



More News 6th October 2023

St Thomas More Catholic Primary School Newsletter



Exposition of the Blessed Sacrament

Yesterday began the Quarant'ore: Eucharistic Adoration Festival in St Thomas More Church. It is a period of forty hours during which the Blessed Sacrament will be exposed for people to come and go as they please. Quarant'ore is an opportunity to commune with God. It offers a period of reflection where we can pause and take stock of our relationship with him, his mission for ourselves and how we are living out our vocation. It is an opportunity to move away from the busy schedule of our lives and simply be with the Lord. St Alphonsus Liguori once wrote, 'know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, 'ask, and you shall receive,' but He has revealed to those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace.'

All are invited to come into church for a few moments of prayer and reflection before the Blessed Sacrament. Votive candles have been sold and will be placed all around the Sanctuary during these forty hours. One has been sponsored for the 'intentions of the staff and children at STM'.



Votive Mass

This morning the whole school gathered together for a votive Mass of the Blessed Sacrament. Fr Simon spoke of the gift of grace in receiving the Eucharist. Our GIFT Team stayed in the church after Mass for the prayer service that followed and to be part of the worship that takes place during the Quarant'ore.

Saying the Rosary in October

The Feast of Our Lady of the Rosary is tomorrow and October is traditionally a time when we focus our prayer through saying the Rosary.

If you want to find out more, or pray together at home, there is lots of information and guidance [here](#).

Pupil Leaders

Our school mission this week was to act with faith, rather than just say we are going to do something.

Pupils who epitomise this are our newly appointed Pupil Leaders!

We are delighted to introduce you to our Year 6 and Year 5 Pupil Leaders.

Head Pupil Team (Y6)

Our Head Pupils for this year, who act as ambassadors for the school are:

Head Girl: Victoria

Head Boy: Kasper

Deputy Head Boy: Anthony

Deputy Head Girl: Cara



House Captains (Y6)

Our house Captains, who will be leading their house, working to ensure the House Points system works well in school, and providing support to the pupils in their house are:

Walsingham: Thomas and Ravneet

Lourdes: Julia and Eva

Fatima: Darragh and Bansuri

Rome: Caiden and Mysha



School Council (Y6)

Our School Council will be working to improve the STM experience from a pupil perspective, working to implement new changes and bring ideas into reality.

They are:

Aauyushi, Nicky, Ksawery, Valerie, Praise, Joel, Sophia, Harvey, Clara, Charlotte, Louise, Keisha and Erin.



The GIFT Team (Y5)

GIFT stands for Growing In Faith Together. All of our Year 5 pupils are members of the GIFT Team. Their role is to lead in the Prayer and Catholic Life of the school, supporting their friends, younger children and staff in living out our faith. The GIFT Team Leaders were appointed because of their faith and desire to bring faith into action through prayer and deed after applying by letter.

The GIFT Team Leaders are:

Mila, Joseph, Maya, Ethan, Kalina, Anthony, Esmae and Aaron.

The GIFT team were commissioned by Fr Simon in Mass today, along with Ms Teixeira, one of our parishioners, who is leading the GIFT Team Leaders in faith and prayer. Our heartfelt thanks go to Ms Teixeira for her time and guidance for the children and in making links with the parish so meaningful.



Mental Health Day - Tuesday 10th October

Mental Health Day is Tuesday 10th October. Click [here](#) to find out more.

There is a very short video that you can share with your family and will be shared in Mission Assembly on Monday about how it is good to share our worries.

Children are then being asked to complete a task at home where they are encouraged to talk about their worries with someone at home. There is also a sheet (at the end of the newsletter) for children to complete that can be used to frame the conversation.

Christmas Bazaar

While it might seem far away, Christmas is fast approaching!

The Parish/School Christmas Bazaar will be held on Friday 8th December in the school hall. Plans are already underway to make this year's Bazaar as much fun as last year's was. If you would like to buy a stall for the evening, please contact Mary at mandjhulme1@gmail.com

There will be lots of opportunities for you to support in making the bazaar great, so watch this space for more information over the coming weeks!

Nursery and Reception at Mass

It was fantastic to see so many of our families from Nursery and Reception at Mass on Sunday. We had 45 children attending Children's Liturgy. Parishioners and Fr Simon commented on how wonderful it was to have so many young children coming together during the Mass and celebrating their faith. I know Fr Simon has written to parents and carers of Nursery and Reception children: we do hope you will continue to come to Mass and feel part of the St Thomas More parish community as your time in our school continues.

