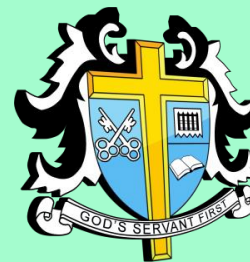




CONTACT

No. 1423 – Friday 20th April 2018



Dear Parents and Pupils,

Welcome back to all of our readers. We hope that you had a blessed and relaxing Easter holiday. The Easter message is one of hope, new beginnings and celebration of life. This term sees us begin a very busy and important term for all of our students as they continue to prepare for and take public and internal exams. The staff of the school work hard with all our students to ensure success and revision resources are readily available to our students; please ensure that you encourage your son/daughter to use these invaluable resources. I look forward to your continued support and encouragement.

Highlight of the Week

My highlight this week is a perfect example of the expectation and hope we have for our young men and women to develop into well-rounded, caring members of society, living out the school's motto of **'God's Servant First'**.

I received an email from a member of the public earlier this week to praise three of our students who came to the aid of a young student from St Bernard's who was being bothered by two boys on a bus.

She wrote, '.....The boys were flicking bits of paper and rubber at her from behind and she was clearly very uncomfortable, but didn't say anything.

To which the group of St Thomas More lads stepped up and went over to the girl asked if she was ok and sat with her. The young girl who looked to be only a year 7 or 8 was clearly glad of the intervention and thanked the lads when she got off the bus a few stops later. It was so wonderful to see and fantastic that there are some young men in Essex who still use their moral compass!'

Weekly Prayer

Lord God,

The Resurrection means that we rise again with new bodies.

This is your loving plan for me.

Help me to take the long view that everything that happens to me is important.

Help me to live in your way and to make you number one in my life.

Amen

Weekly Mass - This Thursday students from Form 7G gathered in the Chapel for their Mass. We are grateful to Father Graham Smith, who celebrated Mass.

Year 8 Retreat – Form 8S attended their retreat at Abbotswick yesterday. The theme was Love and Mercy and students had time to reconnect as a Form group and spend time together taking part in challenges and reflecting and praying together away from school. The house and grounds in the countryside were both beautiful and peaceful.

Easter Assembly - This term began on Monday morning as we gathered as a school community to listen to God's word and to share Easter joy in proclaiming our faith. The Lord is risen Alleluia. He is risen indeed Alleluia!

Holydays of Obligation - There are two holydays of obligation this term, the Ascension of the Lord on Thursday May 10th and the feast of St. Peter and St. Paul on Friday 29th June. We know that many students will be attending Mass

with their families. For those students who are unable to attend in their parishes there will be Mass held in school during the lunch hour which is open to all. This term's Mass for the whole school community will take place on the Feast of St Thomas More on Friday June 22nd.

Sixth Form Student Leadership - The process leading to the appointment of Sixth Form School Leaders and Captains began last term when members of Year 12 attended a presentation outlining the rationale which underpins our model which is that of servant leadership. The information about how to apply is now available on the VLE <https://vle.st-thomasmore.southend.sch.uk/course/view.php?id=661> Applications should be submitted by May 4th.

How Parents Can Survive Exams

1. Be realistic

Encourage your child to follow a realistic revision programme that incorporates 5-minute breaks (every 30 – 40 minutes) and factors in fun things they want to do, watch TV, see friends, go on Facebook. This helps maintain a work/life balance, something we all strive for.

2. Make learning part of the culture at home

Encourage the learning, revision and memorising process to be part of the home. Provide a noticeboard (or give them an entire wall!) for their notes, posters, timetables etc. It helps to have this visible so you know what is going on too.

3. Provide a calm working space

Ensure they have a suitable space for working in, away from distractions. If they share a bedroom or have to work in a family space give them "red time" where siblings (and you) can't bother them so they have quality, quiet time to study.

4. Show them you're interested

Show them that you are interested in their work and have fun with it. Revision doesn't have to be hours of staring at notes hoping it sinks in. Encourage them to use [Mind Maps](#) (they are utterly brilliant) or create colourful posters.

5. Recognise their effort

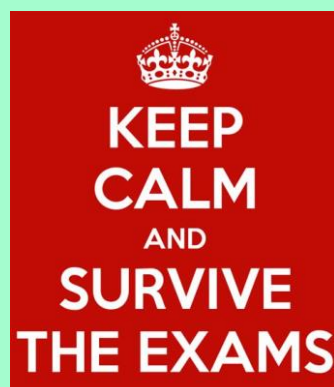
Give praise for accomplishment and effort. If your child is working hard recognise it, everyone needs encouragement from time to time.

