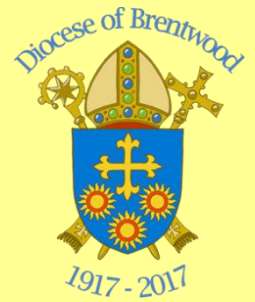


CONTACT

No. 1715 – Friday 16th January 2026



Year 7 Parents Evening - Thank you to all those families who attended our Year 7 Parents Evening yesterday. It was lovely to see so many of you there to discuss the year 7 students progress and their first term at St Thomas More.

Year 11 Parents Evening takes place in school next **Thursday 22nd January** 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 11 students are progressing in this important year for them all.

Year 8 Options – Save the Date – Thursday 26th March 2026 at 5pm: Just an early reminder that our Year 8 Options Process begins next half-term, with Options Evening taking place on **Thursday 26th March**. A letter will be sent out next half-term to explain the format of the evening, along with further details of this important process, and we hope to see all year 8 parents/carers and students on 26th March. Mrs Hardiman

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 -

[\[MyChildAtSchool%20\(MCAS\)\]MyChildAtSchool \(MCAS\) -](#)

[Google Play](#)

Please continue to use SchoolGateway until told otherwise

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

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

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

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

Prayer of the Week

A prayer for students discerning leadership roles.

Heavenly Father,
grant us wisdom and understanding to lead with integrity and compassion.

Fill us with Your Holy Spirit,
That our decisions may align with Your will,
Serving Your people with humility and love.
Strengthen our faith to navigate challenges,
And make us instruments of Your Peace and truth
In our families, with our friends, and for our school.
Amen

2nd Sunday of Ordinary Time

John 1:29-34

Artwork: 'Agnus Dei' (~ 1635-1640) by Francisco de Zurbaran



This week we hear from the Holy Gospel according to St John. In this we have John the Baptist pointing us to the Lord, much as he did in our Advent readings, and we hear him call our Lord Jesus Christ the "Lamb of God", a beautiful title for our Lord that points out some important aspects of His nature. It should immediately make us look back to the Exodus from Egypt, where the blood and sacrifice of a pure and unblemished first born male Lamb was used to save the faithful. Calling our Lord the 'Lamb of God' should point us toward that incredible sacrifice and service to all of humanity.

Service and self-sacrifice is important, we demonstrated it at the end of last term with the vast amount of charitable events, physical donations, and assistance that we gave to not only our school community, but the community at large.

Last Friday the applications for Prefects was opened to our year 10s. This week we look to our Year 12s and ask them to answer a call to leadership. As Christians we are quite literally called to be Christ-like. Who of our year 12s will commit to live the Gospel through their action, to be the one that we point to and say "that's someone who is willing to make personal sacrifice in service of others"?

Though it isn't only our future prefects and leaders who should aspire each day to live the example of Christ and help the community, this week we focus our prayers on them. For their discernment, and for our Lord to guide them through their time in their respective roles.

Max Morris, Lay Chaplain

Chaplaincy News

Year 12 Mass: This week we celebrated Mass with our year 12 students, praying not only for their peers who are undergoing exams but also for those who are discerning leadership roles. Each form class in the year collaborated to bring together a different part of the Mass, whether it was the intention, the bidding prayers, or taking a more active role during the Mass and reading. Thank you to all who participated and assisted in this Mass, and to Fr Jeff for celebrating it.

CAFOD Young Leaders: The CAFOD Young Leaders had their second part of their training in campaigning and event organising. The group have been working very hard over the last half term, assisting other Charitable endeavours and demonstrating great leadership. All of this work being documented and presented to those running the programme who were very impressed. The training this week occurred on Teams and gave them a briefing on CAFODs campaign focus for Lent so that they can prepare and plan what they will do during the season to raise money and awareness. We look forward to seeing what they do.



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

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

Sacred Heart Church Community Warm Café – Every Friday 11am-2pm: Throughout winter, Sacred Heart Church (418 Southchurch Road, Southend-on-Sea, SS1 2QB) will be opening up the doors of their parish hall every Friday from 11am-2pm for their community warm café. Come along and enjoy a bowl of hot soup, refreshments, cakes & biscuits and a friendly chat. This is free of charge.

