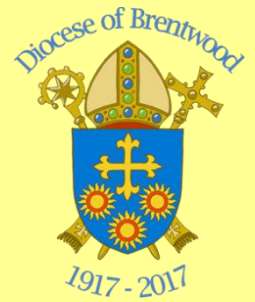


CONTACT

No. 1719 – Friday 13th February 2026



We return on **Monday 23rd February (Timetable Week 2)**. Please remember to 'top up' lunch money accounts before the students come back to school on Monday 23rd February [MCAS](#).

Our next **Parent Forum** will take place on **Monday 23rd February 2025** between 4.00pm and 5.30pm. This is an open invitation for parents and carers to pop into school to share ideas, ask questions and discuss feedback with leaders about general aspects of school life. No appointment is necessary!

Year 13 Parents Evening takes place **in school** on **Thursday 26th February** from 4:00pm, all parents should have received an email with further information and how to book appointments using our online booking system. We look forward to seeing as many families as possible at this evening to discuss how our year 13 students are progressing in this important year for them all.

CAFOD Family Fast Day: We are inviting all pupils on CAFOD Family Fast Day Friday 27th February 2026 to purchase a simple lunch of soup and a roll as an act of solidarity with the poor. Pupils are asked to purchase a school lunch ticket for £2 via [MCAS](#) in advance of the event. Potato & Leek or Lentil soup will be available. Tickets will need to be purchased by **Sunday 22nd February 2026**. Please state the choice of soup you would like via [MCAS](#). A normal lunch service will also be running on the date of the event.

FOSTM: Our Fundraising by FOSTM continues to make a real and lasting difference to our school community. Thanks to your generous support, we have recently been able to provide waterproofs for walking trips, ensuring students can enjoy outdoor activities in all weather, as well as new first aid equipment including a stretcher to enhance safety across the school. We have also invested in new Geography equipment to enrich learning and purchased new lighting and a lighting desk for the school hall, transforming performances and events. Our next fundraising event is our Family Quiz on February 27th, and we would love for you to join us for what promises to be a fun evening while continuing to support the school and our students, Tickets can be purchased via the link below, Or tables can be pre booked in advance and paid on the evening, <https://www.ticketsource.co.uk/friends-of-st-thomas-more/t-kdrvony>

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

Lenten preparation Prayer

Lord Jesus, as I prepare to enter this holy season of Lent, I ask for your guidance.

Open my heart to the quiet whispers of your voice, leading me to deeper conversion.

Grant me the strength to commit to fasting, prayer, and almsgiving, drawing me nearer to your holy presence.

During these 40 days, help me to reflect on your life and sacrifice.

May I grow in love and service, reaching out to those in need with compassion and mercy.

Transform my heart, renew my spirit, and help me to turn away from sin to live according to your Gospel.

AMEN

Ash Wednesday - 18/02/2026

This year Ash Wednesday is during half term. On Ash Wednesday all Christians are invited to have themselves marked with ashes on their forehead; this is a solemn and important day in the Church as we are encouraged to reflect on our lives and grow closer to God. Ash Wednesday also marks the start of the season of Lent – a preparation period for Lent where we reflect on the 40 days our Lord Jesus Christ spent fasting in the desert, and we symbolically journey with our Lord to the events of the Crucifixion and events at Easter. We do this through prayer, fasting, and almsgiving.

So why do we put ashes on our heads to start this season? There are a few reasons. The Ashes are made from the blessed palm branches from last year's Palm Sunday, this links us back to where we were last year – how have we changed/ grown? What's different in our lives? - but most importantly it marks long-standing tradition within the Abrahamic faiths where we look back to past events in Salvation History. Sometimes we reenact them, other times we do things to link us to these events. It gives us an opportunity to reflect on the events and how we have recognised them in the past. The Ashes also remind us of our mortality, not to scare us but to help us focus how we live our life, knowing that there is eternal life waiting for us if we choose to believe and follow the Gospel – this sentiment is echoed in the phrases that can be said as the ashes are placed on your forehead ("Remember that you are dust, and to dust you shall return" or "Repent and believe in the Gospel"). Lastly, the most easily apparent purpose of Ash Wednesday, is the public sign of faith. When you get the ashes you don't wash them off immediately - you keep them on for the whole day, you don't hide from others - you proudly show this expression of faith.

