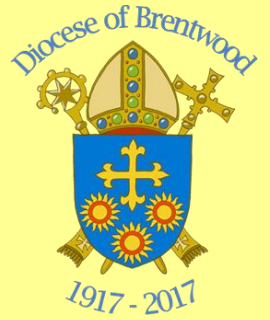


CONTACT

No. 1687 – Friday 25th April 2025



Dear Students, Parents and Staff,

On behalf of the governing body at St Thomas More High School, I express our deep sorrow at the passing of His Holiness Pope Francis.

Pope Francis was a beacon of humility, compassion and hope — a true servant leader who reminded us that faith is most powerful when it is lived through action. His commitment to social justice, care for the poor and love for our common home inspired a generation of young people to see Christ in everyone, especially the most vulnerable. At St Thomas More, his teachings have shaped our ethos of service, inclusion and mercy. He challenged us all — staff, students and governors — to be people of integrity who “build bridges, not walls,” and to nurture a faith that engages with the world courageously and compassionately.

We give thanks for his life, his leadership and his lasting impact on Catholic education and the global Church.

May he rest in the peace of Christ, and may we continue to walk faithfully in his example.

Daniel Cauchi, Chair of Governors

in memoriam

Pope Francis 1936-2025

POPE FRANCIS 1936 - 2025



O God, from whom the just receive unfailing reward, grant that your servant, Francis, our Pope, whom you made vicar of Peter and shepherd of your Church, may rejoice for ever in the vision of your glory, for he was a faithful steward here on heart of the mysteries of your forgiveness and grace. We ask this through Christ our Lord. Amen

BDES



Eternal rest grant unto him, O Lord And let perpetual light shine upon him.

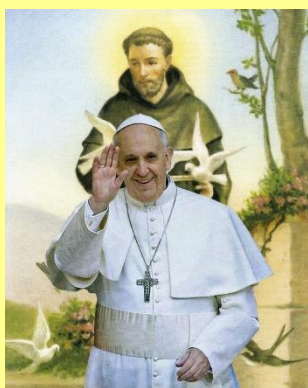
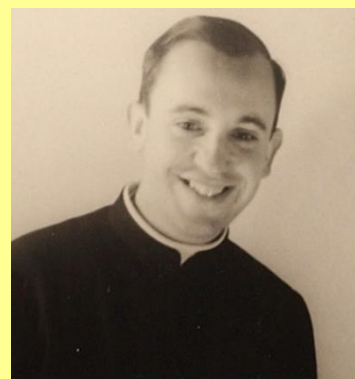
May he rest in peace.

**May his soul, and the souls of all the faithful departed, through the mercy of God, rest in peace.
AMEN**

Pope Francis was a Pope of many 'firsts', he was the first Jesuit pope, the first Latin American pope, and the first pope to take the name Francis – after the patron Saint of our school trust, St. Francis of Assisi. A fitting choice for a man who showed immense public dedication to the poor. Pope Francis was one who would break from tradition or expectations of his office for the purpose of uplifting the marginalised, or to provide a sense of humility. He was someone who was admired by Catholics and non-Catholics alike.

This was a man who would reach out to the poor, sharing meals with them, turning buildings in Vatican City into temporary shelter for the homeless, washing their feet, and campaigning endlessly to encourage others to do the same. He worked to build bridges to those of other faiths, with hope of future unity. There are many members of clergy who have done similar, but not as many Popes could be said to have done as much as he did in outreach and gestures of service.

For some, including the record numbers of adults received into the church this past weekend, Pope Francis is the only pope they have really known. One who inspired many. It is truly sad to hear of his passing, not only do we mourn the loss of the man, but also of the leader of our Church. Over the coming weeks we pray not only for the repose of the soul of the late Pope, but also that the church leaders involved in electing the next pope listen to guidance from the Holy Spirit.