6. Be a team

Teachers are partners. They want the best for your child just like you do. Find out what is expected and stay informed.

7. Be calm and positive

This is the most important one of all - don't get discouraged! Sometimes the going gets tough; remember to act calm and positive. Don't let yourself get drawn into arguments and negativity. If a child is angry about schoolwork it is often because they think they can't do it. It is your job to show them they *can*.



English Drop-In Clinic in BS3 Monday and Tuesday break.

Y7/Y8 English Booster session after school in RE4, 3.30pm-4.30pm on Monday 23 April. Welcome to all Y7/Y8 pupils. See Mr Robinson for details.

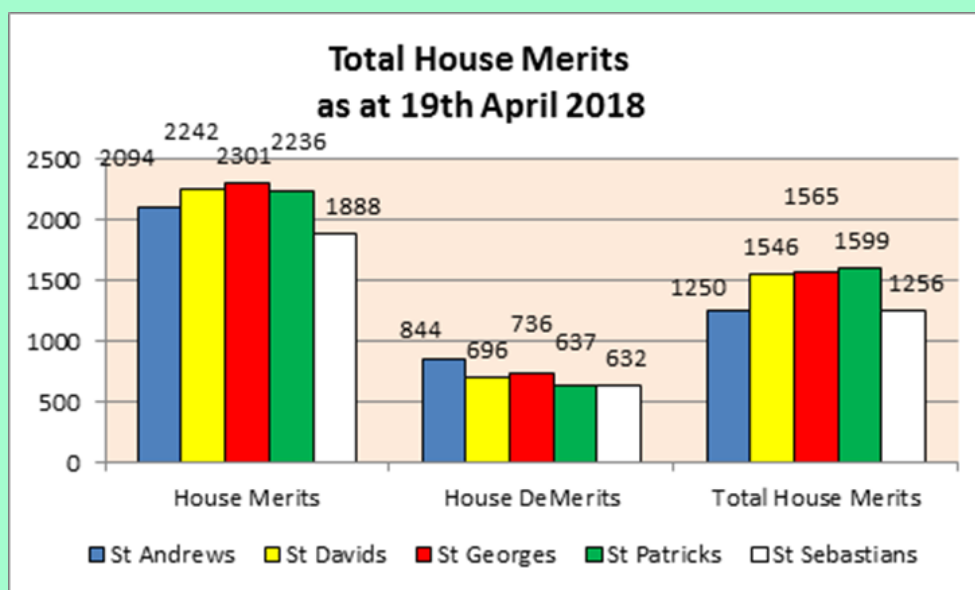
Minibus Driver Required - We are looking for someone to drive our school minibus transporting pupils before and after school to/from Chalkwell Station. The candidate will be driving a 16-seater school minibus. Candidates must be over 25 years of age with 2 years of driving experience for insurance purposes, have a full D1 licence and be prepared to undertake a MIDAS training course. The rate of pay is £10 per hour. Please email recruitment@st-thomasmore.southend.sch.uk or telephone the school on 01702 606 763 for further details. The closing date for receipt of applications is midday 20th April 2018.



Spanish Club - All KS3 pupils welcome!

Wednesday 13.40-14.05 Spanish Club Mrs Terry and Mrs Foster
Videos/songs/films plus help with Speaking and Writing.

¡Hasta luego! Also, would you like to practise your Spanish in a friendly and relaxed way? Come & join Señora Terry and Mari-Carmen in MFL2 first half of lunch on Wednesday.



SPORTS NEWS



PE Student of the Week - Our first winner this term is Seb Watts of Year 7 for his fantastic effort in the new 'Run-Bike-Run' club. Seb completed a lap of the cross country course on foot before jumping on his bike and completing the new cycle course around the fields. We look forward to more boys following in Seb's footsteps and testing themselves in this new extra-curricular club.

Year 10 Essex Plate Semi-Final - Due to the severe weather we had during the spring half-term, many fixtures across the county had been delayed. Finally this much anticipated semi-final V St Martins school took place on Tuesday 17th April. We travelled to Brentwood Rugby Club and the opposition won the toss, giving themselves the downhill advantage during the first half hoping to put pressure on STM early on. An unforced knock-on error from STM in the first 5 minutes saw us concede with the St Martins winger scoring under the posts making an easy conversion for their kicker. Suddenly a spark seemed to ignite in the STM boys, from a great kick off by Adam M, our forwards competed and instantly won the ball back, and for the next 25 minutes of the first half, STM barely lost possession, pinning St Martins in their own half and scoring 3 tries before the break, 19-7 at half-time.