On 18/02/2026 please attend an Ash Wednesday Mass or Service. Many parishes will have multiple Masses or Services or times may be slightly altered, so please check that you have the most up to date information so you can attend a suitable service.



6th Sunday of Ordinary Time

Matthew 5:17-37

Artwork: "Moses with the Ten Commandments" (1659) by Rembrandt



This week we continue the Sermon on the mount from the Holy Gospel according to St Matthew. Lord Jesus Christ continues to challenge what the crowds expect Him to do. He reminds us that He isn't getting rid of traditions or commandments, but instead deepening our understanding and commitment to God.

He is calling us to better comprehend why God tells us to do certain things. We are challenged to look within ourselves and really evaluate our behaviours.

The 10 Commandments might teach us that we should Honour those who care for us, but if we honour them with basic actions, with no intent, and do things just because we are told to – not out of genuine love – then there is something wrong with how we are living out this commandment. We might look like great examples of our faith on the outside, but inside we haven't had that conversion of heart that the Lord calls us to. We're merely doing the bare minimum.

As inconvenient as they may seem, rules are genuinely in place for very good reasons. This, of course, doesn't just apply to Sacred Scripture. Rules around uniform or being on-time to school might seem very inconvenient in the

moment, but they are there to teach us important habits, ones that will help keep society functioning if we all follow as we get older.

This week we are being challenged to look deeper into Commandments in Scripture, and rules in our lives. To really reflect on them. Why are they there? How will it make me a better person? What does it teach me about myself and others?

When we look deeper, are we still following the essence and meaning of these rules? Or are we just doing the bare minimum so we can feel like we technically did what we are meant to?

During half term, on 18/02/2026, we have **Ash Wednesday** which marks the start of Lent. A time when we as Christians symbolically Journey with our Lord to the events of the Crucifixion. During Lent people fast, give up a bad habit, pledge to pray more, or dedicate themselves to be more charitable. Before Lent starts lets think about what we want to do to mark this season, why are we doing it? How will it help us grow in our faith? And are we doing it for the right reasons?

**Max
Morris, Lay Chaplain**

Chaplaincy News

Want to understand more about the Catholic faith? Unsure why we stand, sit, or kneel during certain parts of Mass? Have questions about the wording of certain prayers? Whether you're Catholic or not it's easy to have questions about the Catholic faith, every Mass, service, prayer, and dedication is full of rich meaning, Biblical origin, or tradition. On the request of multiple students there will now be 10-minute drop-in sessions during most break times in the chapel. The notice board in the chapel will contain information on each day the group will meet during the week, as well as any topics that have been previously agreed on (or if it will be just a general Q&A style session). If you want to join or have a question that you want to put forward for a full 10-minute session, please speak to Max.

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

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

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

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

Year 12 will complete a Big Lent Walk to Southend Pier on Tuesday 24th March 2026.

Year 7 Interhouse Pancake Race Competition: Year 7 will have a Interhouse Pancake Race Competition during Period 5 on Tuesday 3rd March 2026 to raise Money. The CAFOD Young Leaders will write to parents/carers nearer the time with more information. All pupils are asked to contribute a minimum of £2 to take part in their event. If they wish to raise more money, they can ask family and friends to sponsor them for the relevant event above. Please make your donation online via [MCAS](#). Pupils can use the CAFOD sponsor form which will be attached to the letter.

The CARITAS Team will be organising several additional fundraising events- a scavenger hunt, Lenten Bazaar and other activities. Further information will be available later.

Diocesan News

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

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.

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

SACRED HEART PRIMARY SCHOOL

IS YOUR CHILD STARTING SCHOOL
IN SEPTEMBER?




BOOK YOUR VISIT NOW


A catholic school that welcomes all

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



Come and see how we can support your child





Our Lady of Lourdes


Catholic Primary School and Nursery

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

☎ 01702 475689
🌐 olol.co.uk

Please contact the school office to book your visit.

