

CONTACT

No. 1680 – Friday 14th February 2025



Dear Students, Parents and Staff,

We return on **Monday 24th February (Timetable Week 2)**. Please remember to 'top up' lunch money accounts before the students come back to school on Monday 24th February www.schoolgateway.com

Our next **Parent Forum** will take place on **Monday 24th 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!

Prefect Mass: A reminder to our retiring and newly appointed prefect that Mass with them and their families takes place at the school on 27th February at 6pm, a letter has been emailed home with links to confirm attendance.



Show Racism the Red Card Competition: details of the competition can be found [here](#). All competition entries to Mrs Lindsay please no later than **Friday 7th March 2025**.

Prayer of the week

Prayer to the Holy Spirit

Come, O Holy Spirit, fill the hearts of your faithful
Enkindle in them the fire of your Love
Send forth your spirit and they shall be created
And you shall renew the face of the earth
AMEN

6th Sunday in Ordinary Time

Luke 6:17, 20-26



This week we continue the Holy Gospel according to St. Luke. In this passage we hear from our Lord as He comforts those who are suffering and righteous saying they will find a home in the Kingdom of heaven, but He

calls out those who aren't suffering - saying they have received their reward on Earth. A passage that can be referred to as the 'Blessings and Woes'. This passage is part of a sermon given by our Lord, and this sermon continues in our next Sundays Gospel reading (I feel I can give light spoilers on next week's Gospel as there won't be a reflection during half term). The entire teaching works to turn people's way of thinking upside-down. Those who claim to be faithful but keep only themselves fed while others around them starve isn't faithful in their actions, whereas those who are famished but faithful are remaining faithful because it's a deep and true belief – not one tied to benefits or material possessions on Earth. When this teaching continues past this week's Holy Gospel, we see that our Lord is calling us to think and act differently. Namely, to think and act selflessly, and when faced with adversity; not to act in kind.

It can be really difficult to do this, we all have periods of wanting to be a little selfish or when we feel we are being mistreated we might want to mistreat that person back. It isn't easy to *turn the other cheek* (next week's Gospel again) but if we can do it, we will be that good person that someone else needs and let's be honest if we all did this life would be a lot easier. Next time you are encouraged by someone else to be positive in times of difficulty, think on this sermon from St. Luke's Holy Gospel, don't focus on how hard it is to do, but instead think about why it's important to do it.

- Max Morris, Lay Chaplain

Chaplaincy News

Year 9 Mass: 9A lead our Mass this week and did a fantastic job with some really beautiful and meaningful prayers. I want to thank Fr Jeff for celebrating mass with us and I would like to extend that thank you to all the students and staff who assisted, especially those who read, served, or were part of our band and choir.

Lent: We are only a few weeks away from Lent, the next liturgical season for the church where we prepare for Easter. The season starts with Ash Wednesday on 05/03/2025. Among other things, people will generally 'give up' something for Lent. There are a few reasons for this but for most it is (a) in solidarity with those who aren't fortunate enough to have access to whatever we are giving up, (b) to remove a distraction or unhealthy habit - 'fasting' from social media or avoiding sweets is common for a reason, and (c) we make sacrifices because our Lord made the ultimate sacrifice. All of these reasons help us focus more on God during this season. For those who are planning to sacrifice something this Lent, it's time to start thinking on what it would be, and the reasons why you want to give those things up. Remember that time can be a great sacrifice, and spending this time in service to others can be a beautiful way to observe the season. Speak to a member of the chaplaincy team if you want more information or guidance on the season of Lent.

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.



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

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/

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 student's 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.

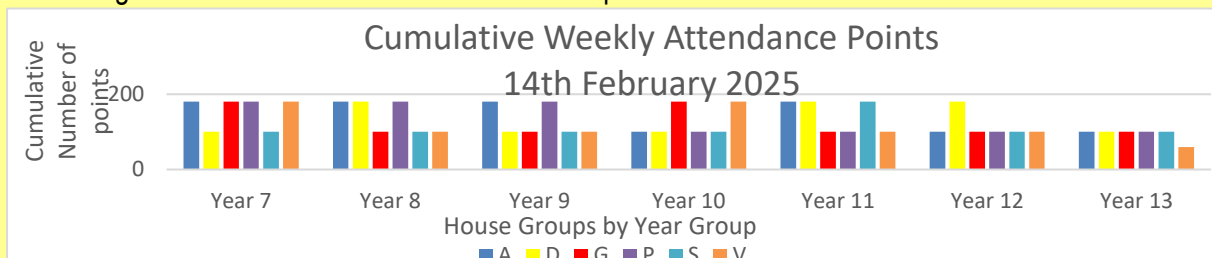
Money for Travel: Just a reminder that students should ensure they have sufficient money with them to cover their transport costs to and from school each day as we are unable to provide this from school.

