



# St Thomas More Catholic School Parents' Newsletter

22nd May 2020

## INTRODUCTION

This week we were delighted that many pupils were able to join the online 'Zoom' assemblies.

As it now seems likely that secondary schools will not reopen to the majority of pupils until September, it is even more important that pupils participate in learning at home regularly. Staff continue to set work via a number of platforms, Show My Homework being the main one, where pupils can not only submit work, but also communicate with their teachers. Going forward there are more 'Loom' lessons being created by the teachers to help pupils engage with the work and gain more of an understanding. Online lessons are happening for Year 12, which will be extended to Year 10 pupils soon.

Staff have continued with the programme of making contact by phone with pupils, to 'check in' to ensure they have what they need to progress.

Please ensure that you keep your contact details up to date, as recently, when staff have tried to phone, they have found some of the numbers are incorrect. This also applies to any changes to email addresses. If your email address has changed, please also email in any amendments as soon as possible.

A reminder to parents that the main contact with school is now via email to:

**[parents@stthomasmoreschool.org.uk](mailto:parents@stthomasmoreschool.org.uk)**

Next week is half term so there will be no Parents' Newsletter.

Please keep safe and well.

Mark Rowland  
Head of School

## ONLINE HALF-TERM ACTIVITIES

Haringey Council have a range of online activities for children and young people over the half term. The brochure has been emailed to parents. Activities include online music production, sports leadership, circus skills, and many more.

## YOUTUBE FOR PARENTS

A great YouTube video for parents about how to support children at home comes from the Royal London Hospital Paediatrics Team and can be found here:

<https://www.youtube.com/watch?v=dXPtqmHKNoE>

## MENTAL HEALTH AWARENESS WEEK

This week has been National Mental Health Awareness Week. Haringey Council have supplied a list of services and support available for adults and young people in a flyer, which has been emailed with this newsletter.

## AMAZON VOUCHER WINNERS

The winners of £10 Amazon vouchers for this week are:

**Year 7:** Xhejson Paja, Melany Sanchez Rico, Rudolph Ampofo-Ankra, Junecia Nzau

**Year 8:** Akon Lucena Turay, Emmanuella Boateng

**Year 9:** Divine Omolade, Buike Akaeke, Trey Francis, Oliwia Kowalska

**Year 10:** Daniela Tavares, Victoria Skubik

**Year 11:** Emilia Fairbrass

**Year 12:** Sel-Dean Leslie, Ishita Deb

Well done to all the nominees. Congratulations to the winners! Vouchers will be emailed out.

## VIRTUAL WORK EXPERIENCE

Pupils in Year 10, 11 and 12 are invited to participate in virtual work experience programmes. These are being offered by Speakers for Schools, a national charity bringing together schools and employers. They have a broad range of employers participating including Cisco, the Opera Holland Park, Marie Curie and BP. Students can sign up here: <https://www.speakersforschools.org/experience-2/vwex/>

In addition, anyone interested in medicine is strongly encouraged to participate in the Brighton and Sussex Medical School's virtual programme. Students will gain an insight into the roles of six different medical specialists. Given how competitive applications to study medicine are, it is strongly advised that anyone interested in medicine applies. Sign up here: <https://bsmsoutreach.thinkific.com/courses/VWE>

## THE ASCENSION OF THE LORD

Yesterday, 21st May, we celebrated the bodily ascension of Jesus back to heaven. His work continues though. In heaven he continually intercedes for us. He is the one mediator between God and humanity. The intercession of Mary and the saints depends on, and shares in, that unique mediatorship of Christ. The body of Jesus that ascended to heaven bore the marks of the nails and the lance that pierced his side; the wounds of love. Jesus leaves us in his bodily manifestation, not to abandon us but to be present in a deeper inward way, through the coming of the Holy Spirit. After Jesus ascended, Mary and the apostles gathered together in prayer to await the coming of the Spirit. In these nine days leading up to Pentecost Sunday we are also invited to pray to the Holy Spirit.

