



St Thomas More Catholic School Parents' Newsletter

20th March 2020

INTRODUCTION

Dear Parents,

These are certainly extremely unusual times which will be very difficult for everyone for quite some time. We would hope that we can all get back to some normality as soon as possible.

We have issued a number of letters this week detailing how the school will continue to educate our pupils. Copies are available on our website in the 'Parents' section - 'Letters Home'. Even if this education is through the online platform, we hope that pupils will gain some benefit.

We would urge all parents to follow the government guidelines on social distancing and ensure that pupils are isolating in a family setting and not mixing with other children.

A reminder that advice on the COVID 19 (coronavirus) can be found at:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

During the coming weeks and months we will do our best to keep in contact via email, parent newsletters and our website: www.stthomasmoreschool.org.uk Our main point of contact for parents will be via email.

If you have any enquiries please contact us via parents@stthomasmoreschool.org.uk and we will do our best to answer queries promptly or redirect questions on to the relevant teacher/member of staff.

Remember that if pupils have any issues accessing Show My Homework they can email it@stthomasmoreschool.org.uk.

We hope and pray that our whole school community follows the advice, keeps safe and healthy until schools are allowed to reopen.

Mark Rowland
Head of School



ONLINE SAFETY INFORMATION FOR PARENTS



www.thinkuknow.co.uk

What to Say to Children:

- Report cyberbullying and save the evidence whenever possible
- Don't be pressured into sending inappropriate images
- Only post things you would be happy with your family seeing
- If something happens, tell someone at home or at school

Advice for Gaming:

- Monitor who your child is talking to via messages or headsets
- Use passwords on bank cards – many games have in-game purchases
- Set up time limits on how long they spend playing

Advice for Social Media:

- Check 'Privacy Settings' are being used on social media
- Tell them not to accept friend / follow requests from strangers
- Ensure that they never share their location

Stay Up to Date:

- www.kidsonlineworld.com
- Website from ECP Ltd – "The more you know, the better!"
- Updates via emails and vlogs, full of information for parents



Helpful Websites:

www.parentzone.org.uk
www.parentinfo.org
www.internetmatters.org



Get advice on filters / settings etc. from NSPCC Helpline 0808 800 5002

ONLINE SAFETY FOR PUPILS

- Be aware of what you share
- Turn your privacy settings up **to the highest level** on social networking sites
- Only post things that your **family** would be happy seeing
- Remember advertising your **location** is dangerous

**If something happens - tell someone
Home / School / ChildLine / CEOP**

RE

Gospel Reflection 3rd Sunday of Lent:

John 4:5-42:

The Woman at the Well

Jesus invites this woman to talk. She finds him engaging all right, but this man should not be talking to her. She is certain he does not "get" what is at stake, so she tries hard to set him straight. Jesus, however, has his own idea about what matters; he changes the subject. Amazingly, she does not dig in her heels. She drops her own agenda and follows his lead. There is something about Jesus. Her mind does not grasp who he is, or much of what he is saying, but her heart is beginning to melt. "Give me this water," she pleads.

Her cry for water allows Jesus to take her deeper: "Go call your husband." This is getting very personal. Yet she does not attempt to lie or cover up her mess. Jesus — by his very presence — is already releasing living waters into her hidden deserts. He has begun exposing secrets so healing graces can flow.

This is what Jesus wants for us this Lent. Jesus is yearning to bring his living water into our dry and weary places. Let us take some time to sit with Jesus and allow the living water of his presence to seep into our hearts.

Prayer:

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving has shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. Through our Lord Jesus Christ, your son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

Amen

Week Beginning 30th March 2020

Always Do Your Best.

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret

'God Who Speaks' The Year of the Word

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)

"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security." (Jeremiah 33: 6)

Thought for the Week

I believe all positive and negative things are valuable because they shape you. Every person gets negative things, they learn from those negative things, and you become a positive person.

CHARITY COLLECTIONS

Given the recent events, we have distributed the Easter eggs we have already collected.

Thank you to all who donated them.

Thank you too, to all who gave in our penny collection. The money raised will go to the Catholic Children's Society.



COLLAGE ARTS WORKSHOP

Steve Medlin, professional actor and movement director, from Collage Arts ran a workshop with the Year 9 GCSE pupils on developing their characters.



LONDON YOUTH GAMES- U15 VOLLEYBALL

The U15 volleyball team made a trip to UEL this term to represent Haringey in the London Youth Games.

The first three games started well as the boys beat Islington, Barnet and Hillingdon. After progressing to the quarter-final, St Thomas More came up against Richmond and lost by five points. The team finished 9th in London.



Words of the Week

Monday- Impervious - (Adjective) - Not allowing fluid to pass through; unable to be affected by.

Tuesday- Denigrate- (Verb) - Criticize unfairly; disparage.

Wednesday- Contradict- (Verb) – Deny the truth of (a statement) by asserting the opposite.

Thursday- Vehemently - (Adverb) - In a forceful, passionate, or intense manner; with great feeling.

Friday- Insurmountable- (Adjective)- (Of a difficulty or obstacle) impossible to overcome.