

CONTACT

No. 1675 – Friday 10th January 2025



Dear Students, Parents and Staff,

We have welcomed students back to school this week and have returned remarkably well, they are already working exceptionally hard, and we look forward to seeing parents and carers in school next week for our Year 7 Parents' Evening. During our assemblies this week, we have been raising awareness of 2025 as a Jubilee Year and have a number of events and activities coming up throughout the year and we are currently planning how we mark the Catholic Church's Jubilee Year - Pilgrims of Hope 2025. We will keep you informed of our plans for the year as we follow Pope Francis' guidance to young people to 'fan the flames of hope'. We look forward to seeing you at the Parents' Evenings, and school events throughout the year and working in partnership throughout 2025.

We will shortly be updating our website with the term dates and training days in 2025-26 and pray for God's Blessing on you and your families in 2025.



Prayer of the week

*An excerpt from the Jubilee Prayer
released by the Vatican*



May the grace of the Jubilee reawaken in us, *Pilgrims of Hope*, a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed, be glory and praise for ever.

Amen

Severe Weather Procedures: Please ensure coats are labelled so we can return them should they be mislaid or left in a classroom. In the event of snow or weather which causes significant health and safety concerns on site, we have a simple procedure in place. We will let parents know via school comms and on our website in the morning by 8am, if the school is to be closed for the day or if there are to be any alterations to the timings of the school day. If school cannot be opened, partially or fully, students will be set work on Teams and conducting lessons online from the second day of closure as per our [Remote Learning Policy](#). 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.

Year 7 Parents Evening takes place in school next **Thursday 16th 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 meeting you and your son's to discuss progress and their first term at St Thomas More.

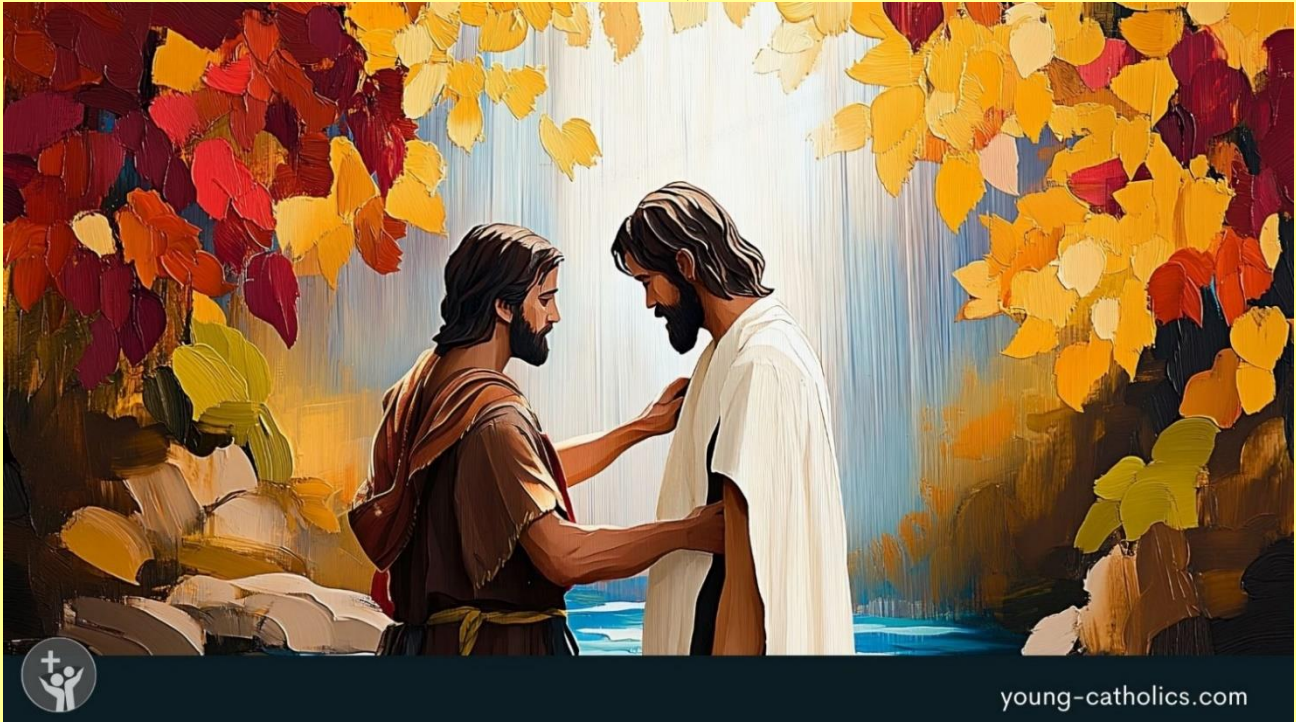
End of term Presentations Assembly

Click here to see the Autumn Term Presentations Assembly [photo montage flipbook](#). This montage is played every term as a record the multitude of extra-curricular and enrichment opportunities available for pupils here. We hope you enjoy flicking through the pictures. *Please note, St Thomas More High School is not responsible for content on external websites including advertising.*