NURSERY SPACES AVAILABLE
September 2026



Parent Reminders and Student Information

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

Term Dates: Please find the [Term Dates 2026-27](#)

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



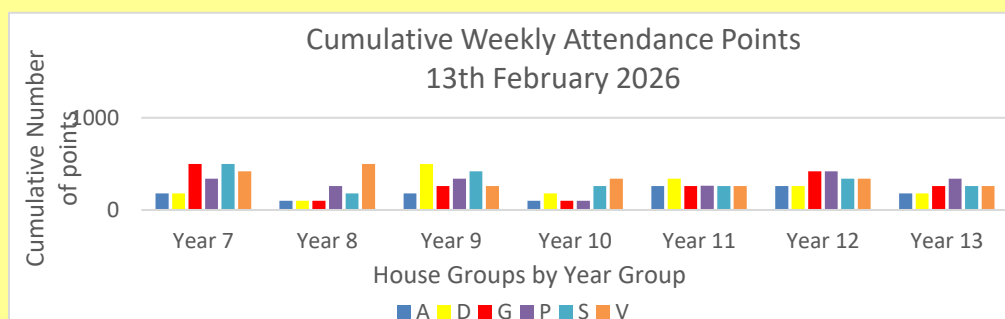
Half-Term Holiday Ideas: If you are looking for free and cheap things to do with kids over the half-term break some useful ideas can be found [here](#).

Parking: Despite persistent reminders, parents are still parking dangerously by the red gate exit at the end of each day. This is extremely dangerous as students, particularly those on cycles must swerve to get around illegally parked vehicles. We have contacted the Local Authority, and if it continues, we have been asked to record number plates of offending vehicles to pass on to the traffic department. Could you please co-operate for the safety of our students.

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

If the absence lasts more than one day, please update the school daily. Attending a medical or dental appointment will be counted as authorised if the pupil's parent/carer notifies the school in advance of the appointment. We encourage parents/carers to make medical and dental appointments out of school hours where possible. Where this is not possible, the pupil should be out of school for the minimum amount of time necessary. You can request a leave of absence for exceptional circumstances by through school gateway or alternatively email attendance@st-thomasmore.southend.sch.uk or by collecting a form from Reception. Please keep medical evidence of absence eg appointment cards or letters, copies of prescriptions, pharmacy receipts etc in case you need them to provide more details on your child's return to school.

House Attendance Points: The form with the highest attendance in the year group gets 100 points each week and every form achieving 97% or above for the week achieves 20 points towards their house.



Student Medical Conditions: Please ensure school is made aware of any updates regarding students medical conditions, particularly if they can potentially have an impact on their time in school and require support. Please contact Mrs Walford mwalford@st-thomasmore.southend.sch.uk if you wish to discuss your case in detail.

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

Changes to Contact Details: If you have moved house, changed your email address, mobile telephone number or work contact number, etc. over the summer holiday, **please remember you can make these changes via your child's [MCAS](#) account.**

16–19 Bursary Fund – Support for Sixth Form Students

The Government's **16–19 Bursary Fund** is available to help students stay in education by covering costs such as travel, meals, books, equipment, and trips. There are two types of bursaries:

- **Vulnerable Student Bursary** – up to £1,200 for young people in care, care leavers, or those receiving certain benefits.
- **Discretionary Bursary** – for students facing financial hardship, awarded by the school based on household income and individual need.

To apply, parents/students should complete the bursary application form (available from the Sixth Form office or school website) and provide supporting evidence. For full details and eligibility, visit: www.gov.uk/1619-bursary-fund If you have questions or need help with the application, please contact our Sixth Form office.

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.



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 \(st-thomasmore.southend.sch.uk\)](http://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.

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Helping children feel like they belong is vital for their emotional wellbeing, academic success, and overall development. A true sense of belonging reduces anxiety, builds confidence, and supports resilience. These ten tips are designed to help parents and educators create inclusive, caring environments where children feel accepted, safe, and valued.

1 USE EVERYDAY MOMENTS

Belonging is built in the small moments. Use daily routines such as meals, school drop-offs, or quiet times, to check in, offer praise, or listen. These interactions don't need to be lengthy to be meaningful. Consistent gestures of connection and warmth show children they are important, making them feel seen, appreciated, and truly part of the home or classroom community.

2 INVOLVE THEM IN RULE-MAKING

Involving children to help create rules or routines gives them a sense of shared ownership and responsibility. When their voices are heard, they feel respected and included in the decision-making process. This empowers children, fosters cooperation, and reduces resistance. Whether at home or school, co-created expectations are more likely to be followed because they come from a place of mutual respect.

3 VALIDATE ALL EMOTIONS

Acknowledging a child's emotions, whether positive or challenging, helps them feel accepted as they are. Validating statements like "I can see that made you upset," or "That sounds really exciting," support emotional expression and connection. Children who feel emotionally safe are more likely to seek help, participate openly, and trust the adults around them – all of which contribute to a sense of belonging.