Year 8 Options – Save the Date – THURSDAY 3rd APRIL 2025 – 5.45-7.30pm: Just an early reminder that our Year 8 Options Process begins next half-term, with Options Evening taking place on **THURSDAY 3rd APRIL**. 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 3rd April. Mrs Hardiman

Attendance

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)

Findings from Ofcom last year indicate that as many as 16% of the UK's population are currently using dating apps to form new connections 📱💡 That's more than 11 million users in this country alone, and among so many, there are bound to be some who don't hop on these platforms with the best of intentions 🧐 This is especially important to remember when we consider that an Ofcom consultation in the lead-up to the Online Safety Act found that some children and young people use these apps – regardless of their age restrictions 🚫 It's vital that parents remain aware of the risks associated with dating apps and learn how best to keep youngsters safe from them 🛡️ That's why we've put together this week's expert-led guide, detailing the most prominent risks of these platforms.

What Parents & Educators Need to Know about ONLINE RELATIONSHIPS & DATING APPS

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

WHAT ARE THE RISKS?

- EASE OF ACCESS**
The relatively lax age verification processes of many dating apps make them incredibly accessible to children who really shouldn't be using them. This comes with the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.
- CONTACT AND CONDUCT RISKS**
Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.
- SCAMS AND SEXUAL EXPLOITATION**
Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).
- UNVERIFIED ACCOUNTS**
As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A 'like' trend has advised young people to set their age limit to 18 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.
- PEER PRESSURE**
The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.
- SKewed PERSPECTIVES**
Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, as you see on these apps are pictures, but no insight into someone's personality, and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

Advice for Parents & Educators

- TALK ABOUT DATING APPS**
Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.
- ENCOURAGE DATA PROTECTION**
Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.
- VERIFICATION STAMPS**
Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.
- REPORT AND BLOCK**
Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

Meet Our Expert
Rebecca Jennings works at RASE (www.raseeducation.org.uk) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.

#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. The library is also now accepting board game donations.



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.



Royal Courts of Justice: on Tuesday 4th February, we took twenty-six year 12 and year 13 students to the Royal Courts of Justice to take part in a mock trial. The students did a brilliant job exploring ideas around joint enterprise and consolidating their understanding of the judicial system and how it works. At the end of the session, they spoke to a circuit court judge and had the opportunity to ask her lots of questions. It was a fantastic day for the students who thoroughly threw themselves into the various different roles.

Bake Sale: A big thank you to all who supported 7P's bake sale last Friday. An array of bought and home-made goods were on offer and everything was sold! Thank you very much to all the students that helped, whether bringing in cakes or running the stall. The form managed to raise **£125.93** during lunchtime, which will be donated to St Patrick's house charity: the Carli Lansley Foundation. This charity raises funds to provide free cardiac screenings for those aged 14-35 in the Southend area. Mr Millham



In the table shown, the sum of each row is shown to the right of the row and the sum of each column is shown below the column.
What is the value of L ?

J	K	J	5
K	K	L	13
L	J	L	15
11	7	15	

Maths Problem of the Week:

Answer to last weeks problem: Area was 192 cm squared.

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

Dormir a pierna suelta

Literal English Translation: To sleep with a loose leg.

When do we use it?: To sleep deeply (sleep like a log)

Example: Dormí a pierna suelta y hoy me siento muy descansado.
(I slept like a log and I feel very refreshed today.)