However, despite now having the downhill advantage and a solid lead, several ill-disciplined infringements in a row enabled the St Martins prop forward to crash over from 5 metres out, despite a heroic try-saving tackle from Ben L 1 minute before this. This gave the opposition some hope with 15 minutes remaining and STM now had Harvey S in the sin bin for a high tackle. Some strong carrying from Adam M, Bob M and Tayla C kept STM in the ascendency, managing the game whilst we were a man down and winding down the clock. Somehow, with the game stopped briefly for an injury to Bob M, St Martins ended up with a scrum and capitalised from the still 14-man STM side, scoring under the sticks and now leading by 2. Harvey S came back on the pitch and immediately made an impact, now chasing the game our boys knew they had a job to do. Some outstanding support play and rugby skills were on show in the last 5 minutes, and an unlikely pick-and-go from our fly-half Adam M gave STM the lead back. Final whistle and a County final for our U15 boys! The final will be held at Barking RFC on Thursday 26th April. 18:30 KO. Mr Binstead.

Yr 7 National NBA League Round 3:

Indiana Pacers (STM) Vs Milwaukee Bucks (Shoebury) Lost 36-27

Vs Cleveland Cavaliers (Fitzwimarc) Lost 28-15

Congratulations to the year 7 Basketball team who despite receiving losses in round three of the competition, are continuing on their steep gradient of improvement. This was never more evident than in the first quarter of play against the undefeated division favourites Milwaukee Bucks. Our very own Pacers were able to close out the first period ahead by a margin of 14-4. This had the opposition shook to the point where it took the whole game for them to change that fact. As the team continue to improve, I have no doubt that the elusive first win in this competition is set to occur. Well done to all. Coaches: G.Lettieri/ J.Bowers.

Sixth Form Essex Cup Final – King John 0-0 St Thomas More 1st XI (King John win 6-5 on penalties) In a fiercely contested cup final between two well matched sides, as expected there was little to choose between the teams after 110 minutes of a pulsating game. In typical cup final fashion, the game was scrappy and lacked moments of quality. The side's best chance fell to Oscar Waller, who could only hit the hit netting as he went through on goal. The team can be grateful to the reactions and agility of keeper Owen Wells who pulled of a save worthy to grace any occasion, tipping a bullet header over the crossbar. Extra time became even cagier with neither side wanting to make a mistake.



Unfortunately, the lottery of the penalty shootout

decided the game and went against the team in sudden death. I am and the boys can be proud of the achievement of reaching the final, despite the disappointment of the result. We now move on to look to secure the Essex Schools and Colleges league title in the coming weeks. Mr Kearney

SPORTS FIXTURES

| DATE | FIXTURE | TIME |
|------------|--|------------------|
| 23/04/2018 | GCSE Moderation Day | |
| 24/04/2018 | Year 7 & 8 Rugby tournament @ WRFC | 4:00pm |
| 25/04/2018 | | |
| 26/04/2018 | Yrs 7 – 10 Tennis v Westcliff @ WLTC Year 10 Essex Plate Rugby Final @ Barking Rugby Club | 4:00pm 6:30pm |
| 27/04/2018 | | |

EXTRA CURRICULAR SPORTS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--|---|---|--|--|
| 8.00 - 8.30am | PE DEPARTMENT MEETING | Hurdles Training - All years (CB) Sprints - All years (SB/EK) | GCSE/A Level catch-up (TR6) Run-Bike-Run (SB/CB) | Long/Triple Jump - All years (JB/CB) | Athletics Throws - Year 7 & 8 (CB) Sprints & Middle Distance - All years (SB) |
| 1.40 - 2.20pm | Long/Triple Jump - All years (CB/TH) Hurdles - All years - 800/1500m (SB) Year 7 NBA Basketball Training (GL) | High Jump - All years (CB) Long/Triple Jump - All years (SB) | Sprints & Hurdles - All years (EK/TW/TH) | Indoor Cricket - Year 7 & 8 (EK) | Racket Sports (NS) Middle Distance - All Years - 800/1500m (JB) |
| 3.30 - 5.00pm | Run-Bike-Run (SB/MG) Athletics Throws - All years (CB/MT) | Cricket Training - Year 7 & 8 (EK/CB) Middle Distance - All years - 800/1500m (JB) | Athletics Throws - All years (GL/CB) Year 7 & 8 Southend FC Football on Astro | High Jump - All years (CB/TH) Cricket Training - Year 9 & 10 (MT/TW/JM) | Badminton Club - All years (JM/SG) |