This Sunday's Mass

The Baptism of the Lord

Luke 3:15-16, 21-22



Welcome back, everyone! During last Sunday's Gospel we heard of the Three Wise Men visiting our Lord and bringing gifts of Gold, Frankincense and Myrrh. Each of these gifts pointing to an important aspect of Christ - Gold for His Kingship, Frankincense for Divinity, and Myrrh for His future sacrifice. This reading was for the Epiphany, a Holy day of Obligation when celebrated outside of a Sunday mass. Epiphany, a great or sudden realisation - so a very fitting word for this Mass when it details how three men brought gifts that revealed key parts of who Christ is. So last week we heard about a trio of men, bringing a trio of gifts, and how this points us to a great realisation, an epiphany. This week we also see a 'trio' that gives an epiphany - the Holy Trinity.

This week's Gospel is from St. Luke, and he describes the Baptism of the Lord. We are told that after His baptism the heavens open above Lord Jesus and the Holy Spirit descends on Him, then a voice comes from heaven saying, 'You are my beloved Son, with you I am well pleased'. Here we have all three members of the Trinity; The Father in voice, The Son incarnate as Jesus, and the Holy Spirit descending from the heavens. Something phenomenal is being revealed to us about God, about the nature of the Holy Trinity. All during the institution of a Sacrament - Baptism, a renewing sacrament that brings us into a new life with God. This week lets reflect on the incredible things that have been revealed to us in our Gospel readings over Christmastide, but also on renewing ourselves and how we can better dedicate ourselves to God during this Jubilee year.

- Max Morris, Lay Chaplain.

Chaplaincy News

Year 10 Mass: Year 10 helped us organise and host the first mass of 2025. This mass was celebrated by Fr Selvini. I want to extend a huge thank you to all the students who assisted in reading or writing prayers, those in the band and choir, and to those who served. It was a great start to the new year, and I look forward to the many other masses and services we will have this term.

Adoration: As an essential part of our weekly Holy Hour every Thursday after School, adoration returns. It is a beautiful way to pray where we focus on the presence of God in the Holy Eucharist. All are welcome to come and either join in with communal prayer, or spend time in quiet, private prayer. If you are unsure what adoration is, please speak with a member of the chaplaincy team.

Diocesan News and other Events in the Local Area

THE DIOCESAN LOURDES PILGRIMAGE: Will be led by Bishop Alan, will be from Friday 18 July – Friday 25 July 2025. The flights will be Southend to Lourdes. Details, including how to book, can be found at <https://www.tangney-tours.com/brentwood> . We hope you will join us.

BCYS SUMMER LOURDES YOUTH PILGRIMAGE – July 2024: (exact dates TBC in due course) Bookings are now open online for the Brentwood Catholic Youth Service pilgrimage to Lourdes in July. The week is spent serving the main Diocesan pilgrimage, assisting the elderly and infirm, alongside times of retreat, reconciliation, visiting the baths, taking part in the beautiful Processions, an afternoon in the mountains, party and social nights - all with other young Catholics from around our Diocese. The pilgrimage is open to all those in school year 10 – 13, with all those of school leaver age (18+) invited to join us as young leaders (subject to attending a training weekend). All details and applications can be found on the website www.bcys.net/events/sl24

ISLAM STUDY DAY: In 2025 we mark sixty years since the promulgation of Nostra Aetate, the inter-faith document of Vatican II. We are delighted to welcome Sidra Naeem, distinguished teacher and chair of Havering Interfaith, who will speak about Islam. The talk will take place on Saturday 18th January 2025 from 11.00 (11.00 GMT) in the hall at the Catholic Church of Christ the Eternal High Priest, in Gidea Park. The talk will also be available by livestream free of charge at www.whatgoodnews.org

SION COMMUNITY: Our next **Maranatha evening** will be on Thursday 16th January at Sawyers Hall Lane, Brentwood, CM15 9BX at 7pm for Mass, Praise and Worship and Exposition of the Blessed Sacrament. Everyone is welcome, so do join us for what has come to be a very blessed evening.