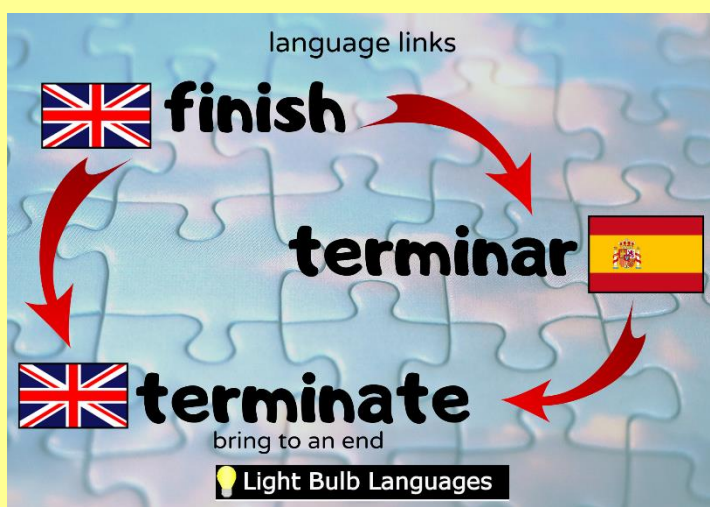
Lechuga


(leh-choo-gah)

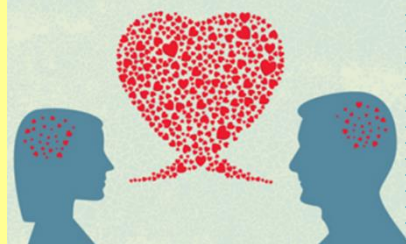
Feminine Noun

English Translation: Lettuce

Example: Compré lechuga en el mercado para hacer ensalada.
(I bought lettuce at the market to make a salad.)



Science Department	
 <p>Science department</p>	<p>♥ <u>The Chemistry of Love: Scientists Uncover How Oxytocin Strengthens Romantic Bonds</u> ♥</p> <p>📄 Key Discovery: The study found that oxytocin amplifies the brain's reward system, making interactions with a loved one more pleasurable and reinforcing romantic attachment.</p> <p>💡 Why It Matters: Understanding the biological basis of love could lead to new therapies for people struggling with emotional bonding issues or social anxiety disorders</p> <p>Read more: HERE</p>
<h3>Science Clubs</h3>	
<p><u>Lab Rats</u></p> <p>Become the scientists of the future, today.</p> <ul style="list-style-type: none"> Mr Jackson - Lab 1 Monday (3.30 – 4.30) – Year 7 & 8 	<p><u>Astronomy</u></p> <p>Study the cosmos and go supernova as you grow knowledge and skills. You could even gain an extra GCSE.</p> <ul style="list-style-type: none"> Mr Vitone - Ma6 Wednesday Lunch Time – Year 10
<p><u>Marine Biology Club</u></p> <p>Connect with fellow marine enthusiasts. Raise awareness about ocean conservation & positively impact our planet.</p> <ul style="list-style-type: none"> 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**

Year 11 revision classes are as follows:

Time	Mon	Tue	Wed	Thu	Fri
8.00 - 8.30	LSY (BIO) Lab 9	BS (PHY) Lab 1	SJO (CHE) Lab 6	AWI (BIO) Lab 4	MJA (BIO) Lab 1
1.45 - 2.15	JBA (BIO) Lab 5	EJO (CHE) Lab 7	SJO (PHY) Lab 6	API (PHY) Lab 2	EDA (CHE) Lab 3

Employability:

Further interest and reading [HERE](#) for those that maybe require a little more love for their job.

Message from Science Department:

🌟 Happy Half Term from the Science Department! 🧪🌟

As we wrap up this half term, we want to say a huge well done! for all your hard work and curiosity in science! Whether you've been exploring the wonders of the universe, mastering tricky equations, or carrying out exciting experiments, your enthusiasm has been fantastic.

Take this well-earned break to relax, recharge, and maybe even spot some science in the world around you—from the stars in the night sky to the chemistry of your favorite snacks!

Have a brilliant half term, and we'll see you soon for more scientific discoveries! 🧪🚀🔬

— STM The Science Department 💡💡



paperturn-view.com

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](#)

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.

The latest Careers Newsletter can be read [here](#).

Year 10 Mock Interviews – A Valuable Experience for Students: On

Thursday, 6th February, our Year 10 students took part in a highly successful Mock Interview Day, designed to help them develop key employability skills and build confidence for their future careers.