Family Fast Day

Today is [Cafod Family Fast Day](#). Families are invited to fast and then donate to others to mark harvest. At STM, we are asking children to bring in items of non-perishable food which we will donate to Coventry Food Bank. If you did not send any non-perishable food in today, please don't worry: children can bring items in on Monday as well.

PRAYER: SEEDS OF HOPE



Above: Meera's home was destroyed by floods the night her baby was born.

Generous God, we thank you,
for the gifts you have given
for all people to share.

We plant seeds of hope
and nurture them as we seek
a harvest of plenty for all.

Forgive us for the times these seeds
fail to take root in our hearts.

We grieve when homes and crops
are washed away by floods,
when lives are uprooted by disaster,
or trampled by fear and greed.

Living God, you lead us
to a new way of being.
Move us to help one another
in our times of need,
to care for the earth and
to love one another,
sharing your harvest with all.

Amen.

CAFOD
Catholic Agency for
Overseas Development

CHILDREN'S PRAYER



Above: People set up temporary shelters away from flood waters in Pakistan.

Generous God, we thank you
for the gifts you have given
for all people to share.
Sometimes things go wrong.
Floods wash away
homes and crops.

Living God, move us
to help one another
in times of need,
to care for the earth
and love one another
sharing your harvest with all.

Amen.

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Prayer and photos: CAFOD. Printed
on paper from well-managed forests.
CAF7126

CAFOD
Catholic Agency for
Overseas Development

Team Recycle visit

Yesterday, the children from Year 1 to Year 6 enjoyed a visit from Team Recycle, who have shared the importance of looking after God's creation and are encouraging children to recycle.



Apply for a Blue Peter Book Badge

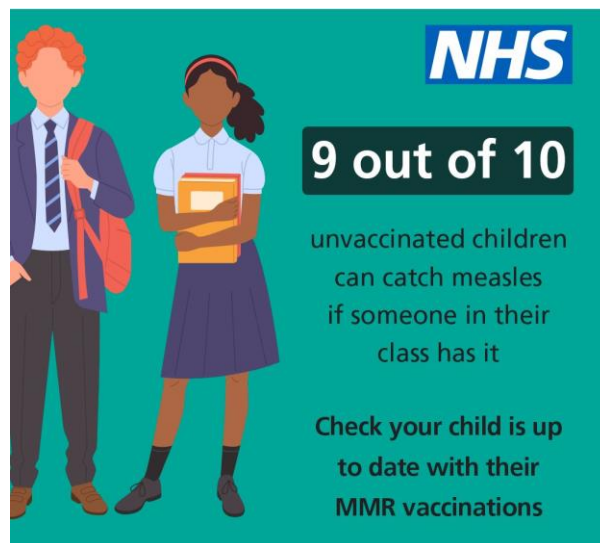
The new reading gazebo has proved to be a big hit with our children and we are always looking for ways to celebrate our love of reading.

Children can now apply for a Blue Peter Book Badge, which they can earn by applying online and sharing their thoughts on a recently read book.

Find out more [here](#).



Protect your child against serious childhood illnesses



Measles cases are rising across the country, with over 102,000 children starting primary school in England being at risk of catching the disease. The Department for Education is asking schools to share key messages from the NHS about MMR / measles and how to get vaccinated. Measles is highly infectious and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious. More information about protecting your child has been sent out via Arbor.



Secondary School Admissions

Y6 parents will have received a booklet guide to Secondary School Admissions. Applications are now open! If your child is in Y6, you **MUST** submit an application for secondary school admission via the [online application process](#) before the closing date of 31st October. I strongly advise you to visit the schools before making any final decisions.

Starting Secondary School in September 2024

Apply online at
www.coventry.gov.uk/schooladmissions
by 31 October 2023



Our new parent governor

I am delighted to share that Jacqueline Marajh, Mum of Ethan and Aaron, has been elected as parent governor.

As always, our thanks go to all our governors, who volunteer their time and support in driving the strategic direction of the school and making sure STM continues on its journey to being the best we can be.

Online safety parent/carers information - Among Us

Taken from [National Online Safety](#):

Though *Among Us* is presented in a (mainly) sanitised visual style, any children's game which essentially foregrounds the concepts of deceit, betrayal and killing is always likely to cause some concerns. This week's guide gets among it with *Among Us*.