CARITAS BRENTWOOD NETWORKING DAY: You are warmly invited to the 2025 Caritas Brentwood Networking Day, taking place on Sunday, 9th February, from 2–6 pm at St. Edward the Confessor Church Hall, Romford. This event is an opportunity to explore the Catholic response to pressing issues such as homelessness, welcoming refugees and migrants, supporting those affected by the Cost of Living Crisis, and addressing climate change. Join us to find inspiration during this Jubilee year, exchange ideas and best practices with parishioners across Essex and East London, and learn about the charities and resources available to support your efforts. Registration is free - find more details at www.caritasbrentwood.org/network

A YEAR OF HOPE: AN INTRODUCTION TO THE JUBILEE YEAR WITH THE CATHOLIC AGENCY FOR OVERSEAS DEVELOPMENT: 2025 is a Jubilee year, but what does that mean? Catholic talk show host and author Nana Churcher, and CAFOD's Simon Giarchi will be hosting Fr Jan Nowotnik (Director of Mission for the Bishop's Conference), Christine Allen (CAFOD's Director) and Kayode Akintola (CAFOD's Head of Africa) and more for a lively start to the Jubilee. With a special appearance by Catholic band Ooberfuse. Saturday 18 Jan, 10:30am-midday, online. All welcome. Register here for free: [A Year of Hope: An introduction to the Jubilee Year](#)

CAFOD Request for Volunteers: Do you know anyone who might like to be a CAFOD school volunteer in Brentwood Diocese? School volunteers deliver assemblies and workshops in Catholic Schools across the Diocese. Training and support is given and all volunteers have a DBS check. Find out more about CAFOD's school volunteer programme [here](#)

CAFOD-Dec Middle East Humanitarian Appeal: the conflict in the Middle East is getting worse and the families affected need our help. Please donate today to the CAFOD-DEC Middle East Humanitarian Appeal and support our local Caritas partners in Gaza and Lebanon as they continue to provide essential food, water and shelter: <https://cafod.org.uk/give>

Sacred Heart Church Community Warm Café – Every Friday 11am-3pm: Throughout winter, Sacred Heart Church (418 Southchurch Road, Southend-on-Sea, SS1 2QB) will be opening up the doors of their parish hall for their community warm café. Whether you want to do crafts or just come along and enjoy a bowl of hot soup, refreshments and a friendly chat you will be very welcome. Everything is free! Tins of soup donations would be appreciated.



Our Assisi Catholic Trust Family

Schools	Parishes
Our Lady of Lourdes Catholic Primary school and nursery	Our Lady of Lourdes and St Joseph Msgr Kevin Hale https://lourdesleigh.org/
St George's Catholic Primary School	St. George and The English Martyrs Fr. Brett http://www.saintgeorgeschurch.co.uk/
Sacred Heart Catholic Primary school and nursery	Sacred Heart of Jesus Fr. Graham http://www.catholicsouthend.org.uk/
St. Helen's Catholic Primary School	Our Lady Help of Christians and Saint Helen Fr. Alex http://shwos.co.uk/?LMCL=HaRNWM
St Joseph's Catholic Primary school	Our Lady of Canvey and English Martyrs Fr. Eamonn http://www.ourladyofcanvey.org/
Holy Family Catholic Primary School	Holy Family and St Thomas More Fr. Eduard Home (hollyfamily-church.uk)
Our Lady of Ransom Catholic Primary School	Our Lady of Ransom Fr Paul Our Lady of Ransom Catholic Church
St Teresa's Catholic Primary school	Catholic Church of St. Teresa and the Child Jesus Fr. Gerry http://www.rcrochford.org/
St Thomas More High School	St. Peter's Fr. Jeff https://stpetereastwood.org/

Vacancies: St Helen's Catholic Primary School – HLTA/TA - [St. Helen's Catholic Primary School :: Staff Vacancies](#)
St Thomas More High School – Cleaner (evenings) - [Vacancies](#)

Parent Reminders and Student Information

Changes to Contact Details: 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.