Pope Francis died on Easter Monday. After a public battle with ill health. His last public appearance was on Easter Sunday, and what a blessing it is that he was able to celebrate Easter with us all for the last time before his death. For the best part of two months we were in Lent, a season of repentance, a solemn season. We fast, we pray more, and we reflect on the brutal reality of the Passion of our Lord. It can be a gloomy season, especially during the Triduum, which starts on Maundy Thursday and prepares us for the Easter Vigil with detailed readings and reenactments of key parts of our Lord's journey to the Cross. The darkness of these events make the light of Easter appear that much brighter. After the sadness and despair of the Passion, we have the Glory of the Resurrection. The sure sign of the defeat of sin and death. A look to what awaits us all, life everlasting and the resurrection of the body. The Pope passing during this time should hopefully remind us of the promises of Christ and provide us with comfort during this difficult time.

God Bless.

Parent Forum: Our next **Parent Forum** will take place on **Monday 28th April** between 4.00pm and 5.30pm. This is an open invitation for parents and carers to pop into school to share ideas, ask questions and discuss feedback with leaders about general aspects of school life. No appointment is necessary!



Year 7 Student JM Wins National Creative Writing Award: We are incredibly proud to announce that JM, a talented Year 7 student, has won first place in the Creative Writing category of the Show Racism the Red Card National School Competition! JM impressed the judges with a powerful and thought-provoking poem that tackled the important theme of anti-racism. His work stood out among hundreds of entries from students across the country, earning him the top spot in a fiercely competitive field. As part of his achievement, JM has been invited to attend the prestigious Awards Ceremony on Friday 2nd May 2025, which will be held at the iconic City Ground Stadium, home of Nottingham Forest FC. This special event will bring

together young changemakers, athletes, and campaigners to celebrate the creativity and commitment of students standing up against racism. JM's success not only highlights his creative talent but also his passion for promoting equality and justice. We're incredibly proud of him and can't wait to see what he does next. Congratulations, JM – you've made the whole school proud!

Divine Mercy Sunday

John 20:19-31



Christ is Risen, indeed, He is Risen! Happy Easter everyone. I hope you all enjoyed your time over the Easter break. This Sunday is Divine Mercy Sunday, and we have a beautiful reading from the Holy Gospel according to John. In this we hear of the Risen Lord meeting with His disciples, speaking with them, interacting with them, being truly alive in His flesh. There is one disciple who isn't present for the first meeting covered in the Gospel Account, this is St Thomas. Thomas is a faithful follower, who, before the crucifixion – after hearing of the death of Lazarus, made bold statements that he would be willing to die for his faith. He was a dedicated apostle. In this week's Gospel however, when the other disciples relay this glorious story of meeting with the Risen Christ, Thomas doubts them. It might seem strange to some because he was so sure of our Lord's ministry, and our Lord wasn't always subtle when He would tell them that He would come again. Thomas tells his fellow disciples "Unless I see in His hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into His side, I will never believe".

There is a bit of Thomas in all of us. We can all have doubts over things that are true. Doubts about our faith, doubts about people we love, doubts about ourselves. Sometimes, like Thomas, these doubts come even when everyone around us is trying to tell us the truth. We might have reasons for these doubts, we might feel justified in being stubborn. What's important is how we respond when presented with evidence. Do we remain stubborn or do we admit to ourselves (and others) that we were wrong to doubt?

St Thomas is nicknamed 'doubting Thomas' for this incident. It's a shame, because the main take away from his actions in this Gospel shouldn't be from the doubt, but from his final proclamation. Thomas meets the Risen Lord, and Jesus Christ invites Thomas to touch His wounds. Thomas states "My Lord, and my God". Not only acknowledging that he was wrong, but making a powerful statement about what he believes of Jesus Christ. Let's pray that when we have doubts we have the strength to respond appropriately, like St. Thomas, and not refuse to listen to reason.