Diocesan News

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

CARITAS BRENTWOOD: You are invited to join Caritas Brentwood at our upcoming 'Responding to Homelessness' event on Saturday, January 24th 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.

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

MARANATHA! COME LORD JESUS! You are warmly welcomed to an evening of praise and worship, including mass and adoration. Friday 16th January and Friday 13th of February 2026 from 7:00pm to 9:00pm at The Blessed Sacrament Church, 116 Melbourne Avenue, CM12DU, Chelmsford. Bring your friends!

TOUR OF THE RELICS OF ST. GERARD MAJELLA

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

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

'TOUR OF THE RELICS OF ST GERARD MAJELLA 2026
DIOCESE OF BRENTWOOD

JANUARY

MONDAY 19TH: BASILDON, HOLY TRINITY

WEDNESDAY 21ST: COLCHESTER, STS JAMES & HELEN

THURSDAY 22ND: WALTHAMSTOW, OUR LADY OF THE ROSARY & ST PATRICK

FRIDAY 23RD: FOREST GATE, ST ANTHONY

6PM: CHURCH OPEN FOR PERSONAL PRAYER WITH THE RELICS (CONFESSIONS AVAILABLE)
7PM MASS FOLLOWED BY BLESSINGS WITH THE RELIC

REDEMPTORISTS OF THE LONDON PROVINCE
WWW.REDEMPFORISTS.CO.UK

@stgerard300

Our Assisi Catholic Trust Family

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

Vacancies:

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

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

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

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.

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

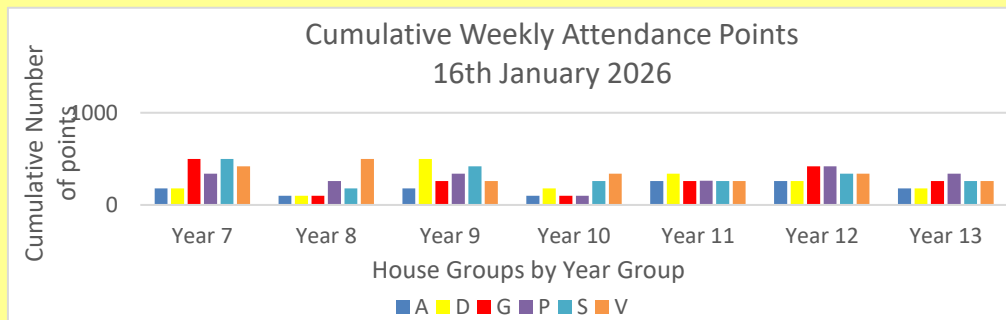
Absence: If your child is unwell and unable to attend, please notify the school of the reason for the absence on the first day of an unplanned absence by 9am or as soon as practically possible by calling the school and selecting attendance or by emailing attendance@st-thomasmore.southend.sch.uk

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



appointment cards or letters, copies of prescriptions, pharmacy receipts etc in case you need them to provide more details on your child's return to school.

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



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

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

16–19 Bursary Fund – Support for Sixth Form Students

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

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

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

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

Please check:

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



ACHIEVEMENTS FOR CONTACT

HAS YOUR CHILD DONE SOMETHING OUTSIDE OF SCHOOL THAT DESERVES RECOGNITION?

WE WOULD LIKE TO CELEBRATE IN CONTACT

Send Information & Pictures to:
office@st-thomasmore.southend.sch.uk

Previous attachment

THE VICTORIA CENTRE SOUTHEND

Southeast-on-Sea City Council

IN CELEBRATION OF CHILDREN'S MENTAL HEALTH WEEK

YOUTH FEST

FREE ENTRY

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

CHILD & YOUTH SERVICES
ACTIVITIES & MUSIC
WELL-BEING

Spotlight on Wellbeing and Keeping Safe

Please don't forget that staff are here for you and your children, and you can get in touch with Mrs Walford via welfare@st-thomasmore.southend.sch.uk if you need some support. Parental factsheets on various topics are available on our website under the Safeguarding section, [Parent Fact Sheets \(st-thomasmore.southend.sch.uk\)](https://www.st-thomasmore.southend.sch.uk)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally 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.thenationalcollege.com).