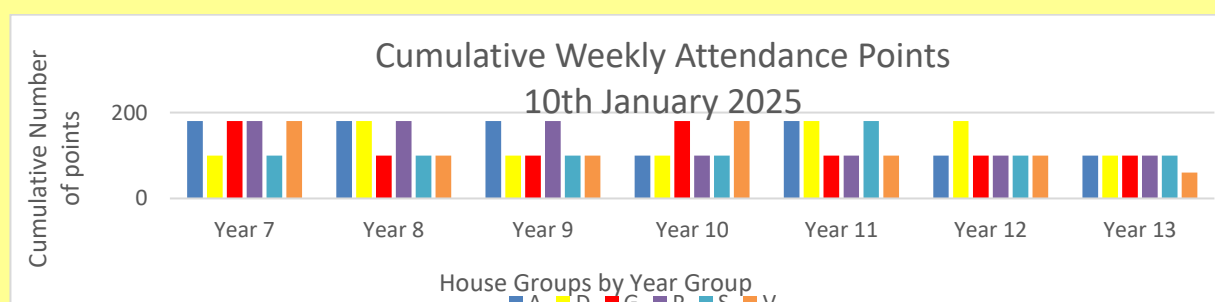
Money for Travel: Just a reminder that students should ensure they have sufficient money with them to cover their transport costs to and from school each day as we are unable to provide this from school.

Attendance



FFT National
Attendance Award
2023/24

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. **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.



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/parent-fact-sheets)

Returning to the usual routine after the holidays can be a stressful time for anyone 😞 and that includes young people who are making their way back to school. Difficulty readjusting to a structured schedule, worries about reuniting with classmates and teachers, and potential pressures around continuing their education cannot only impact children's academic performance, but have further negative effects on their emotional wellbeing. Of course, there's plenty we can do as parents and educators to help make the transition back to education as easy as possible for the youngsters in our care 📖 and this week's guide offers expert advice on exactly that topic. Give it a read and equip yourself for helping children settle back into the school routine. [Anxiety and worries about going to school](#)

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

- 1 START SMALL AND EARLY**
Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.
- 2 REVISIT THE SCHEDULE**
Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.
- 3 CREATE A SLEEP PLAN**
Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.
- 4 ENCOURAGE FRIENDSHIPS**
Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.
- 5 GRANT RESPONSIBILITY**
Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.
- 6 FOCUS ON NUTRITION**
Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.
- 7 COMMUNICATE OPENLY**
Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.
- 8 RECONNECT WITH LEARNING**
Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.
- 9 PREP TOGETHER**
Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.
- 10 BE PATIENT AND FLEXIBLE**
Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert
Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.

#WakeUpWednesday
The National College

Departmental News

Music Department Ensembles: Information can be found [here](#) for Choir, Folk Band, Liturgy Band & Orchestra.



Our [Amazon Wishlist](#) has been updated! 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.

STUDY CLUB

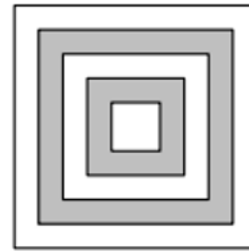
Year 7-10, Would you like a quiet place to work after school??

CR7 is now open on a Tuesday (3.30-4.30pm) and on a Thursday (3.30-4.30pm) Computers will be on a first come, first served basis.

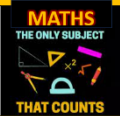
Maths Problem of the Week:

Answer to Xmas problem: They received 364 presents in total, one for every day of the year except Xmas Day. We then received the greatest present ever.

The diagram shows five squares whose side-lengths, in cm, are 1, 2, 3, 4 and 5. What percentage of the area of the outer square is shaded?



KS3 MATHS SUPPORT CLUB



FRIDAY LUNCHTIMES

ROOM: TECH 4

TIME: 1:45 – 2:15

A lunchtime drop-in session
for help with your maths 😊

Starting next week, Friday 17th January, there will be a KS3 support club every Friday lunchtime in Tech 4 (1:45 – 2:15).

This will be a drop-in session for anyone in years 7 and 8 who would like some help with their maths.

Debating Club for years 10, 11, 12 and 13 will be in E7 every week on Tuesday during lunch.



Charity Dodgeball Event: On Thursday, 12A held a form charity dodgeball event to raise money for their house charity - Supporting Children with Diabetes SCD. They managed to raise £20. Well done!

For further information about the work of this charity click on the link [Supporting Children with Diabetes \(SCD\)](#).