The event saw an incredible 28 employers from a range of industries generously give their time to conduct 180 interviews with



 **BENFLEET TEAM
SUPPORTING ALL**

Are you Interested in Training to be a Teacher?



Join us at our recruitment event to find out more
about Primary or Secondary teacher training with
BTSA.
26th March 2025 at 7pm
Via Zoom

To register email
mhoward@theappletonschool.org

 **tes
institute** In Partnership with
TES Institute



our students. Each student had the opportunity to experience a formal interview setting, answer challenging questions, and receive valuable feedback on their performance. Students found the experience both insightful and rewarding, gaining a better understanding of what employers look for and how to present themselves professionally. Employers were equally impressed with the enthusiasm and potential shown by our students. A huge thank you to all the businesses and volunteers who supported this event, helping to prepare our students for their next steps in education and employment. We are looking forward to our Year 8 pupils having an equally rewarding experience and are still on the hunt for some interviewers, so if you have some time available on 5th March 2025 and are willing to come and interview our Year 8's please contact kbradley@st-thomasmore.southend.sch.uk to sign up (lunch will be provided!) We would be thrilled to have you on board.

National Apprenticeship Week Year 11 assembly: Today we were delighted to welcome back to STM one of Alumni students who is now in her 1st year [apprenticeships with AON](#), as well as welcoming back Andy Elliott and Jake 2nd year Careers Builder apprentice from a local firm IPECO to speak to students in year 11 about the Apprenticeships the various opportunity and levels from Level 1-7 that are available. Jennifer gave her overview of being a former student of STM and how she planned and applied for over 40 apprenticeships before successfully securing herself a level 4 apprenticeship with AON in insurance. She gave students useful tips and ideas of how to strategically plan and apply for roles. Andy from IPECO followed explaining about who IPECO was and what they manufacture and produce to export and sell worldwide, being a family built local business in Southend. He interacted with students both asking question and being asked questions like what the salary expectations for the different levels 2-5 [careers builder schemes](#) apprentices were at IPECO. He also highlighted about their forthcoming [Open Evening on the 20th February](#) and the closing deadline for applications at IPECO was 28th February for anyone interested in applying for the scheme.



Exciting Opportunity: Year 12 Work Experience Launch! We are thrilled to announce the launch of our **Year 12 Work Experience Programme**, taking place from **Monday, 30th June to Friday, 4th July 2025**. We were delighted to be able to launch this fantastic opportunity for students to gain real-world experience, develop key workplace skills, and explore potential career paths. Work experience provides invaluable insights into professional environments, helping students build confidence and make informed decisions about their futures. We encourage all students to start considering potential placements now, as I mentioned in the assembly this morning it can be quite competitive. Whether in a local business, a national organisation, or a specialised industry, this experience will be a valuable stepping stone for their future careers. More information, including guidance on securing placements and key deadlines, will be shared in the coming weeks, via contact home and on the year 12 teams page. If you have any questions, please contact Mrs Bradley kbradley@st-thomasmore.southend.sch.uk or see Mrs Lindsay for

Poetry Corner No.56

A Marriage

We met
under a shower
of bird-notes.
Fifty years passed,
love's moment
in a world in
servitude to time.
She was young;
I kissed with my eyes
closed and opened
them on her wrinkles.
'Come,' said death,
choosing her as his
partner for
the last dance, And she,
who in life
had done everything
with a bird's grace,
opened her bill now
for the shedding
of one sigh no
heavier than a feather.

R.S.Thomas

[R.S. Thomas reads his poem "A Marriage."](#)

more information. Equally if you are able to offer any placements during this week – please do not hesitate to contact us further to help place some year 12's.