4 HIGHLIGHT HIDDEN STRENGTHS

Go beyond academic success or good behaviour and take time to recognise a child's less visible qualities, such as thoughtfulness, resilience, or humour. Noticing these strengths sends a powerful message that they are valued for who they are, not just for what they do. This boosts self-esteem and helps children feel accepted in a world that often focuses on external achievements.

5 SHOW CURIOSITY ABOUT CULTURE

Ask respectful, open questions about a child's cultural background, family customs, or celebrations. These conversations create opportunities for children to share what matters to them and to feel proud of their identity. Whether at home or in school, valuing cultural experiences helps all children feel that their heritage is respected, and that they belong in a diverse, inclusive environment where every voice counts.

6 BELONGING BUDDIES

Pairing children with a peer they might not typically choose can foster new connections and break down social barriers. Assigning short projects, games, or shared responsibilities gives them a reason to interact. Buddy systems help quieter or less confident children feel included and supported. Over time, these intentional connections can develop into meaningful friendships, strengthening the wider sense of community and inclusion.

7 AVOID LABELS AND COMPARISONS

Avoid labelling children by behaviour or comparing them to others, as this can damage self-esteem and foster exclusion. Statements like "Why can't you be more like..." may unintentionally make a child feel less worthy. Instead, focus on individual progress and strengths. Encouraging children to celebrate their own achievements, however small, helps them develop confidence and feel valued for being themselves.

8 MAKE TIME FOR ONE-TO-ONES

Spending regular one-to-one time with a child shows that they matter on an individual level. These moments can be as simple as reading a book together or chatting during a walk. Focused attention, free from distraction, builds trust and emotional connection. It lets the child know they are important and cared for, which is crucial for developing a strong sense of belonging.

9 REFLECT THEIR INTERESTS

Whether at home or in school, including children's interests in daily life reinforces their importance. Display their artwork, talk about their favourite books, or include their hobbies in family activities or lesson plans. Seeing their identity reflected in their environment tells children they belong. It shows that their passions, preferences, and contributions are valued and that they have a place in the group.

10 EMPHASISE 'WE' OVER 'THEY'

Use inclusive language that reinforces unity and shared identity. Phrases like "Let's figure it out together," or "We all help each other here," promote collective responsibility and connection. Avoiding divisive terms like "those children," or "that class" helps children feel part of a supportive group. Language shapes experience, and inclusive language fosters environments where every child feels safe, welcomed, and included.

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

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Departmental News



Our [Amazon Wishlist!](#) Friends, family and alumni can donate directly to the school library. We still accept preloved copies from home you may wish to donate, but student and departmental requests for library stock can be found here. The book wish list is chosen and updated by the Library team as texts that benefit the student's reading comprehension, engagement with the curriculum and foster an interest in reading. If students have overdue library books, you should have received an overdue notice and may be charged an overdue fee per book via Gateway. To have the overdue notice removed, students can return the book, pay the fee, or replace the missing book with a new copy.

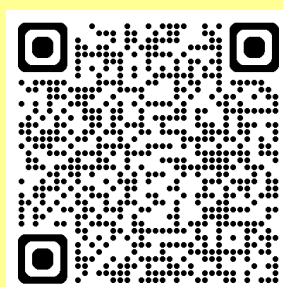
World Book Day 5th March: Students in KS3 and KS4 should be coming home with World Book Day vouchers this week to enable them to purchase a free book from participating book shops. We are pleased to celebrate World Book Day as part of the 2026 year of reading and we would love as many students as possible to purchase one of the books available using the vouchers. You can find out more about the books available here - [Books Archive - World Book Day](#). As ever please encourage students to read at home during the holidays and watch this space for more exciting events in the new half term. Mrs Cotgrove, Head of English, Media, Film and Sociology.