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

Ponerse de mala leche

Literal Translation in English: To get in bad milk

When do we use it?: When *someone is angry/in a bad mood*

Ejemplo: Mi padre se puso de mala leche cuando empezó a llover.
(My dad got angry/in a bad mood when it started raining)

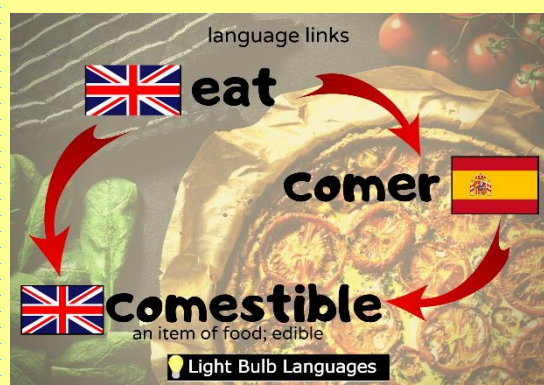
Chancla

(chahng-klah)

Feminine Noun

En inglés: Flip Flop

Ejemplo: Siempre llevo mis chanclas a la playa
(I always take my flip flops to the beach)



The January Celebrity Linguist Spotlight:



Name: Joseph Ratzinger (Pope Emeritus Benedict XVI)

Career: Priest, Bishop, Pope, University Professor

Languages spoken: German, English, French, Italian, Spanish, Portuguese, Latin, Biblical Hebrew & Biblical Greek.

Every nation must introduce the message of Salvation into its culture, "expressing it in its own language and alphabet." - Pope Benedict XVI, 2009

Science Department



Bacteria-Driven Eco Innovations

Explore how bacteria are being utilized to develop environmentally friendly technologies, including innovations in waste recycling. Read more: [HERE](#)



Science Clubs

Lab Rats

Become the scientists of the future, today.

- Mr Jackson - Lab 1
- **Monday (3.30 – 4.30) – Year 7 & 8**

Astronomy

Study the cosmos and go supernova as you grow knowledge and skills. You could even gain an extra GCSE.

- Mr Vitone - Ma6
- **Wednesday Lunch Time – Year 10**

Marine Biology Club

Connect with fellow marine enthusiasts. Raise awareness about ocean conservation. Make a positive impact on our planet.

- Mr Sykes – Meet Lab 9
- **EVERY MONDAY** (First half of lunch) – All years

Litter Picking Club

Be part of the change and community spirit of the school and put a hard solution to the issue of miss placed rubbish into the school bins. Evidence will be collected and data analysed on our biggest waste products.

- **EVERY THURSDAY ON THE PLAYGROUND LUNCHTIME**

Bacterial Microbe Positions

[Microbiology Innovation Work, jobs \(with Salaries\) | Indeed United Kingdom](#)

Alumnus of the Month: for January can be read [here](#).



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 \(paperturn-view.com\)](#)

INVESTIN: Information on weekend programmes in Law and Finance Careers can be found [here](#)

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 read [here](#).

Are You Interested In A Career In Teaching?



Join us at one of our recruitment events to find out more about Primary or Secondary teacher training with BTSA.

29th January 2025
26th February 2025
26th March 2025
at 7pm via zoom

To register email mhoward@theapletonschool.org



BENFLEET
TEAM
SUPPORTING
ALL



Poetry Corner No. 51

Royal Presents

The offerings of the Eastern kings of old
Unto our lord were incense, myrrh and gold;
Incense because a God; gold as a king;
And myrrh as to a dying man they bring.
Instead of incense (Blessed Lord) if we
Can send a sigh or fervent prayer to thee,
Instead of myrrh if we can but provide
Tears that from penitential eyes do slide,
And though we have no gold; if for our part
We can present thee with a broken heart
Thou wilt accept: and say those Eastern kings
Did not present thee with more precious things.


Nathaniel Wanley (1634-80)

Year 11 Revision Sessions

Happy New Year to you all, I hope the break was both peaceful and restful break. As we now enter the new term I would like to reiterate some key messages and remind you of some key dates in the year 11 diary.

- Firstly, on Thursday January 23rd we will be hosting our year 11 parents evening- whilst I am aware of how well year 10 parents evening was attended, I would urge you all to make sure you make appointments with your child's teachers in order to gain vital and insightful feedback on how best we can all support your child, I will be sending out additional letters notifying of this in due course.
- Secondly, on Thursday of this week, we had year 11 mock results day which is always a profoundly impactful day where students get to have the opportunity to discuss their results whilst also being provided with an important signpost as to where they are on their individual academic journey.
- Finally, the year 11 revision register has been updated and I would like to once again thank our wonderful staff for their efforts in running these sessions, we have added an additional 8 sessions which now takes the number each week to 42. With this in mind I would encourage all students in year 11 to avail of this expertise and to make positive choices in how they spend their time whilst on site.