- Max Morris, Lay Chaplain

Chaplaincy News

Vatican Live Stream: The Vatican News live stream will be on in the chapel at all times – outside of booked services or events. As we go on in the process of mourning and the coming conclave – where a new Pope will be chosen – there will be a number of key events where live information will be important to those at the school and within our church communities. If you have any questions on the mourning process, any of the requiem ceremonies, or on the conclave itself, please feel free to speak to a member of the chaplaincy team.

Canonisation of Blessed Carlo Acutis: The canonisation was planned for Divine Mercy Sunday, due to the passing of Pope Francis this has been postponed. This might be disappointing to some, not only because it was due to be an incredible event for a magnificent young man, but I'm aware that some people were discerning him as their Confirmation Saint. In this time we should focus our prayers for the soul of Pope Francis, and the wellbeing of all those who loved him, instead of on this delay.



Wellbeing Garden: The Guardians of the Garden club has been working hard on the wellbeing garden. Last term we used this space for many of our Stations of the Cross sessions. The group is looking for more students who are willing to assist in making this a beautiful place of quiet, relaxation, and prayer in the summer. Please speak to Mrs Caten or the lay Chaplain for more information.

Decade-a-day Rosary: Our Decade-a-day Rosary will start again in May, in our chapel at 11:15. These are open to staff and students. In Lent we were treated to reflections on each mystery by a student, this will continue, if anyone is interested in leading one of these reflections, please let the lay Chaplain know.

Adoration: Our weekly Holy Hour and Adoration of the Blessed Sacrament will continue during Lent – every Thursday after school in our Chapel, with opportunities for Benediction advertised as and when they are available. There is no requirement to stay for the full hour, please come for as long as you're able. It could be the perfect way to start or cement a strong prayer life this Lent.

Diocesan News and other Events in the Local Area

ST VINCENT'S CENTRE
INVITES YOU TO

★★★★★

**BINGO AND FISH
& CHIPS NIGHT**

Thursday 8th May 2025

Van Looy's

16 Clifftown Rd Southend SS1 1AB

7PM

£20 PER PERSON FOR FOOD & A DRINK
(ADVISE DIETARY REQUIREMENTS WHEN BOOKING)

To Book Contact
Phone: 07549128877
Email: nesperm@svp.org.uk
Charity No: 1053992

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 (holymfamily-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 Joseph's - Teacher or HLTA (permanent & part or full time) – EYFS/KS1/KS2 and an After School Club Supervisor [website](#)

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.



FOSTM Quiz Night: Friday 16th May 2025 at 7pm, £5 for adult tickets £2.50 for child tickets, tickets available on the gateway or cash on the door. Tables can be prebooked via Facebook or by emailing fostm@st-thomasmore.southend.sch.uk maximum of 8 per team.

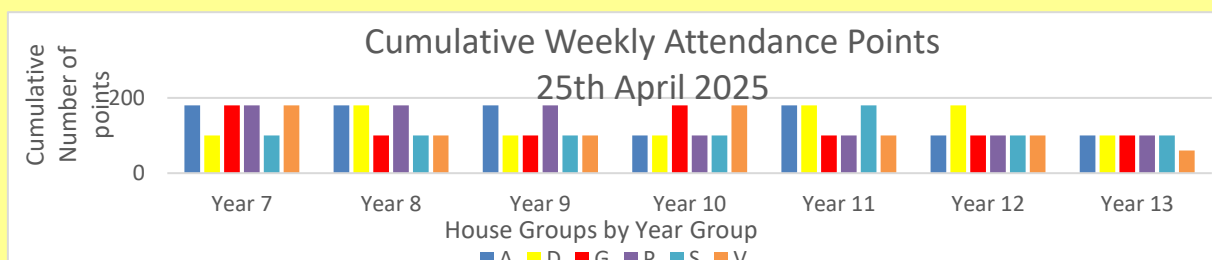


Attendance

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://st-thomasmore.southend.sch.uk)

Departmental News

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



An Easter gift from 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. The library is also now accepting board game donations.