Does your child need somewhere quiet to study with access to a computer to complete extended learning? We currently have two Study Clubs available: Study Club: Monday 3.30-4.30pm in CR3 overseen by Mrs Williams (open to all years). Veritas Mentors: Thursday 1.30-2.25pm in the Year 12 study room. The Veritas mentors idea is based on the plan on having an extended learning support group run by sixth form students who will be on hand to offer support if needed (open to key stage 3 students). Mrs Napper (Enrichment Coordinator)



Guardians of the Garden: Hello, we are the Guardians of the Garden, a club of students from St Thomas More High School. We are currently trying to fundraise money for our school wellbeing garden, which we believe will help create a quiet natural space for students to enjoy at lunch and breaktimes. We would be grateful for any donations, such as gardening equipment like shovels and rakes, soil, sensory flowers and plants such as fruit trees and lavender, and potentially benches and tables, to put in the garden. Ultimately, we think it would be an amazing opportunity to bring the school garden to life and to create a safe space for students and would be grateful to receive any donations. Thank you from the Guardians of the Garden.

[We are delighted to bring you the third issue of More.](#) In this instalment we are covering all thing politics, entertainment and religion, with a highlighted focus on Mental Health Awareness. I would like to thank all of our contributors for their hard work and for the fantastic articles they have produced. I would like to give special mention to our outgoing Editor-in-Chief Jacob Morgan for all of his efforts in bringing the newspaper to fruition. We hope you enjoy this half term reading. Mrs Lewis



Macbeth: On Tuesday we were pleased to welcome Quantum Theatre into school for a performance of Macbeth for our Year 10 GCSE students. Macbeth is one of our GCSE Literature set texts and it is always a pleasure to have Quantum theatre bring the play to life for our students to allow them to experience the play in performance to help appreciate the dramatic qualities as preparation for their GCSE examinations. Mrs Cotgrove, Head of English, Media, Film and Sociology.

Year 12 and 13 Royal Courts of Justice trip: A group of A level Sociology students had the privilege of visiting the prestigious Royal Courts of Justice this week to take part in a court in session workshop in one of the court rooms. Students study Crime and Deviance as part of their A Level course and this workshop gave them a real insight into the workings of a court and the judicial system, and afforded them the opportunity to play the parts of judge, defence, prosecution and jury members for an actual court case. The students were excellent ambassadors for the school and thoroughly enjoyed the experience. My thanks to Mrs Lewis and Mrs Poole for accompanying the students. Mrs Cotgrove
Head of English, Media, Film and Sociology



Southend Makes Music 2026: On Monday 9th February, students from the St Thomas More Music Department proudly represented the school at the annual *Southend Makes Music* festival, held at the Palace Theatre. This week-long celebration showcases the incredible musical talent found across Southend's schools. Our Choir and Rock Band delivered fantastic performances of three well-loved songs: "Fix You" by Coldplay, "Treasure" by Bruno Mars, and "Sweet Child of Mine" by Guns N' Roses. The students performed with confidence, enthusiasm, and a wonderful sense of teamwork. It was an unforgettable experience for everyone involved, and we are already looking forward to taking part again next year!



Half Term Pancake Extended Learning Challenge – OPEN TO ALL: Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2025 Shrove Tuesday will fall on 17th February. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients. How creative can you be?



Challenge A – make a batch of simple pancakes (1 merit)

Challenge B – design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design. (2 merits)

Challenge C (Extreme Challenge!) – design and make a 3D pancake object or scene using either sweet or savoury pancakes. (3 merits)

Students that send photos of their pancakes will receive an extended learning challenge certificate

Please send photos of your finished product to

smnapper@st-thomasmore.southend.sch.uk



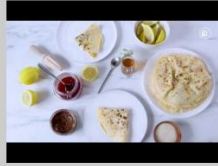
Basic Pancake Recipe



Health & Safety: You must have permission and be supervised by an adult when cooking in the kitchen.

Ingredients:

100g plain flour
2 large eggs
300ml milk
1 tbsp sunflower or vegetable oil, plus a little extra for frying



Method:

1. Put plain flour, eggs, 1 tbsp oil and a pinch of salt into a bowl or large jug, then whisk to remove any lumps. Gradually add your milk, whisking until you have a smooth batter.
1. Set aside for 30 mins to rest if you have time, or start cooking straight away.
1. Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
1. When hot, pour a small amount of batter in to your pan, just enough to coat the bottom.
1. Cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

Yr. 11 Business Studies Trip: Last week, a group of Year 11 Business Studies students visited Stamford Bridge, the iconic home of Chelsea Football Club, to take part in the Chelsea FC *Business of Football* tour.



