



St Thomas More Catholic School Parents' Newsletter

3rd April 2020

INTRODUCTION

Information has been received today from Ofqual regarding how grades will be allocated. A letter will be emailed in the next few days to all those who were due to take exams this year. It is extremely important that all our pupils who were due to sit exams ensure they are completing and submitting any outstanding coursework or BTEC work to their teachers. It is important that all pupils continue to complete the work set by teachers on Show My Homework and other online platforms.

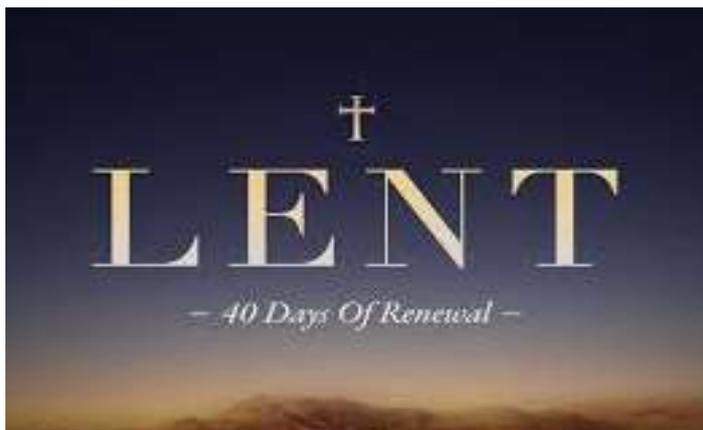
We will be sending out a very quick online survey to all parents to get some feedback on how things are going in these very unusual times with pupils working from home. We would be grateful if you could spend 5 minutes to completing it. A reminder that any questions about the work or other matters should be sent to: **parents@stthomasmoreschool.org.uk**. We will continue to try to respond as soon as possible.

If there are any safeguarding concerns or anyone needs advice on this type of matter please email: **safeguarding@stthomasmoreschool.org.uk**

As we near the end of Lent and Holy Week approaches we all need to consider the final journey Jesus made for us before dying on the cross and being raised up. It is a very different and difficult time for everyone at the moment but we still need to ensure we pray for all those who need our prayers. As we are in our family groups we should have more time to sit, think and pray. We wish all our school community a happy and holy Easter. Please follow all the guidelines on social distancing to keep healthy.

The next newsletter will be after the Easter break on Friday 24th April.

Mark Rowland
Head of School



MESSAGE FROM POPE FRANCIS

Many of you will have heard what was said by Pope Francis in his message to the City and to the World earlier this week. We can take great solace from these words.

"The Lord asks us and, in the midst of our tempest, invites us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. The Lord awakens so as to reawaken and revive our Easter faith.

We have an anchor: by his cross we have been saved.
We have a rudder: by his cross we have been redeemed.
We have a hope: by his cross we have been healed and embraced so that nothing and no one can separate us from his redeeming love.

In the midst of isolation when we are suffering from a lack of tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side. The Lord asks us from his cross to rediscover the life that awaits us, to look towards those who look to us, to strengthen, recognize and foster the grace that lives within us. Let us not quench the wavering flame (cf. Is 42:3) that never falters, and let us allow hope to be rekindled."

Pope Francis, Urbi et Orbi, 27th March 2020.

STRESS AWARENESS MONTH

Does it ever feel like things are getting too much? Whatever the cause, you may feel anxious, irritable, and find it difficult to cope. You might even get headaches or struggle to sleep. Don't panic – you're not alone. Stress is a normal way for your body to react to high-pressure situations, and we all experience it sometimes. However, for the millions of people who suffer from stress long-term, it can have serious consequences. It can also feed into existing mental health problems. April is Stress Awareness Month, which makes it the perfect time to think about ways of coping with stress. But how? The NHS recommends that you start with small steps. Take some time out of your day to relax. Make sure you keep exercising which releases hormones that, in turn, reduce stress.

If things still feel like too much, remember that you can always talk to an adult, or seek professional help, which might have to be online at the moment.

The links below provide a raft of different apps that you can use on your smart phone.

