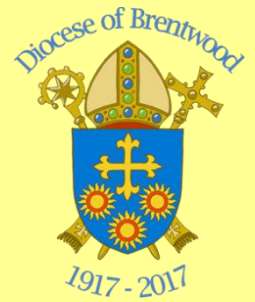


# CONTACT

No. 1714 – Friday 9<sup>th</sup> January 2026



We have welcomed students back to school this week and they are already working exceptionally hard. We look forward to seeing you at the **Parents' Evenings and events** taking place this term. **Our first parents' evening takes place for Yr. 7 on Thursday 15<sup>th</sup> January from 4pm.** We look forward to working in partnership with you all throughout 2026.

**Early warning – We are changing our Parent App! Please Read!**

What you need to do:

1. Download the App on your phone today

**Apple - [MyChildAtSchool \(MCAS\) - App Store](#)**

**Google Play -**

**<https://play.google.com/store/apps/details?id=com.bromcom.mcas&pli=1>**

**Please continue to use SchoolGateway until told otherwise**

**2. Wait until the w/b 26<sup>th</sup> January to sign up for your account!**

Further information about signing up and the features of the new app to follow.

**Early Warning - Year 11 Parents Evening** takes place **in school on Thursday 22<sup>nd</sup> January** from 4:00pm, all parents have received an email with further information and how to book appointments using our online booking system which opens on Monday 12<sup>th</sup> January at 4pm.

**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**



**Epiphany Masses:** On Tuesday 6<sup>th</sup>

January we celebrated the Epiphany of the Lord. Given that this is a Holy Day of Obligation we had two simultaneous Masses spread between our Sports and Assembly halls to allow for every student and staff member to attend a Mass during the school day. We would like to thank Fr Jeff and Fr Graham for celebrating Mass with us. A massive thank you to the band and choir who were able to prepare for this celebration over their very busy season of Advent. We would also like to recognise the great effort of the readers and servers over the two Masses who did a great job representing their year groups and positions in student leadership by having active roles in each Mass (and in front of almost 400 of their peers – and that was just in

the smaller of the two Masses). And lastly a thank you to every other member of staff or students who assisted in the organisation and smooth running of these two Masses.

**Yr. 11 & Yr. 13 Exam Certificate Collection:** This Wednesday, we welcomed back last year's Year 11 and Year 13 students to collect their GCSE and A-Level certificates. It was a wonderful opportunity for teachers and former pupils to reconnect and hear how they are getting on—whether that's settling into their first term at university, starting employment, or continuing their education. We hope they continue to stay in touch and keep us informed about their future journeys.



**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.

# Prayer of the Week

*Epiphany Blessing for the School*

Lord God of heaven and earth,  
you revealed your only begotten Son to every nation by the guidance of a star.

Bless our school and all who learn in it.

May we be blessed with health, goodness of heart,  
gentleness and the keeping of your law.

Fill us with the light of Christ,  
that our love for each other may go out to all.  
We ask this through Christ our Lord. Amen.

## The Baptism of the Lord

Matthew 3:13-17

Artwork: 'Baptism of Christ' (~ 1521) by Joachim Patinir



In the Gospel narrative we hear an account of Lord Jesus Christ being Baptised by His Cousin (St John the Baptist) in the River Jordan. He starts His public ministry in the same way that His followers would begin their faith with Him. Setting an ultimate example to us all, we start our Christian journey by being Christ-like and doing as He did. This week has been filled with messages of being great examples to others, so this is a very fitting Gospel for us.

On Tuesday we celebrated the Solemnity of the Epiphany of the Lord, where we hear of the Three Wise Men who travelled to see the Infant Christ and bring Him gifts. These gifts all representing a different aspect of Christ – Gold for a King, Frankincense for His divinity, and Myrrh for the sacrifice He would make. These men showed a great example to us all, one of faith, humility, and putting in tremendous effort. But their actions also show the importance of evaluating and truly seeing what other people have to offer.

