



# St Thomas More Catholic School Parents' Newsletter

08 March 2019

## FORTHCOMING EVENTS

### Monday, 11 March to Friday, 15 March 2019

- Science Week
- Mock Exams

### Monday, 11 March 2019

- Donmar Warehouse Writing Wrongs with Year 10 (15:15-17:15)

### Tuesday, 12 March 2019

- AS Level Drama Public Performance (16:15-17:15)
- Science Fair (17:00-19:00)

### Wednesday, 13 March 2019

- Urban Farm (Year 7)
- Year 8 theatre visit to 'The Children and Animals take to the Street' (12:00-15:45)
- Year 10 Parents' Evening (16:30-18:30)

### Thursday, 14 March 2019

- Trip to Birmingham Big Bang Fair for Year 7

### Friday, 15 March 2019

- Science Speaker (10:10-15:15)

## INTRODUCTION

It has been another extremely busy school week, with a number of educational visits for pupils taking place.

On Thursday, we had a very successful 'World Book Day'. Many staff dressed as literary characters, and we brought in a number of external authors/speakers to promote a real joy of reading.

Today, Sir Michael Wilshaw, ex Chief Inspector of Schools and Head of Ofsted, visited the school and had lunch with a group of pupils and staff. He was extremely impressed with the pupils and the school.

Next week we have 'Science Week', which will be another busy week. One of the highlights is Tuesday's Science Fair, which will take place from 5 pm to 7 pm.

Our final mock exams begin next week. The full timetable has been issued to pupils and is available on the school website. Please continue to encourage your child to work hard in preparation for these.

Wednesday evening is our Year 10 Parents' Evening (4.30 pm to 6.30 pm). Parents will be able to collect their child's reports and speak to individual teachers about their child's progress. Please make every effort to attend.

## NATIONAL CAREERS WEEK

A UCL PhD candidate in Psychology and Neuroscience delivered a workshop titled 'The Science of Wellbeing' to thirty pupils in Year 8 this week. The workshop covered the effects of meditation, exercise and gratitude on the brain.



Careers lessons were also delivered in English, Maths, Science, RE, History and Geography to pupils in Year 8. Pupils in English learned about the skills needed to be a journalist, in Science and Maths about different types of engineering, and in RE about the charity sector.

Sixth Formers attended a talk from The National Citizenship Service on their summer programme, and another from the British Association of Prosthetists and Orthotists on medicine-related careers.

## HOMEWORK CLUB

The Homework Club is an after school session that runs from Monday to Friday. It aims to support pupils in doing their homework and offers them the opportunity to work in an environment that helps them concentrate, make good use of their time, work with computers, access the internet, and print their homework. Isabella, in Year 8, said, "I really enjoy coming to homework club because I do all my homework and I stay with Alex, my best friend." For Jacob, in Year 9, "Homework club is fun and very helpful, because I am able to do my homework on time with the help of a teacher."



## LENT

Ash Wednesday is a Day of Fasting and Abstinence, meaning that we can have just one meal during the day and should refrain from eating meat. The Gospel tells us not to parade the good deeds we do; to do them for the glory of God and the help of others, not for our own glory in this life. The message is to be happy, not gloomy, as we carry out God's will. It is an opportunity to think about our faith.

On Wednesday, we held four Ash Wednesday Masses and one service. All of our pupils had the opportunity to attend, and found these very valuable in preparation for the death and resurrection of our Lord and Saviour.

### Prayer:

Almighty Father, through whose Word you work out the reconciliation of humankind, grant that by this holy fast of Lent, in prayer and good works, we may listen attentively to your Word in our hearts, and grow in obedience to you and in friendship with our neighbour; through Jesus Christ our Lord.

Amen

## REFLECTION FROM THE RE DEPARTMENT

### Week Beginning March 3rd 2019

#### Gospel Reading: (Luke 6:43-45)

The fruits of goodness

Just as we can recognise an apple tree by its fruit, people can recognise us as Christians by the way we act and the things we say. Have you ever had a bright shiny apple and bitten into it only to find that it is rotten in the middle? What is on the outside is not important, but Jesus wants our hearts to be filled with goodness.

The words that we speak flow from the heart. If our hearts are filled with goodness, our words and actions will be kind and loving too, but if our hearts are filled with darkness and hate, then our words and actions will be selfish and unkind. Let us turn to God and speak to him in our hearts, asking for his help to chase away any darkness, and to fill our hearts with his goodness and love.

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>

### Prayer:

Father in heaven, whose Son Jesus Christ was wonderfully transfigured before chosen witnesses upon the Holy Mountain, and spoke of the exodus he would accomplish at Jerusalem. Give us strength so to hear his voice and bear our cross that in the world to come we may see him as he is; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever.

Amen

## Thought for the Week

"Enjoy your life, no matter how hard it may seem. When life gives you a thousand reasons to cry, show the world you have a million reasons to smile."

## SPORT

### Year 7 Boys' Football

Isaac scored the only goal of Monday's close match to secure a 1-0 win against Heartlands. After two successive victories, the team have progressed to second in the Haringey League table.

### Year 10 Boys' Football

The Year 10 boys' football team have extended their lead in the Haringey league table by beating Heartlands 6-1. Kaquan scored 3 goals to solidify the win.

### Year 7 Boys' Basketball:

#### Junior NBA (National Cup)

The team have confirmed their place in the National Cup quarter-finals after beating Maria Fidelis 22-6. St Thomas More have now won 14 games of 14 and will play one of the eight remaining teams in the country. Well done to the boys on a great performance and a remarkable achievement. Wisdom, Darren and Ibuchi scored the most points on the day.



### Under 16 Girls' Basketball

The team made it to the final eight of the London Youth Games and played against Raine's Foundation School this week. Unfortunately St Thomas More lost in this round, however, they played extremely well, and have done outstandingly to make it this far. Well done to the team.

## Words of the Week

Monday – Velocity – Noun: (1) the speed of something in a given direction. (2) (Physics) a vector quantity describing the rate of change of displacement in a given direction per unit time.

Tuesday – Inertia – Noun: (1) a tendency to do nothing or to remain unchanged. (2) (Physics) the resistance of an object to change its motion, proportional to the mass of the object.

Wednesday – Convection – Noun: the transfer of heat by the circulation or movement of the heated parts of a liquid or gas.

Thursday – Kinetic – Adjective: relating to or resulting from motion.

Friday – Deduction – Noun: (1) the action of deducting or subtracting something; an amount that is or may be subtracted from something, especially from taxable income or tax to be paid. (2) the use of evidence to synthesise a general law of principle.