Have a wonderful week, I look forward to seeing you all on the 23rd. Mr Dooley and Mr Bass.

 REVISION TIMETABLE 24/25	MON	TUE	WED	THU	FRI
	8am – 8:30am (speak to teacher for specific time)				
	RCA - English E4	PGR - RE RE2	MFI - English E3 LBO-Maths (higher) M2	FLE - Media MS2	GDO -English E1
	1:30pm – 1:55pm (speak to teacher for specific time)				
	DTJ - Macbeth E8	SEM - English E6	DCO - English E7	API - Physics Lab 2	KDU - English E5
	KBA - Art A3	DKR - Biology Lab 5	DKR - Comb (H) Lab 5	AB - Product Design Tec 3	DKR - Biology Lab 5
	CDA - History H3	EJO - Bio/Chem Dou/Trip Lab 7		DKR - Comb (H) Lab 5	EDA - Chemistry Lab 3
	CJC - Com Science CR5	LMY - Business BS1	NSP- GCSE PE PE 1	CJC - Com Science CR5	
	DKR - Comb (F) Lab 5	CGR- English E7			
	JH- Geography G3				
	2pm – 2:25pm (speak to teacher for specific time)				
	CJC - Com Science CR5		CHE - English Lit E5		MRU - English Lang E9
				CJC - Com Science CR5	
	After School (speak to teacher for specific time)				
	SMN - Food Prep Food Tech	LBA - Creative iM CR2	MLO - Maths (2) M7	GWE- Geography- G1	
	CDA - History H3	CWI - Spanish MFL 1	JVI- Maths (foundation) M6	TMI- RE (12mark Clinic) RE3	
	JPE -Spanish MFL 3	LMY - Business BS1			
		LDX- Music MU1			

Year 13 Revision Timetable Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch (Please check time/period of each session carefully)	Chemistry – Lab 3 – Miss Dare – (1:30-2pm) Eng Lit/Eng Lang/Media/Socio (rota: please see specific dates/times below) – E7 – Mrs Cotgrove	Psychology – PY1 – Miss Osborne History – H2 – Mrs Downey	Business Studies – BS2 – Mr Simmonds. Sociology – E3 – Mrs Greene (1.30-2.00) Geography Drop in/coursework clinic – G3 – Miss Young (2:00-2:30pm)		Super curricular Sociology/Media/Film/Eng Lit (Yr12-13) Watch a range of Documentaries from different platforms linked to your subjects. E4 – Mrs Greene (1:30-2:30)
After School 3:30-4:30		Eng Lit/Eng Lang/Media/Socio Drop in revision – LIBRARY – Mrs Cotgrove Computing Club Year 12/13 BTEC IT and Computer Science. CR5 – Mr Cockell		Politics – H2 – Mrs Wilkes	

Sports News

DATE	FIXTURE
13/1/2025	Under 16 Basketball v St Martins (AWAY) 3:30pm tip off - Leave 2:30pm, Return 5:30pm
14/1/2025	Year 7 House Basketball - 3:30-5pm
15/1/2025	1st XI Football v Plume (AWAY) 2pm - Leave 12:30pm, return 4:30pm
16/1/2025	Under 16 Basketball v Royal Liberty (AWAY) 3:30pm tip off - Leave 2:30pm, Return 5:30pm
17/1/2025	No Fixtures
20/1/2025	Year 11 Basketball v Southend High (HOME) 4pm tip off
21/1/2025	Year 9 Basketball v Southend High (AWAY) 4pm tip off - Return 5:45pm Year 8 Basketball v Southend High (HOME) 4pm tip off
22/1/2025	Year 10 Basketball v Southend High (HOME) 4pm tip off Under 14 Basketball v Westcliff High (AWAY) 4pm tip off
23/1/2025	Year 7 Basketball v Southend High (AWAY) 4pm tip off - return 5:45pm
24/1/2025	Under 16 Basketball v Westcliff (HOME) 4pm tip off