This week we, as a school, start the process of formally looking at those who will be our next school prefects. These young men will be

expected to set examples for their peers, not just through their words but also in their actions, much like our Lord and the Wise men. Who will take up the challenge? Who will think “this is something my friends in year 9 will have to do soon, so I’ll show them how it should be done”? who will look at classmates they don’t know that well and try to see who they really are, and then use that to make them flourish?

We know that all of them are able to do this, but who will answer the call and put that potential into action?

This week we all pray that we can look to our Lord, see what He has done, see what He has taught us, and emulate that.

Becoming great examples to all in our community.

**Max Morris, Lay Chaplain**

# Chaplaincy News

**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 11<sup>th</sup> 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

**ARCHBISHOP OF WESTMINSTER:** Over the Christmas break, we heard the news of Bishop Richard Moth's appointment as Archbishop of our neighbouring Diocese, Westminster. Of his appointment, he said "I look forward to continuing the great adventure that is the life of the Church and witness to the Gospel."

**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](http://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.

**CARITAS BRENTWOOD:** You are invited to join Caritas Brentwood at our upcoming 'Responding to Homelessness' event on Saturday, January 24<sup>th</sup> 2026 (10am-12:30pm). The event will be hosted by St Francis of Assisi Catholic Parish in Stratford. It will offer practical support, shared insights and meaningful discussions with local organisations, including Your Place Anchor House, Rainham Foodbank and the Basildon Night Shelter, who are all working on the frontline of homelessness. For more information and to register for free, go to: [www.caritasbrentwood.org/events](http://www.caritasbrentwood.org/events).

**RETRouvaille MARRIAGE HELP:** Retrouvaille helps couples find hope and healing for their marriage. Next date: Thursday 12<sup>th</sup> February. [www.retrouvaille.org.uk](http://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 16<sup>th</sup> January and Friday 13<sup>th</sup> of February 2026 from 7:00pm to 9:00pm at The Blessed Sacrament Church, 116 Melbourne Avenue, CM12DU, Chelmsford. Bring your friends!

## 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>

### Vacancies:

St Thomas More High School, Westcliff-on-Sea – Cleaners - [website](#) & LSA Apprentice - [website](#)

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

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

## SACRED HEART PRIMARY SCHOOL

IS YOUR CHILD STARTING SCHOOL  
IN SEPTEMBER?



**BOOK YOUR VISIT NOW**

*A catholic school that welcomes all*

☎ 01702 414200

✉ [office@sacredheart.southend.sch.uk](mailto:office@sacredheart.southend.sch.uk)



Come and  
see how we  
can support  
your child

# 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.

## 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.

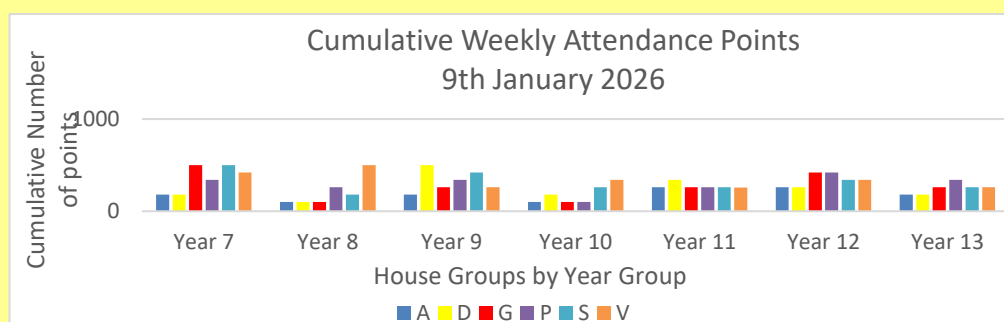
If interested, please contact the school office and speak to Mrs Ackred for an informal discussion. Daniel Cauchi

**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.



**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](mailto: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](https://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](mailto:office@st-thomasmore.southend.sch.uk)

# Spotlight on Wellbeing and Keeping Safe

Please don't forget that staff are here for you and your children, and you can get in touch with Mrs Walford via [welfare@st-thomasmore.southend.sch.uk](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 \(st-thomasmore.southend.sch.uk\)](#)

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](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