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

- SLEEP DISRUPTION**
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.
- ONLINE PEER PRESSURE**
Social media platforms expose children to unrealistic standards and peer validation loops (likes, comments, and follower counts) can influence self-worth and lead to anxiety or risky behaviour to gain approval.
- CYBERBULLYING EXPOSURE**
Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.
- REDUCED PHYSICAL ACTIVITY**
Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.
- EMOTIONAL DYSREGULATION**
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- PRIVACY AND SAFETY RISKS**
Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Using a visual schedule or timer app can help children understand and stick to limits.
- ENCOURAGE OPEN DIALOGUE**
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and openness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.
- MODEL HEALTHY HABITS**
Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert
Adam Gillert is Associate Vice Principal for Personal Development at Pershore Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2026

Departmental News



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

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



Year 8 Pilgrimage to Canterbury – 9th and 14th January 2026: Last week and this week, the majority of Year 8 students took part in an RE and History pilgrimage to Canterbury, where Christianity was re-established in England in 597 AD. The visit began with Mass at St Thomas of Canterbury Catholic Church, celebrated by Fr. Peter Geldard. The church's Martyrs' Chapel contains relics of St

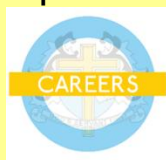


Thomas Becket (also known as St. Thomas of Canterbury) and a stole (priest's vestment) belonging to St. Oscar Romero, while also honouring several other Reformation martyrs such as St. Thomas More, St. John Fisher and St. John Stone. Students from each form read during the Mass and did so with confidence and reverence. After Mass, students visited Canterbury Cathedral, the oldest cathedral in England. Following a short film about the Cathedral's historical importance, they enjoyed a guided tour exploring the cathedral's history, architecture and monastic life. Students visited key areas including the site of St Thomas Becket's martyrdom and learned about his shrine, the miracles associated with him and Canterbury's long tradition as a place of pilgrimage. Our guides praised the students for their excellent behaviour, engagement and thoughtful questions. Overall, the trip was a valuable and inspiring experience, with our Year 8s acting as excellent ambassadors for the school.



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

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



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

[Webinars & Workshops - Amazing Apprenticeships](#)

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



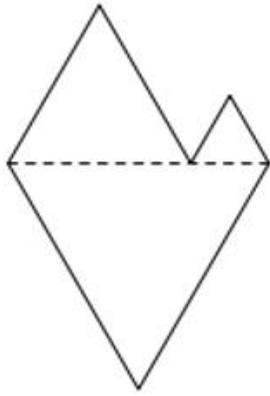
CAREERS NEWSLETTER

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

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

Maths Problem of the Week

A hexagon is formed by arranging three equilateral triangles, as shown in the diagram.
The side-length of the largest equilateral triangle is 10 cm.
What is the perimeter, in cm, of the hexagon?



Answer to last week's problem: Only one person can be telling the truth (even if we don't know who it is).

Poetry Corner No.87

Stopping by Woods on a Snowy Evening

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep.
And miles to go before I sleep.

Robert Frost

[Robert Frost reads "Stopping by Woods on a Snowy Evening"](#)

["Stopping by Woods on a Snowy Evening" - Robert Frost \(Powerful Life Poetry\)](#)

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

al pan, pan y al vino,
vino

Literal translation in English: Bread's bread and wine's wine

When do we use it?: When something is what it is (is what it says on the tin)

Example: Al pan, pan, y al vino, vino, Rebeca. Tú quieres mucho a Frankie, pero reconoce que no te quieres casar con él.

(It is what it is, Rebeca. You love Frankie very much, but you have to admit you don't want to marry him.)

Villancico

(bee-yahn-see-koh)

Masculine Noun

In English: Christmas Carol

Example: Tenemos una tradición navideña de cantar villancicos.

(We have a Christmas tradition of singing carols together.)



Yr. 11 Revision Timetable

Following last weeks Year 11 mock results day, attention now turns to Year 11 Parent's Evening on Thursday the 22nd of January. It goes without saying that we would love to see every student attend the evening as it the last time for both parents and students to have thoughtful, considered conversations about individual subjects. If for any reason you or your child is unable to attend, please do let myself, Mr Hardiman and Mr West know.