PE Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45 - 8.30 am	Year 8 Futsal (JES) MDR & EST Track 8am (AAC)	Year 9 Gym (JES) Darts Club - All years (SB) Racket Sports - All years (RHE)	Year 7 & 8 Basketball (SB) Year 10 & 11 Gym (LSH) All Years Astro (AP)	Year 10 & 11 Gym (SB) Year 7-9 Cricket (JTB)	Yrs7-10 Indoor Athletics (AAC) All Years Astro (EK)
1.35 - 2.25pm	Year 9 Basketball (RHE) Darts Club - All years (SB) Year 11 Football (LSH)	Year 11 Basketball (EK) Year 8 Astro Yrs7-9 Rugby Astro (AAC/JTB)	Year 10 Basketball (SEM) Year 7 Astro (JES)	Year 7 Basketball (JES/JTB) Year 9 Astro (NSP)	Year 8 Basketball (SB) Year 10 Football Team Practice / Year 10 Astro (TH)
3.30 - 4.45pm	Year 7 Rugby (RHE/ACL) Year 12/13 Basketball (SB) FIXTURES	Year 12/13 Girls Netball (NYO/GRO) FIXTURES	Year 10 Basketball Practice (AWI) Year 7 Football (JES) FIXTURES	Year 9 & 10 Cricket (JTB) FIXTURES	WEEK 1 - Badminton club all years WEEK 2 - Staff badminton club (ACB) Year 8 Football Training (MH/AH) FIXTURES

Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School	Personal Prayer 8-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Personal Prayer 8-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Personal Prayer 8-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Personal Prayer 8-8.30am (Chapel) Library 8-8.40am Music Rehearsal Room 8-8.35am (Music 1)	Personal Prayer 8-8.30am (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 Year 9-12 (RE3) Anime and Manga Club 1.30-2pm (Library) Aviation Club 2-2.25pm (MFL3) Orchestra 1.50pm (Music 1)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm CAFOD 1.30-2pm Years 7-10 and 12s (RE5) Pokémon Club 1.45-2.25pm (Lab 2) Liturgy Band 1.50pm (Music 1) Level Up Club 1.40-2.20pm (CR5) Debate Club 1.35-2.25pm (H2)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Youth SVP 1.30-2pm (E4) Dungeons and Dragons 1.45-2.25pm (Lab 2) Astronomy 1.30-2.25pm Year 10 (M6) Marine Biology Club 2-2.25pm Years 7-10 (Lab 9) Choir 1.50pm (Music 1)	Personal Prayer 1.30-2.25pm (Chapel) Library 1.30-2.25pm Chess Club Years 7-8 1.30-2.25pm (RE3) Guardians of the Garden 1.30-2.25pm Years 7-10 (Garden area next to astro) Sewing Club 1.30-2.25pm (Tech 4) Warhammer Club 1.40-2.20pm (Lab 1) Latin Club 2-2.25pm Years 7-9: invite only (RE1)	Personal Prayer 1.30-2.25pm (Chapel) Folk Band Friday 1.50pm (Music 1) Library 1.30-2.25pm Bible Study 1.45-2.25pm (RE1) Minecraft Club Years 7-9 1.35-2.25pm (CR4/CR5) Rubix's Cube Club 2-2.25pm (RE3) Star Wars Club Library 2-2.25pm
After School	Personal Prayer 3.30-4pm (Chapel) Library 3.30-4pm Labrats 3.30-4.30pm Years 7-8 (Lab 1) F1 Club / Racing club 3.30-4.30pm (CR4) Skateboarding 3.35-4.15pm (Basketball court)	Personal Prayer 3.30-4pm (Chapel) Library 3.30-4pm Drama Club run by JADA 3.30-4.30pm (Assembly Hall) Study Club 3.30-4.30pm Years 7-10 (CR7) Computing Club 3.30-4.30pm (CR5)	Personal Prayer 3.30-4pm (Chapel) Library 3.30-4pm Silver Duke of Edinburgh 3.30-4.30pm (Psy 2) Morley's music lessons	Personal Prayer 3.30-4pm (Chapel) Library 3.30-4pm Holy Hour – including Adoration 3.40-4.40pm (Chapel) Rock Band 3.30-3.30pm (Music 1) Morley's music lessons Study Club 3.30-4.30pm Years 7-10 (CR7)	Personal Prayer 3.30-4pm (Chapel) Library 3.30-4pm GCSE Food Skills Club 3.30-4.30pm Years 9-11 (Food Tech) WEEK 2 ONLY