- 1 START EARLY CONVERSATIONS**  
Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.
- 2 PROMOTE SAFER SHARING**  
Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.
- 3 ENCOURAGE DIGITAL BALANCE**  
Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.
- 4 CREATE A SAFE SPACE FOR CONCERNS**  
When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.
- 5 STAY INFORMED AND CURRENT**  
With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.
- 6 TEACH CRITICAL THINKING**  
Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.
- 7 SET CLEAR BOUNDARIES**  
Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.
- 8 LEAD BY EXAMPLE**  
Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.
- 9 EXPLORE PRIVACY SETTINGS TOGETHER**  
Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.
- 10 KNOW WHERE TO GET HELP**  
Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

**Meet Our Expert**  
Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

**#WakeUpWednesday**  
The National College

[@wake\\_up\\_weds](#) [/wuw.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

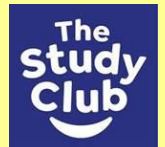
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# Departmental News



**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)



**More. Newspaper** are delighted to bring you the second issue of our publication. We hope you enjoy reading it, and if you would like to contribute to future issues of the newspaper, please speak to Mrs Lewis. Thank you again to our budding team of journalists. Mrs Lewis

**The STM Music Department's**  
**Musician of the Month**  
November  
Blyth Year 8

Thank you to Blyth for:

- Being a constant support to the music department
- Playing clarinet every week for Mass
- Setting a brilliant example to other students.
- Taking on new challenges

**The STM Music Department's**  
**Musician of the Month**  
December  
Jeevan Year 10

Thank you to Jeevan for:

- Being a constant support to the music department
- Participating in multiple ensembles
- Taking on new challenges
- Setting a brilliant example to other students.

**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 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](#)

## 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](#).



During a particularly troublesome lesson, the following conversation occurs:

Pam: "I always tell the truth."      Quentin: "Pam is lying."  
Roger: "Both Pam and Quentin are lying."      Susan: "Everyone is lying."  
Terry: "Everyone is telling the truth."

How many people are telling the truth?



### Maths Problem of the Week

Answer to last week's problem: There were 8889 leaves left

#### Poetry Corner No. 86

##### For The Nativity

Shepherds, I sing you this winter's night  
Our Hope new-planted, the womb'd, the buried Seed:  
For a strange Star has fallen, to blossom from a tomb,  
And infinite Godhead circumscribed hangs helpless at the breast.

Now the cold airs are musical, and all the ways of the sky  
Vivid with moving fires, above the hills where tread  
The feet—how beautiful!—of them that publish peace.

The sacrifice, which is not made for them,  
The angels comprehend, and bend to earth  
Their worshipping way. Material kind Earth  
Gives Him a Mother's breast, and needful food.  
A Love, shepherds, most poor,  
And yet most royal, kings,  
Begins this winter's night;  
But oh, cast forth, and with no proper place,  
Out in the cold He lies!

John Heath-Stubbs

["For the Nativity" by John Heath-Stubbs + choral setting – Art & Theology](#)

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

### Dos pajaros de un tiro

**Literal translation in English:** Two birds with one shot

**When do we use it?:** To get two things done at once

**Example:** Voy a una entrevista, pero ya aprovecho para ver a mi amiga Luisa, así mato dos pájaros de un tiro.

*(I am going to an interview but I'll take advantage of it to see my friend Luisa, so I kill two birds with a stone..)*

### Peluche

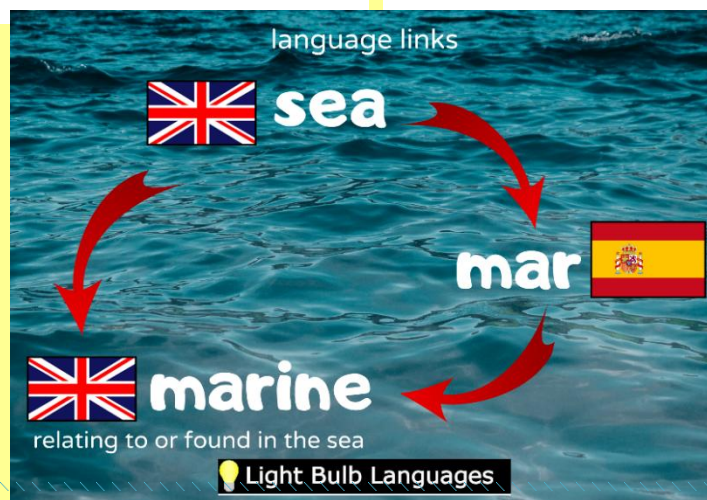
(peh-loo-cheh)