Tuesday 24th October: Nursery to Year 6

Wednesday 25th October: Year 1

Thursday 26th October: Nursery, Reception, Years 2 to 6

You should have received information today, letting you know how to book a slot. The booking system will open at 5pm on Monday 9th October.

Support for families with children with SEND

There are lots of places families with children with SEND can find support, advice and a listening ear.

[Contact For Families With Disabled Children](#) offers advice on all sorts of issues from financial support to workshops and get togethers. Please do take a look as this is a site rich in information and avenues of help.

Safety before school starts

Staff have reported children being left unsupervised in the school car park at very early times. Please note that children must be supervised before school and parents/carers should ensure their children have entered safely through the gate before leaving the premises.

Listening to your views

You will remember completing a parent/carer survey in the summer term last year.

The results of the survey were overwhelmingly positive - thank you for your support and letting us know when we do well. There are always things we can improve, and you have let us know where those areas are too. Your thoughts are always appreciated as they help us to improve the school for you and our children.

Each week over the next few weeks, we'll share your feedback and let you know how the school will respond.



You told us: that you would like to see more of what your children have been doing in school on social media.

What we're doing: each year group is now publishing on X (formerly Twitter) at least once a week. We hope you have enjoyed the increase in opportunities to see what is happening in school on X

You can see our feed [here](#).

Reminder: no jewellery in school

We have noticed an increasing number of children who are coming to school wearing jewellery. Whilst we appreciate our children's desire to wear jewellery that signifies their faith, the wearing of jewellery in school is not permitted. This is to ensure safety of children, but also to prevent the inevitable upset if the jewellery becomes lost. Please note, this includes crosses worn under clothing.

Attendance is important!

The Department for Education (DfE) has asked headteachers to remind parents of the importance of good attendance.

The DfE say:

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. If you are unsure whether your child is too ill for school, you can check this NHS guidance: [is my child too ill for school?](#)

They also say:

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it.

If your child is having difficulty in coming to school, please contact us (your child's class teacher should be the first port of call for most communication).

We monitor all pupils' attendance and will contact you (often by letter) if their attendance is getting lower than we'd expect. Please don't be offended if you receive a letter - we have a duty to keep you informed of things that can affect your child's progress and/or wellbeing.

Lastly, please remember that term-time holidays will not be authorised and, in many cases, will result in a Fixed Penalty Notice (fine) being issued.

Whole school attendance this year - 95.9%

Year R	95.7%
Year 01	97.3%
Year 02	98.7%
Year 03	96.8%
Year 04	96.7%
Year 05	97.5%
Year 06	96.8%

Help available for children struggling with emotions

Is your child struggling with their emotions and feelings? Compass Shine deliver workshops covering various topics and offer 10 minute consultations for parents and carers to get advice. Please see the flyer below for more information.

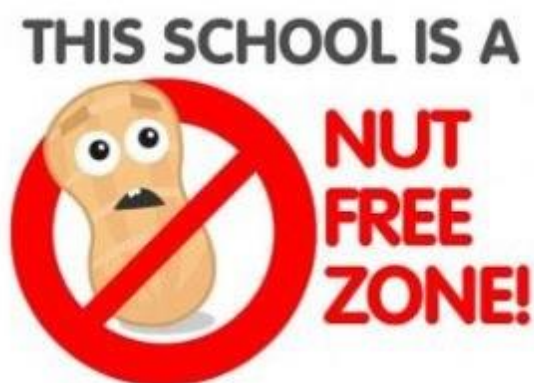


Lunch

The kitchen have confirmed that the school dinner menu is remaining the same until October half term.

Please note some children in our school have airborne nut allergies. Therefore, our school is a 'Nut Free School'

For those children on packed lunches no nuts, sweets, chocolates or fizzy drinks are allowed. Instead, we encourage fruit, vegetables and water to drink



MENU CYCLE WEEK THREE

SPRING TERM
March-July 2023

13/03/23, 17/04/23, 8/06/23, 05/06/23, 26/06/23, 17/07/23

	Vegetarian MONDAY	Around the World TUESDAY	Theme Day WEDNESDAY	Classic THURSDAY	Treat FRIDAY
MAIN COURSE	Cheese & Tomato Pasta Bake	Sausage Roll	Roast Chicken with Sage & Onion Stuffing	Spaghetti Bolognese	Salmon Fish Cakes or Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Sausage Roll	Vegetable Sausage and Gravy	Vegetable Lasagne	Cheese & Onion Pinwheel
STARCHY FOOD	Baked Wedges	Diced Potatoes	Roast Potatoes	Garlic Bread	Chips
VEGETABLE	Sweetcorn	Green Beans	Selection of Vegetables	Sweetcorn	Baked Beans or Peas
AVAILABLE DAILY	Jacket Potatoes, range of sandwiches and Pasta with Roasted Tomato Sauce				
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				