### Prayer

Come, Holy Spirit, fill the hearts of the faithful and 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. O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations. Through Christ Our Lord. Amen.

Fr Chris Connor

## RE

### Feast of the Ascension of the Lord Year A Gospel Reading (Matthew 28: 16-20) Jesus ascends into heaven

Jesus knew that it was time for him to be with his Father in Heaven again. He had done everything that his Father had wanted him to do. The disciples were filled with great sadness because they knew that they would not see Jesus again in this world, and they felt alone and afraid. Jesus knew how sad and afraid his friends would feel, but he told them he would be with them always. He would be with them through the power of the Holy Spirit, through the sharing of bread and wine at the Eucharistic meal. He gave his disciples a job, to go out to the people of the world and to baptise them in the name of the Father, of the Son and of the Holy Spirit

#### Prayer:

Lord Jesus, help us to remember that you are with us always and we need never be afraid. Help us to go out and do your work in this world until we see you again when you come back to us at the end of time. Amen

#### 'A God Who Speaks' Year of the Word:

O Lord, our Lord, your majestic name fills the earth! Your glory is higher than the heavens. You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you. (Psalm 8: 1-2).

#### World Communications Day: 7th Sunday of Easter

World Communications Day was established by Pope Paul VI in 1967 as an annual celebration that encourages us to reflect on the opportunities and challenges that the modern means of social communication (the press, film, radio, television and the internet) afford the Church to communicate the gospel message.

#### Prayer:

O God, whose word is truth and in whose light we see light, guide those who tell the story of our times through word and image. Make them seekers after truth and advocates of human dignity. Grant discernment to all who rely on their labours, and, as we confront the pain and promise of this world, awaken in us a sense of wonder at your presence and of longing for your peace.

Amen.



## 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 become a positive person.

## PERSONAL STATEMENTS FOR UCAS

Pupils in Year 12 received an online introduction to Oscar on Friday last week. Oscar is our university personal statement and reference writing software. Pupils are now logging into Oscar and are completing a series of learning modules on the application process before they begin writing their personal statement in June.



## KEEPING FAMILIES HEALTHY AT HOME

How to look after your family's health and emotional wellbeing during this time:

### Eat right

Eating healthy meals will strengthen your immune system and boost your mood. Children especially need to eat healthy and balanced meals to help them grow, develop and thrive. Stay hydrated by drinking 6 to 8 glasses of water daily. Between meals, eat healthy snacks. Remember to limit sugary snacks.

### Keeping physically active

Physical activity, such as going for a walk, scooter or bike ride, will boost your immune system, improve your mood and reduce anxiety levels. Just remember to adhere to government guidance on numbers and distancing. Children and young people need to be physically active for at least 60 minutes every day and this can be spread out throughout the day. If you are required to self-isolate, try to keep physically active at home with your family by dancing to music, doing yoga or following along to online workouts.

### Looking after children

Children of all ages will need what they've always needed during these challenging times. Top tips are: to keep a routine and a structure to their day; expect stress - remember that stress and anxiety are normal feelings for you and your children to experience in uncertain times; find opportunities for them to interact with their friends remotely; balance screen time with other activities; play with your children.

### Emotional wellbeing

Taking care of our own emotional wellbeing is something we should all do. Stay connected with friends and family on either social media, email, phone or video chat.

## Words of the Week

**Monday- Implacable - (Adjective)** - Unable to be appeased or placated; unable to be stopped; relentless.

**Tuesday- Olfactory - (Adjective)** - Relating to the sense of smell.

**Wednesday- Connivance - (Noun)** - Willingness to allow or be secretly involved in an immoral or illegal act.

**Thursday- Salubrious - (Adjective)** - Health-giving; healthy; (of a place) pleasant; not run-down.

**Friday- Dilatory - (Adjective)** - Slow to act; intended to cause delay.