Accompanied by Miss Myhill, Mrs Weir and Mr Simmonds, students were given a fascinating behind-the-scenes insight into how a major football club operates as a successful business. During the guided tour, students explored key areas of the stadium, including the press room, changing rooms, hospitality suites and pitch-side areas. At each stop, they learned about the wide range of

revenue streams that support the club, such as ticket sales, sponsorship, merchandising, broadcasting rights and matchday hospitality. The tour also highlighted how Chelsea manage their global brand, engage with fans, and balance sporting ambition with financial sustainability. Students also visited the Chelsea Museum, where they discovered more about the club's rich history and impressive achievements. This helped to bring classroom learning to life, as students could see real-world examples of business concepts such as branding, marketing, growth and profitability in action.



Alumnus of the Month: [February 2026.](#)



Aspire: online resources for all things careers/universities and apprenticeships, great for those not sure of the opportunities after GCSE's (POST 16) and A levels (POST 18). Click to find out more [The Aspire Guide - Flipbook - Page 1 \(paperturn-view.com\)](#)



Connexions Events: a list of 6th Form and colleges open events for 2025/26 can be found [here](#).

[Webinars & Workshops - Amazing Apprenticeships](#)

[The Telegraph Media Literacy Programme 2026 :: Telegraph Media Group Jobs](#)

Where Next booklet is a useful tool for parent/carers to use to help support theirs and their child's understanding of what careers pathways and next steps they can actively support them taking

CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

Careers Newsletter can be found [here](#).

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

Tener más vidas que un gato

Literal translation in English: To have more lives than a cat.

When do we use it?: To be a very lucky person.

Example: María tiene más vidas que un gato.

María is very lucky.

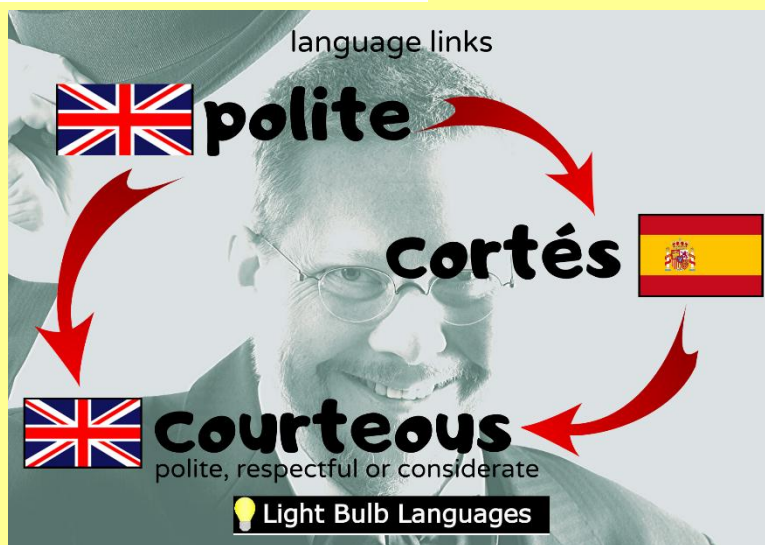
Gorra

(goh-rrah)

Feminine Noun

In English: Baseball cap

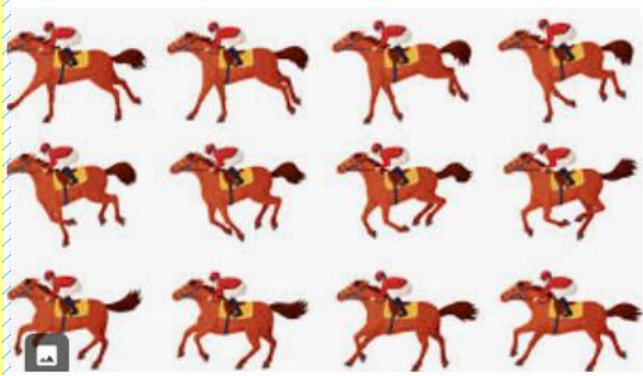
Example: Llevo una gorra porque hace mucho sol.
I wear a hat because it is very sunny.



In Fred's field there are some humans and some horses.

There are 25 heads in total and 60 legs in total.

What is the difference between the number of humans and the number of horses?



Maths Problem of the Week: $y = 15$ degrees.