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 last weeks problem: 144 cm squared

In New Threeland there are three types of coins: the 2p; the 5p; and one other. The smallest number of coins needed to make 13p is three. The smallest number of coins needed to make 19p is three. What is the value of the third type of coin?



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

Ponerse las pillas

Literal translation in English: To put one's batteries on.

When do we use it?: When talking about getting one's act together or get cracking with something.

Example: Si queremos terminar a tiempo, hay que ponernos las pilas.
If we want to finish on time, we'd better get cracking.

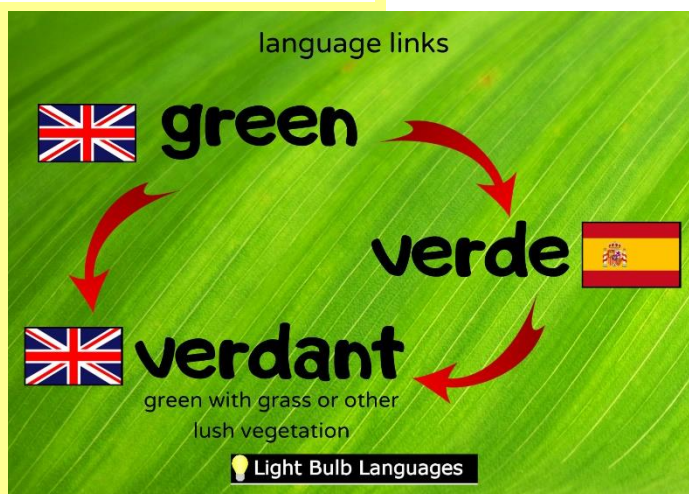
Sacerdote

(sah-sehr-doh-teh)

Masculine Noun

In English: Priest

Example: El sacerdote del pueblo es muy amable.
The village priest is very kind.



Science Department

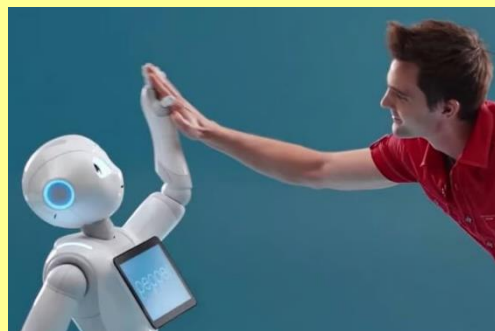


Emerging Careers in AI and Data Science: Opportunities in 2025

With the evolution of AI and Data Science, the demand for exciting career opportunities related to these fields is getting high.

READ MORE [HERE](#)

Career Opportunity: Explore data science roles at: [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**

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

This week at St Thomas More Science Dept:

In recent weeks Scientists have discovered the gaseous markers for life on a far away planet some 150 light years away. [Could this faraway world be home to life? - BBC News](#)

Extended Learning Challenge and Certificates up for grabs from Mr. Sykes:

One A4 page on the following question:

Would the discovery of Extra Terrestrial Organisms change the way the world understands our position in the Universe and would this change our religious understandings?

Please email to: LSYKES@st-thomasmore.southend.sch.uk for marking

Extended Learning Challenge for all students this week: In recent weeks Scientists have discovered the gaseous markers for life on a far away planet some 150 light years away. [Could this faraway world be home to life? - BBC News](#)

Extended Learning Challenge and Certificates up for grabs from Mr. Sykes: One A4 page on the following question:

Would the discovery of Extra Terrestrial Organisms change the way the world understands our position in the Universe and would this change our religious understandings? Please email to: LSYKES@st-thomasmore.southend.sch.uk for marking



Alumnus of the Month: [April](#).

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

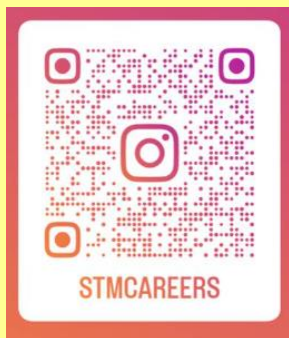
INVESTIN: Information on weekend programmes in Law and Finance

Careers can be found [here](#)

Careers Newsletter 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.