I have noticed students are beginning to attend revision sessions more regularly since our return on January 5th and this has been heartening to see. I would urge all students to avail of these sessions as they are solely focused on preparing for exam. Students who are choosing instead to revise at home, my advice would be to bring in that revision and as a member of staff to mark it and provide feedback.

The revision timetable is attached, there have been some additions so please do take a look. I look forward to seeing you at parents evening next week- hopefully in drier and more humid conditions. Mr Dooley and Mr West.

MON	TUE	WED	THU	FRI
8am – 8:30am (Speak to teacher for specific time)				
	RC-English E4 JFE-English E7 (Week 1) PGR-RE RE2	ZR- English (sets 7-9) E4 JFE-English E7 (Week 2)	BS- Science Lab 2	GDO -English E1
	LDO-Music listening paper revision-H1			
1:30pm – 1:55pm (speak to teacher for specific time)				
DCO - Media and Film E7	Art-KBA AR3 (Week 2)	DCO - English E7	API - Physics Lab 2	JH-Geography G1 1.45-2.25pm
GRO-RE 2.00-2.25pm RE2	KDO-History H1		AB - Product Design Tec 3	SEM-English E6
JH- Geography G1 1.45pm-2.25pm	LMY - Business BS1	CJC-Computer Science CR5	KDU- English E5	DMA-Maths (Higher Tier grades 7-9) Studio
KAY & KBA Art AR2 & AR3 LSH/JEV GCSE PE 1.45-2.15pm PE1/CR8	AMB-Tech Tech 3		Art – KAY AR2 GRO- RE 1.40-2.20pm RE2 (week2)	JS-Maths (foundation) M5 1.30pm
			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) RE3	
	GWE-Geography-G3	GWE-Geography-G3	AP- Spanish MFL 2	
	LDX- Music MUS1 CWI- Spanish MFL 2			
	LMY - Business BS1			
	CJC-Computer science CR5			



Sports News

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 23rd January 2026, a further order will be placed before Easter. Any questions contact Mr Ackred.

Fixtures

Date	Fixture
19/1/2026	Year 10 Basketball v Westcliff High (HOME) 4pm tip off
20/1/2026	Year 7 Basketball v Westcliff High (HOME) 4pm tip off Year 8 Basketball v Westcliff High (AWAY) 4pm tip off - return 5:45pm
21/1/2026	Year 11 Basketball v Westcliff High (HOME) 4pm tip off Year 9 Basketball v Westcliff (AWAY) 4pm tip off - return 5:45pm 1st XI Football v Chigwell (HOME) 2pm kick off
22/1/2026	Year 8 'B' Basketball v Cecil (AWAY) 4pm tip off - return 5:45pm Year 7 Indoor Cricket @ WHSB - 12pm start - return 3pm
23/1/2026	Under 14 Indoor Cricket @ WHSB - 12pm start, return 3pm
26/1/2026	Year 9 Basketball v Eastwood (HOME) 4pm tip off Year 11 Basketball v Shoebury (AWAY) 4:15pm tip off - return 6pm
27/1/2026	Year 9 'B' Basketball v Chase (AWAY) 4pm tip off - return 5:30pm Year 7 Basketball v Eastwood (AWAY) 4pm - return 5:45pm Year 8 Basketball v Eastwood (HOME) 4pm tip off Year 11 Football v Woodlands (AWAY) 4:15pm kick off - Leave 3:15pm, return 6pm
28/1/2026	1st XI Football v Beauchamps (HOME) 2pm kick off Year 11 Basketball v Eastwood (HOME) 4pm tip off Year 10 'B' Basketball v Chase (AWAY) 4pm tip off - return 5:45pm
29/1/2026	Year 10 Basketball v Eastwood (AWAY) 4pm tip off - return 5:45pm Year 8 'B' Basketball v Chase (HOME) 4pm tip off
30/1/2026	No Fixtures

PE Extracurricular Timetable

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

Extracurricular Timetable – Spring

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

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