Masculine Noun

**In English:** stuffed toy/teddy bear

**Example:** Mi hija no puede dormir sin su peluche.

*(My daughter can't sleep without her stuffed toy/teddy bear.)*



# 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	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 CR5		
After School (speak to teacher for specific time)				
CWI- Spanish- CR3	FLE- Media and Film Coursework MS1	MLO - Maths (set 3) M7	TMI- RE (12mark Clinic) RE3	
	GWE-Geography-G3	GWE-Geography-G3		
	LDX- Music MUS1			
	LMY - Business BS1			
	CJC-Computer Science CR5			



## Sports News

**Personalised Athletics vests** are available for those students who will be representing the school in competitions or those wanting to wear them for Sports day, they are not compulsory for all students. They are priced at £20, sizing and personalising details are all on the [School Gateway](#), we will be placing the order on Friday 23<sup>rd</sup> January 2026, a further order will be placed before Easter. Any questions contact Mr Ackred.

**Year 8 Vs SHSB:** Another tough test for the Year 8's in the borough cup against Southend. The boys started the game well with strong defence and looked threatening going forward. As a result, we were only down by 7 points at half-time. Unfortunately, despite all the hard work they put in, the gap increased in the 4th quarter, which saw us exit the borough cup with a 71-43 loss to the Essex champions. Special mentions to Alfred for his outstanding defensive work and to Matthew for his consistent scoring and relentless effort throughout. There are plenty of positives to take from the game as we now turn our attention to the quarter-finals of the Essex Cup against Shenfield.

## Fixtures

DATE	FIXTURE
<b>12/1/2026</b>	Year 11 Football v Harris Rainham (HOME) 2:30pm kick off Year 10 Basketball v Southend High (AWAY) 4:15pm tip off - Return 6pm
<b>13/1/2026</b>	Year 7 Basketball v Southend High (AWAY) 4:15pm tip off - Return 6pm Year 9 Basketball v Southend High (HOME) 4pm tip off
<b>14/1/2026</b>	1st XI Football v Fitz (AWAY) 2pm kick off - Leave 1:15pm, return 4pm Year 10 'B' Basketball v Cecil (AWAY) 4pm tip off - return 6pm
<b>15/1/2026</b>	No Fixtures
<b>16/1/2026</b>	No Fixtures
<b>19/1/2026</b>	No Fixtures
<b>20/1/2026</b>	Year 7 Basketball v Westcliff High (HOME) 4pm tip off Year 8 Basketball v Westcliff High (AWAY) 4pm tip off - return 5:45pm
<b>21/1/2026</b>	Year 11 Basketball v Westcliff High (HOME) 4pm tip off Year 9 Basketball v Westcliff (AWAY) 4pm tip off - return 5:45pm
<b>22/1/2026</b>	Year 8 'B' Basketball v Cecil (AWAY) 4pm tip off - return 5:45pm Year 10 Basketball v Westcliff High (HOME) 4pm tip off Year 7 Indoor Cricket @ WHSB - 12pm start - return 3pm
<b>23/1/2026</b>	Under 14 Indoor Cricket @ WHSB - 12pm start, return 3pm

## 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) <b>FIXTURES</b>	Year 12/13 Basketball (SB) Yr7-9 Rugby (AAC & EwM) <b>FIXTURES</b>	Year 8 Football - A + B Team Training (JEN) <b>FIXTURES</b>	Badminton Club (All Years) (SB) <b>FIXTURES</b>	Week 1 - Year 9 'A' Team football training (MH/AH) Week 2 - Year 9 Open football training (MH/AH) Indoor Athletics (AAC) <b>FIXTURES</b>

## Extracurricular Timetable – Spring

	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 11.10-11.25am (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)	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)
<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)  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*