MENU CYCLE WEEK TWO

SPRING TERM
March-July 2023

06/03/23, 27/03/23, 01/05/23, 22/05/23, 19/06/23, 10/07/23

	Vegetarian MONDAY	Around the World TUESDAY	Roast WEDNESDAY	Classic THURSDAY	Treat FRIDAY
MAIN COURSE	Mac & Cheese	Mexican Chilli & Nacho Bake	Roast Chicken with Sage & Onion Stuffing	Chicken Wraps	Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Chilli	Veggie Toad in the Hole	Vegetable Quesadilla	Vegetable Fingers
STARCHY FOOD	Garlic Slice or Wedges	Wholegrain Rice	Roast Potatoes	Wedges	Chips
VEGETABLE	Sweetcorn	Broccoli	Cauliflower & Carrots	Sweetcorn	Baked Beans or Peas
AVAILABLE DAILY	Jacket Potatoes, range of sandwiches and Pasta with Roasted Tomato Sauce				
DESSERT AVAILABLE DAILY	A selection of home bakes, jelly and fresh fruit available daily.				

MENU CYCLE WEEK ONE

SPRING TERM
March-July 2023

27/02/23, 20/03/23, 24/04/23, 15/05/23, 12/06/23, 03/07/23

	Vegetarian MONDAY	Around the World TUESDAY	Roast WEDNESDAY	Classic THURSDAY	Treat FRIDAY
MAIN COURSE	Italian Quorn Meatball Pasta Bake	Chicken Tikka Curry	Roast Chicken with Sage & Onion Stuffing	Sausages & Mash	Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Tikka Curry	Cheese and Onion Pie	Quorn Sausages & Mash	Vegetable Fingers
STARCHY FOOD	Baked Wedges	Wholegrain Rice	Roast Potatoes	Mashed Potatoes	Chips
VEGETABLE	Sweetcorn	Green Beans	Selection of Vegetables	Broccoli	Baked Beans or Peas
AVAILABLE DAILY	Jacket Potatoes, range of sandwiches and Pasta with Roasted Tomato Sauce				
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				

Parish facilities

Planning a party/event? Looking for a Venue?

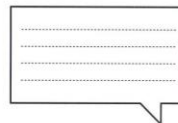
The Margaret Roper Room at Church is available for hire for parties and events. It is in high demand, so enquire early about dates. Excellent kitchen facilities available. Holds approximately 80 guests. Hire charge £25 per hour. Please enquire to: admin.stm.covty@rcaob.org.uk





10th Oct Mental health Day

Well done for doing
your homework ☆



Talking is often the first step in helping us feel better. And it's always easier over a shared activity, whether that's doing homework, cooking dinner together, or even walking the dog.

If you need any more advice, information or support, you can visit itv.com/BritainGetTalking.

And remember - talk to your GP if you're ever seriously concerned.

World Mental Health Day is a great excuse to have a chat, but talking is a tool we can use at any time to improve our mental wellness.

Supported by:

itv **BRITAIN GET TALKING** **YOUNG MINDS**

What's on our minds can
be the hardest subject.

So what's on yours?



What's on our minds can
be the hardest subject.

So what's on yours?

Sometimes, the world can
feel like a scary place.

That's why this
World Mental Health Day,
we've set the nation a
different kind of homework.

Because talking about the
hardest subjects on our mind
can help ease our stress,
and reduce our anxiety.

And working on a shared task
like this one is a brilliant way
to start a proper chat if you
need a hand.

1

Ask your parent, carer, or an adult you trust if they'll help you with your homework.

Tell them not to worry - nothing will be marked, and they won't even need a calculator!

2

Get talking

If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise.

You can use the box or go outside the lines. Remember: there are no right or wrong answers.

3

Now, spend time together talking through any worries one by one. Discuss questions such as:

How does it make you feel?
What are you most afraid might happen?
Would it help if you had more information?

Get listening

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more,

but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.