Sports News



Yr7 Borough Basketball Champions: Year 7 Borough Final vs Southend: In a highly anticipated rematch against Southend, a side we previously lost to by a single point in the dying seconds, the team delivered an outstanding performance to claim the Borough title. From the opening tip, we showed far greater consistency both defensively and offensively. Our defensive pressure limited Southend's scoring opportunities, while excellent ball movement and intelligent decision-making created high-quality shots at the other end. Quick transitions and well-executed fast

breaks allowed us to build a commanding 44–20 lead at half-time. The second half saw us maintain our intensity and composure, refusing to allow Southend back into the game. The final score of 77–48 reflected a resilient and mature team performance, showing how much progress has been made since our narrow defeat earlier in the season. Standout performances came from Derick Reroma, who made a significant scoring impact, and Max Robertson, whose excellent decision-making and control of the game helped drive the team forward. A fantastic way to respond to our previous loss and a well-deserved Borough Final victory.



Year 9 Basketball: The Year 9 team were superb in their Borough Final against Southend this week, easing to victory despite missing Gabriel. Points were shared amongst the team but man-of-the-match was Mandela for his superb rebounding and intuitive attacking play that saw us take the spoils 95 points to 65. Two days later they took on St Martin's in the last 64 of the National competition. Helped by Derrick from Year 7 and Matthew from Year 8, the team were once again comfortable winners by 89 points to 63. They travel to Norwich in the next round to take on Wymondham School.

House Swimming Competition – Wednesday 11th February: This week, 32 students across years 7, 8 & 9 took part in the annual house swimming competition at Clements Hall. The competition featured races in front crawl, breaststroke, backstroke and butterfly, alongside a range of freestyle relays to finish. Vincents came out on top, with Davids in second and Patricks and Sebastians in joint third. For many students, this event was their first taste of a competitive house event. Well done to all students involved. Special thank you to Miss Weir for her support on the day.



STM Yr 9 A Team v Belfairs 5-0

Our first game of the new year and the year 9 team were back to their best. Last Friday they faced Belfairs in the Southend Cup. We knew this was going to be a challenging game, but the team didn't disappoint. Both teams started strongly, but we gained the edge with an early goal. The team were worthy of their lead and built on this with the excellent passing game they have shown this season. Our back four of Jeffrey, Alex, Hayden and Chisha worked together to keep the Belfairs attack quiet. Daniel was once again outstanding in goal and earned a very well-deserved clean sheet. Luciano, Corban, Sean and Archie maintained an excellent pressing game and combined this with some lovely passing play to help us take control of the match. Nathan made his debut alongside Ken and both proved to be ruthless in front of goal. 2 goals from Ken, 2 from Nathan and 1 from Luciano put the game out of sight. When Ralph, Josh, Henry, Charlie and Olly joined the game at various points throughout they added to the energy and helped provide another brilliant team performance to take us into the quarter final.....

STM Yr 9 A Team v Southchurch 11-0 (Quarter final)

Quickly following our win against Belfairs we faced our quarter final opponents Southchurch yesterday at home. We started with the same energy and pressing game that had gained the early advantage with the same result. This kick started a commanding performance played with excellent team discipline and work rate. The first goal set us up as we meant to go on and there were great performances from the whole team. Goals came from Nathan (x2), Archie (x2), Ken (x2), Corban (x2), Josh (x1), Henry (x1) and Kai (x1). With great defensive performances again from Jeffrey, Alex, Chisha and Dorian on his A-Team debut. Daniel maintained his 100% clean sheet record for 2026, and Charlie provided excellent energy and enthusiasm as always. Luciano and Teddy used their pace to provide us with so many scoring opportunities and Sean's relentless press in midfield meant we were rarely without the ball. Yet another fantastic performance from a team whose positivity this season has been rightly rewarded with excellent results.

Fixtures

Date	Fixture
23/2/2026	No Fixtures
24/2/2026	Year 7 Football v Greensward (AWAY) 4pm - Leave 3:20pm, return 5:30pm Under 18 Basketball v Southend High (HOME) 4pm tip off
25/2/2026	Year 7 Indoor Athletics @ Lee Valley - Leave 12:30pm, return 7pm Under 14 National Basketball v Wymondham (AWAY) 1:30pm - Leave 11am, return 5:45pm
26/2/2026	Year 8 Football v Eastwood (HOME) 4pm kick off
27/2/2026	No Fixtures
2/3/2026	Year 8 Rugby 7's @ New Hall - 11am start - Leave 10:10am, return 4pm Year 11 Football v Greensward (HOME) 4pm kick off
3/3/2026	No Fixtures
4/3/2026	Swimming Gala - Leave 11:30am, return 3:30pm Year 7 Rugby 7's @ New Hall - 11am start - Leave 10:10am, return 4pm
5/3/2026	Year 9 Rugby 7's @ Westcliff Rugby Club - 11am start - Leave 10:10am, return 3:30pm
6/3/2026	No Fixtures