Key dates:

- **Deadline for securing placement and adding onto unifrog – 23rd May 2025**
- **Health and Safety presentation – 19th June 2025**
- **Work Experience dates – 30th June – 4th July 2025**

Land, Sea, Air Careers Event - at South Essex College: Students from all year groups attended a Land, Sea, & Air careers event on Friday 14th February, where they got to visit South Essex College and experience a college lecture hall called the 'Pod' and listen to three presentations from three careers industry on Land, Sea and Air. The first speaker was Lauren from Ryan Air who talked through the various [career pathways](#) with Ryan Air, like a 12 week trainee mechanic programme, or a 6 week training cabin crew course, or even graduate 2 year courses. Secondly, Victoria Dittmann who worked for [Boluda](#) as well as being an Ambassador of [careers at Sea](#), explained to students that there were varying routes into careers at sea from marine engineer, and junior deck officer, students were very surprised to hear that most of the starting salaries were all in excess of £35k. Last to speak was Sophie from [Routes into Rail](#) who spoke about a variety of job roles from project manager, engineers, to train drivers, with over 19,000 job roles to recruit for over the next few years, there were plenty of opportunities coming up within the rail industry, with Level 3 & 4 apprenticeships to degree apprenticeships. Students were given the chance to visit the other stalls employers such as [RAF](#), [Army Air Corps](#), [Elite Project Services](#), [IPECO](#) at the careers fair to ask their own questions, and to find out about the different roles and how to apply for these.



Year 11 Revision Sessions

As we conclude what has been a fruitful and busy half term, I would like to firstly wish all students and their families well for the week off. I hope you can get some much-needed rest and enjoy time with friends and family. I would like to remind students that their final assessment opportunity will be commencing Thursday March 6th and concluding on Wednesday March 12th. The first assessment will be English language paper 1 and concluding with maths paper 3 and science on the 12th. I would urge all students to plan their revision over the next few weeks strategically with a view on exams and content that is being assessed in order to maximise its efficacy. If students or parents have any questions, please do contact myself and Mr Bass and will endeavour to assist you. Have a lovely week and I look forward to seeing you upon our return. Mr Bass and Mr Dooley

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	FLE - Media MS2	GDO - English E1
LSY - Biology Lab 9	BS - Physics Lab 1	LBO - Maths (higher) M2	AWI - Biology Lab 4	MJA - Biology Lab 1
		SJO - Chemistry Lab 7		
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		SJO - Physics Lab 6 (1.45pm-2.15pm)	AB - Product Design Tec 3	EDA - Chemistry Lab 3 (1.45pm-2.15pm)
CDA - History H3	EJO - Chemistry Lab 7 (1.45pm-2.15pm)		API - Physics Lab 2 (1.45pm-2.15pm)	EDA - Chemistry Lab 3
CJC - Com Science CR5	LMY - Business BS1	NSP - GCSE PE PE 1	CJC - Com Science CR5	
JBA - Biology Lab 5 (1.45pm-2.15pm)	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		DMA - Maths (higher) M3	
	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

PE Student of the Week: Our winner this week is Ralph from Year 8. Ralph played three basketball games for us this week, two for Year 8 and one playing up a year for Year 9. He has shown great dedication to improving himself as a player and gives his all every game he plays. Well done, Ralph.

Year 8 Basketball Borough Final v WHSB: The Year 8 basketball team put the ghost of last year's final defeat to rest as they put in a great

performance to defeat Westcliff 67-35. Every player raised their game both in offence and defence, meaning the opposition had no chance to get a foothold in the match. I can't highlight any one player as man of the match as all of them were outstanding.

Year 8 Essex Cup Basketball Quarter Final v Shenfield:

Following their impressive showing on Monday in the Borough final, the team came back to earth with a bump as they did not play particularly well even though they managed to win this match. A slippery court did not help but our defence was poor, allowing the opposition to get to the basket too easy. In offence we lacked creativity, but the team dug in to win 72-52 to reach the semi-finals where they will play Mayflower.

Year 9 Basketball: On Tuesday, the year 9 basketball team supported by two year 8 players went to Shenfield for the Essex Cup quarter final. After a very slow first quarter ended with us down by 16, we got into our rhythm and played some fantastic basketball. Unfortunately, the first quarter deficit was too much to overcome and despite winning the 3rd and 4th quarters we ultimately lost 61-55. A really hard-fought performance from the boys, who now look forward to playing St. Cleres in the next round of the National Cup after half-term.