NHS Recommendations - <https://www.nhs.uk/apps-library/category/mental-health/>

MS Society Recommendations - <https://www.ms-uk.org/blog-11-best-mental-health-apps>

Mind Charity Recommendations - <https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>

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Week Beginning 5th April 202

Palm Sunday of the Lord's Passion Year A

Gospel Reading: (Matthew 21: 1-11)

Reflection Gospel Reflection

The Jews were waiting for a king to lead them against the Romans and make them free again. When Jesus rode into Jerusalem on Palm Sunday, he was welcomed as this king, but he came as a king of peace and not to bring war.

The words of the prophet Isaiah remind us that Jesus, the Prince of Peace, shared the light of his love with us all. (Isaiah 9:2-3, 6-7). The world was full of darkness and shadows, but now it is filled with light so everyone can see. God sent his only son, Jesus, to fill our world with peace and love.

St Luke's Gospel, Jesus reminds us that God will forgive us as easily as we forgive others. Do not always believe that you are right and others are wrong, but treat people the way you would want to be treated. If you are full of forgiveness for others, then God will be full of forgiveness for you.

Jesus chose a donkey; by his actions Jesus was showing the crowds that he was no soldier, but instead came as a king of peace, riding on a meek and gentle donkey. The crowd wave branches from the palm trees they found along the roadside to welcome this king just as we might wave flags in a procession today. They shouted 'Hosanna, Hosanna!' – which is a word used to praise God. Many people had come to celebrate the Passover. This was a feast the Jews shared together each year to remember how God had saved them from slavery in Egypt.

'GOD WHO SPEAKS' The Year Of The Word 2020

"One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?" "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbour as yourself. There is no commandment greater than these.'" Mark 12:28-31

Prayer:

O God, you have called us to be your children, and have promised that those who suffer with Christ will be heirs with him of your glory: Arm us with such trust in him that we may ask no rest from his demands and have no fear in his service; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen

Thought for the Week

Today you choose life. Every morning when you wake up you can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices – today you can choose to feel life, not to deny your humanity but embrace it.

HARINGEY MUTUAL AID GROUPS

Below are groups set up in various Haringey areas who you can contact if you need help during this time. You can also volunteer to help.

Haringey Covid 19 Mutual Aid: <https://www.facebook.com/Haringey-Covid-19-Mutual-Aid-100920541545836/>

Alexandra Park Ward COVID group: <https://www.facebook.com/groups/201573454403978/>

Crouch End: https://instagram.com/crouch_end_aid?igshid=1s9xssfzmzthin

Muswell Hill C19 Community Support: <https://chat.whatsapp.com/FekQrTBcjrDMkjh7vNbKz>

Finsbury Park N7 Tiltman Place Coronavirus Mutual Aid Group: <https://www.facebook.com/groups/515180329201115/>

Quernmore Road Network, N4: <https://chat.whatsapp.com/ETwN9LXW1ZGAYRQMneN3EM>

Tottenham Hale ward Covid 19 mutual aid: <https://chat.whatsapp.com/IbePX2NMPe7479g5fXlepr>

West Green Ward Covid19 Mutual Aid WhatsApp: chat.whatsapp.com

Stroud Green Covid 19 Mutual Aid (N4 & N8): <https://chat.whatsapp.com/Bf0nluTxASkIkCvgzagZJH>

MAGAZINE ACCESS FOR STUDENTS

Exact Editions are a magazine publisher who have given us free access to a selection of their publications while schools are closed. These titles are: BBC History Magazine, BBC Music Magazine, BBC Science Focus Magazine, The Biologist, Chemistry World, Geographical, New Internationalist, Prospect, Resurgence and Ecologist, The World Today. These will be available until **1st October 2020**.

To access the online editions of these titles:

1. Visit the login page: <https://login.exacteditions.com/login.do>
2. Select the 'library card' option in the top right-hand corner.
3. Enter our 6 digit code into the 'card number' bar and login.

The six digit code for St Thomas More School is 904134.

Words of the Week

Monday- Yesteryear - (Noun) - Last year or the recent past, especially as nostalgically recalled.

Tuesday- Aroma - (Noun) - A distinctive, typically pleasant smell.

Wednesday- Plough - (Noun) - A large farming implement with one or more blades fixed in a frame, drawn over soil to turn it over and cut furrows in preparation for the planting of seeds.

Thursday- Fade - (Verb) - Gradually grow faint and disappear.

Friday- Derisory - (Adjective) - Ridiculously small or inadequate.