.50pm (Music 1)  Film Club Years 7-10 1.40-2.20pm (BS1)  Star Wars Club 2-2.25pm (Library)  Cards Club 1.30-2.25pm (M2)  Bible Study 1.35-2.25pm (RE4)
<b>After School</b>	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Study Club 3.30-4.30pm (CR3)	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Computer Science Club Years 9-11 3.30-4.30pm (CR5)	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Silver Duke of Edinburgh 3.30-4.45pm (Lab 10)  Morley's music lessons	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Adoration of the Blessed Sacrament (Holy Hour) 3.50-4.40pm (Chapel)  Morley's music lessons	Group Prayer 3.30-3.40pm (Chapel)  Library 3.30-4pm  Senior Rock Band 3.30-4.30pm (Music 1)

*Note: Clubs with no mention of year groups are open to all year groups*