Under 16 Essex Cup Basketball 41-67 St Benedict's: The Under 16 Basketball team exited this year's Essex Cup at the Quarter Final stage with a defeat away to St Benedict's. Normally slow starters, STM came out the blocks fast and raced into 20-10 lead at the end of the first quarter. St Benedict's grew into the game well in the second quarter and multiple threes took them into a slender lead at half time. The depleted STM quad struggled to get a foothold in the game in the second half and St Benedict's continued to assert their dominance, especially with their star player shooting really well from distance. This has been another good year's basketball from this squad to make the latter stages of the Essex Cup. Well done to all of the year 11 students who have won the Borough title this year and represented the school with pride over the school basketball careers.



Year 8 Rugby versus Eastwood: Good soft conditions for some huge tackles, a few high ones which saw us down to 12 players a couple of times. Some strong running from both teams saw the faster players get up to full speed and score deserved tries. Best play of the game came from a Tommy More penalty, six or seven passes across the pitch (coast to coast) great hands from all involved ending in a score for Elliot. STM coming out 45-20 winners, tries from Henry, Charlie 2, Anthony, Elliot 2, Louis, and Hayden, special mention to Bruno who had a great first game.



Year 10 B Team Football – STM 9-3 Southchurch: The Year 10 B team had a wonderful result in their first fixture, beating a resilient Southchurch 9-3. Despite a slow start, a sumptuous ball into the box by Tim was met by the head of Marco to give the team the lead. Alfie soon doubled the lead, with a spectacular long-range strike, before Southchurch struck back despite the efforts of Nate in goal. Into the 2nd half and the team took the game to Southchurch, scoring a combination of good and somewhat fortunate goals, the highlight being El-Ezer footwork to sit down his defender before slotting calmly into the back of the net. Man of the Match was Gideon for his powerful performance on the pitch, dominating in every tackle he made, but more so for his leadership and supportive attitude from the sidelines. Excellent performance and attitude all round, a joy to watch and very entertaining afternoon of football by all. Onwards and upwards for the B team!



Year 11 Football (Essex Cup) – STM 3-2 Hall Mead: Year 11 progressed to the quarter finals of the Essex cup after an enthralling encounter against Hall Mead which saw them come back from 2-0 down to win 3-2. STM started sluggishly and found themselves down 2-0 at half time after allowing Hall Mead attackers too much time, finishing from close range and from the edge of the box. Some stern words at half time saw an immediate improvement in the second half, when Alvin finished at the back post from an Aaron cross to halve the deficit. Parity was restored moments later when some quick feet and a good finish from Archie levelled the tie. STM made their second half dominance pay when Declan rounded the goalkeeper late on to fire STM into the quarter finals. An excellent second half team performance keeps the boys in the tournament. We look forward to the next round after half term. Well done to all boys involved.

Fixtures

DATE	FIXTURE
24/2/2025	Under 14 Basketball v St Cleres (HOME) 2:30pm tip off
25/2/2025	No fixtures
26/2/2025	Year 7 Indoor Athletics @ Lee Valley - Leave 1:30pm, return 7pm House Swimming Carnival @ Clements Hall - 10am-1pm – leave 9:15am, Return 1:30pm
27/2/2025	Year 10 Football v Shoebury (HOME) 4pm kick off
28/2/2025	Year 10 Rugby v Eastwood (AWAY) 2:45pm - Leave 2:15pm, return 4pm Under 13 Indoor Cricket @ WHSB - 10am start - Leave 9:45pm, return 3pm
3/3/2025	No fixtures
4/3/2025	Year 9 Football v Southend High (AWAY) 4pm kick-off - return 5:30pm
5/3/2025	1st XI Football v Southend High (AWAY) 2pm kick off - Leave 1:30pm, return 3:30pm Swimming Gala - Leave 11:15am, return 3:30pm
6/3/2025	No fixtures
7/3/2025	Year 9 Football v Greensward (HOME) 4pm kick 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 – Spring Term

	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) Drama Club 1.50-2.25pm (H3) Latin Club 2-2.25pm Years 7-9: invite only (RE1) Film Club 1.35-2.25pm Years 7-10 (Yr12 Study Centre – on PE corridor)	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) Rubix's Cube Club 2-2.25pm (RE3) Minecraft Club Years 7-9 1.35-2.25pm (CR4/CR5)
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 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 3.30-4.30pm (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

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