Unifrog parent/carers sign up to an event to inform them of the post 16 options and choices for their child. University, costs, apprenticeships and help them to support their child more in making more informed decisions and choices about their future after GCSE's.

<https://www.unifrog.org/events/upcoming/1323-parents-and-caregivers-session-research-into-options-after-school>

WEBINAR: Not sure on your child's options after school? Think university is too expensive, or not

sure where to start looking for apprenticeships? Join experts from the University of Bradford, Unilever and the National Saturday Club to find out about what early research your child can do, and things to consider when weighing up their options. When Wednesday 30 April @ 17:30 UK time
Duration 45 mins

<https://www.unifrog.org/events/upcoming/1323-parents-and-caregivers-session-research-into-options-after-school>

NEW!! LINKEDIN STUDENT BOOST GROUP

Our student boost group is now open for registrations.

This is the place for year 12 and 13 students who want to really dig into LinkedIn. We'll be running free Monthly Masterclasses with guest presenters, to help students really develop their effectiveness on the platform.

Here's the link to find the group - do pass it onto your students who might be interested:

<https://www.linkedin.com/groups/13192027/>

Post 18 Education Choices: As students prepare to make decisions about their post 18 education choices we would like to inform you about a fantastic opportunity regarding Russell Group university applications. The Russell Group in conjunction with UK University Search are running a series of free webinars. Taking place from the 29th April – 1st May, there are five 90-minute sessions each featuring four or five expert panellists who will offer clear, impartial guidance for students looking at taking the next step in their educational journey. We will be joined by 18 members of the Russell Group, including: Cambridge, LSE, Kings, Bristol, Durham, Glasgow, Manchester, Birmingham, UCL and Cardiff. During each session the Q&A function will be available for students to ask specific questions and receive further information. Each webinar will be recorded so students and parents should register if they would like to be emailed access after the session. The schedule is as follows:

Day 1 - 29th April: 12:00 PM – 1:30 PM: An Introduction to the Russell Group and Why Choose to Study There?

4:30 PM – 6PM: Student life at University

Day 2 - 30th April: 9:00 AM – 10:30 AM: Considering clinical and health professions 9:00 to 10:30

Day 3 - 1st May: 12:00 PM – 1:30 PM: Researching University Options

4:30 PM – 6 PM: Personal Statements and Applying to a Russell Group University

All times shown are UK/BST. To register for a place students and parents simply need to sign up on the UK University Search website – <https://www.ukuniversitysearch.com/fair-signup/russell-group-webinars>. If you have any follow up questions you can email info@ukuniversitysearch.com

Support for parents and carers: Supporting a young person to make decisions about their future can be overwhelming. Our monthly [parent and carer newsletter](#) highlights the key things they need to know and do throughout the year.

Poetry Corner No.63

Sonnet LXVIII. Most glorious Lord of life! that, on this day

MOST glorious Lord of life! that, on this day,
Did'st make thy triumph over death and sin;
And, having harrow'd hell, did'st bring away
Captivity thence captive, us to win:

This joyous day, dear Lord, with joy begin;
And grant that we, for whom thou diddest die,
Being with thy dear blood clean wash'd from sin,
May live for ever in felicity!

And that thy love we weighing worthily,
May likewise love thee for the same again;
And for thy sake, that all like deer did'st buy,
With love may one another entertain!

So let us love, dear love, like as we ought:
Love is the lesson which the Lord us taught.