PE Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45 - 8.30 am	Year 7-10 Basketball (RHE)	Year 8/9 Gym (JEN) Rackets Club (All Years) (RHE)	Year 10-13 Gym (SB) Year 7-10 Indoor Athletics (AAC)	Darts Club (All years) (SB) Year 8/9 Futsal (JEN) Year 10-13 Gym (LSH)	Year 11-13 Basketball (SB) Year 10-13 Gym (EK)
1.35 - 2.25pm	All Years Athletics - Back Field (JEN) Year 7 Basketball (JTB) Year 10 Astro (NSP)	Darts Clubs (All years) (SB) Year 10/11 Basketball (RHE/AWI) Year 9 Astro (JTB)	Year 8 Astro (JEN) Year 9 Basketball (SB) Year 9-11 Gym (NSP) Year 7-9 Rugby - Backfield (RHE)	Year 7 Astro (LSH) Year 11 Basketball (AWI)	Year 8 Basketball (JEN) Year 11 Astro (TH)
3.30 - 4.45pm	Year 7 Football - A + B Team (LSH) FIXTURES	Year 12/13 Basketball (SB) Yr7-9 Rugby (AAC & EwM) FIXTURES	Year 8 Football - A + B Team Training (JEN) FIXTURES	Badminton Club (All Years) (SB) FIXTURES	Week 1 - Year 9 'A' Team football training (MH/AH) Week 2 - Year 9 Open football training (MH/AH) Indoor Athletics (AAC) FIXTURES

Extracurricular Timetable – Spring

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Group Prayer 8.15-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)
Breaktime	Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am	Personal Prayer 11.10-11.25am (Chapel) Library 11.10-11.25am
Lunchtime	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Chess Club 1.30-2.25pm (RE3) Anime and Manga Club 2-2.25pm (Library) Aviation Club 2-2.25pm (MFL3) Chaplaincy Games Club Years 7-11 1.35-2.25pm (RE4) Warhammer Club 1.40-2.20pm (Lab 1) KS3 Maths Support Club Years 7-8 1:45 – 2:15pm (Tech 4)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm History Club 1.30—2pm (RE3) Liturgy Band 1.50pm (Music 1) Latin Club 1-2.25pm Years 7-9: invite only (RE1) Culture Club (Literature, Arts, Culture and Society) Years 10-13 1.30-2pm (E3) Labrats Years 7-8 1.40-2.25pm (Week 1 Lab 1/ Week 2 Lab 5)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm The Caritas Team 1.30-2pm (E4) Dungeons and Dragons 1.30-2.25pm (Lab 2) Computer Science Club Years 9-11 1.30–2.30pm (CR5) Minecraft Club Years 7-8 (CR4) Junior Rock Band 1.50pm (Music 1) Origami Club 2-2.25pm (RE3)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Pokémon Club 1.30-2.25pm (Lab 2) Folk Band 1.50pm (Music 1) Classics Club 2-2.25pm Years 7-9: invite only (RE4) Chess Club 1.30-2.25pm (RE3) Guardians of the Garden 2-2.25pm Drama Club 1.50-2.25pm (H3) Accounting Club Years 11-13 1.30-2pm (BS2) Veritas Mentors 1.30-2.25pm (year 12 study room)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Choir 1.50pm (Music 1) Film Club Years 7-10 1.40-2.20pm (Yr. 12 Study Centre) Star Wars Club 2-2.25pm (Library) Bible Study 1.35-2.25pm (RE4) Cards Club 1.30-2.20pm (M2)
After School	Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Study Club 3.30-4.30pm (CR3)	Group Prayer 3.30-3.40pm (Chapel) Computer Science Club Years 9-11 3.30-4.30pm (CR5)	Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Silver Duke of Edinburgh 3.30-4.45pm (Lab 10) Morley's music lessons	Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Adoration of the Blessed Sacrament (Holy Hour) 3.50-4.40pm (Chapel) Morley's music lessons	Group Prayer 3.30-3.40pm (Chapel) Library 3.30-4pm Senior Rock Band 3.30-4.30pm (Music 1)

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