Edmund Spenser

[Amoretti LXVIII: Most Glorious Lord of Life by Edmund Spenser - Famous poems, famous poets. - All Poetry](#)

Year 11 Revision Sessions

Welcome back to year 11 students, I hope the Easter break was good to you all and you are all feeling refreshed as we make the final push towards the GCSE exams. Revision sessions were very well attended over the Easter break with 102 year 11 students making the trip in for English revision on April 14th. I would also remind students that at this time of year it is imperative that students are engaging in conversations that will allow them to maximise their potential and fill them with confidence as they continue with their revision. I would remind students and parents that if anyone would like further support or has questions regarding the upcoming exams and all that is associated with them, please don't hesitate to contact either myself or Mr Bass. I hope you all have a peaceful weekend and I look forward to seeing you all next week. 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	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 PE1	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

	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 (rota: please see specific dates/times below) – E7 -Mrs Cotgrove (1.45-2:30pm) Lang 10/3 Lit 17/3 Lang 24/3 Lit 31/3	Psychology – PY1 - Miss Osborne History – H2 – Mrs Downey Geography - G2 – Mr Ahmed - Human	Business Studies – BS2 – Mr Simmonds. Sociology – E3 – Mrs Greene (1.30-2.00pm) RE Revision – RE5 – Mrs McKenna (2:00-2:30pm)	Geography- G3 - Miss Young- Physical Sociology revision – E7 -Mrs Cotgrove (1.45-2:30pm)	
After School 3:30-4:30		Eng Lit/Eng Lang/ Film/Media/Socio Exam focussed session – LIBRARY - Mrs Cotgrove	Computing Club Year 12/13 BTEC IT and Computer Science. CR5 – Mr Cockell Spanish - MFL1 – Mrs Williams	Politics – H2 – Mrs Wilkes	

Sports News

PE Student of the Week: Our first winner of the summer term is Louis from Year 8. Louis has already shown a great commitment to athletics, in particular the javelin. He has improved his PB and represented the school this week in horrible conditions against Chase in a friendly competition. We look forward to seeing how much he improves over the course of this term.



Fixtures

DATE	FIXTURE
28/04/2025	No Fixtures
29/04/2025	Sixth Form Basketball v WHSG (HOME) 4pm tip off
30/04/2025	Year 7 & 8/9 Athletics @ Chelmsford - Leave 8:15am, return 5:15pm Year 11 Football Essex Cup Final v Moulsham @ Aveley FC - 2pm kick off - Leave 12:30pm, return 5pm Year 7/8/9/10 Tennis v Southend High @ WLTC - 4pm - Leave 3:30pm (walk), finish 5:15pm
01/05/2025	No Fixtures
02/05/2025	No Fixtures
05/05/2025	No Fixtures
06/05/2025	Essex Borough Trials @ Eastwood - 4:15pm - Return 6pm
07/05/2025	SEND Tennis @ Baddow 10:30am start - Leave 9:15am, return 2pm Year 7/8 & 9/10 Tennis v Belfairs @ WLTC 4pm start - 5:30pm return
08/05/2025	No Fixtures
09/05/2025	No Fixtures

PE Extracurricular Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45 - 8.30 am	S&C Training (Gym) Year 7 & 8 (JEN) MDR & EST Track 8am (AAC)	Year 8 & 9 Gym (JES) Darts Club - All years (SB)	Year 10 & 11 Gym (LSH) All Years Astro (AP)	Year 9 & 10 Gym (SB)	Yrs7-10 Athletics High Jump (AAC) Year 9-13 Gym (EK)
1.35 - 2.25pm	Year 8 Cricket (JEN) Athletics - LJ/TJ (AAC) Darts Club - All years (SB)	Athletics - Throws (AAC) Year 9/10 Cricket (LSH) Year 8 Astro (JTB)	Athletics - Throws (AAC) Athletics - Sprints (EK) Year 7 Astro (JES)	Athletics - LJ/TJ (AAC) Year 9 Astro (NSP)	Year 10 Astro (TH) Athletics - Track/Relay (SB) Athletics - LJ/TJ (LSH) BTEC Sport catch up (EK)
3.30 - 4.45pm	Tennis Club - All years (RHE/NSP) Athletics (SB)	Year 7 Cricket (JTB)	Tennis Club - All years (RHE/NSP)		Year 8 Football Training (MH/AH)