



Our vision is that everyone will leave our school feeling they have achieved more than they ever thought possible, and they will make a difference to the world by serving God by helping others.

Dates for the Diary

Mon 18 May	Class and Year 6 Photographs
25 – 29 May	Half term break
Mon 15 June	INSET Day for School and Pre-School
Sat 20 June	School Summer Fair
Wed 22 July	Last day of term

Attendance

Orion	98.9%
Delphinus	98.4%
Jellyfish	97.8%
Jupiter	97.6%
Neptune	97.0%
Phoenix	97.0%
Mars	96.6%
Angelfish	95.9%
Aquila	95.9%
Columba	94.7%
Lyra	92.9%
Pre-School	89.7%

Musical Theatre Club – Gaiety Show

Exciting news from Mrs Takács' Musical Theatre Club!

We are so excited to announce that our annual Musical Theatre Club show at the Gaiety is back — and this year it's bigger and better than ever!

With an incredible cast of 42 children from Year 4 to Year 6, alongside 7 returning ex-pupils, this is set to be a truly special celebration of talent, confidence and love for the stage.

 *Wednesday 8th July 2026

 Tickets available here: <https://book.events/stms/2026-07-08/46813> (<https://book.events/stms/2026-07-08/46813>)

The children have been working so hard and are ready to shine.

We promise an evening full of energy, talent and pure joy

Don't miss it — it's going to be unforgettable.
Come alive!



Tommy's Childcare

Breakfast club Sessions:

7:45am - 8:45am £5.00

8:00am – 8:45am £4.00

Afterschool Club Sessions:

3:15pm - 4:30pm £6.00

3:15pm - 5:45pm £11.00

3:15pm - 6:00pm £12.00

For bookings, cancellations and queries, please contact tommys@st-thomasmores.hants.sch.uk.

In emergencies call: 07719 920 572

Sessions need to be booked in advance.

No last-minute bookings
on a Thursday.



To enhance the spiritual life of the school community, our Spiritual Leaders will be sharing scripture which is personal to them and our school.

My name is Penny. I am a spiritual leader. My favourite scripture is the vine and the fruit. It teaches us to be good fruit and not bad fruit. I like this because it reminds us to do good actions and help others so more good fruit can grow. "By their fruit you will recognise them." (Matthew 7:16)



Friends of St Thomas More's ran their first Colour Run this weekend. It was a huge success, we raised almost £400, which will be added to the current fundraising pot.

We had 6 runs, each lasting 15 minutes on the obstacle course. Coloured powder and water were sprayed on participants as they endured the tunnel of tinsel, slime pool, windbreak maze and much more!!



Pupils sprint through rainbow clouds to help raise vital school funds

Bedhampton streets turned technicolour as St Thomas More's students tackled their vibrant Colour Run. It was a day filled with laughter and fun as runners braved clouds of brilliant powder, raising vital funds for school projects in a spectacular, multi-hued display.





St Thomas More's Pre-School

Hooks Lane, Bedhampton, Havant PO9 3DR

Tel: 02392 475 909

Email: psadmin@st-thomasmores.hants.sch.uk

St Thomas More's Pre-school is a teacher led pre-school situated in the grounds of St Thomas More's School

Childcare is available from 7.45am to 6pm (term time only)

PLACES AVAILABLE



Year 3/4

Multiplication Tables Check

Parents are invited to a refresher meeting about the MTC (Multiplication Tables Check) and the importance of times tables.

The meeting will take place on **Thursday 21st May at 3:20pm** in Phoenix classroom. This session is primarily for Year 4 parents, but Year 3 parents are also very welcome to attend to support early preparation.

If needed, childcare will be available in a separate classroom with Mrs Barr.



Year R Pirate Day

On Monday, Year R had a fantastic time launching their exciting new pirate topic! The children arrived at school dressed as a wonderful array of pirates, from fearsome captains to cheeky deckhands, and were eager to begin their adventure.

Throughout the day, the classroom was transformed into a pirate's world. The children created their own treasure maps, carefully drawing landmarks and marking where their hidden treasure could be found. They took part in a treasure hunt, following clues and working together to solve problems along the way. The children also listened carefully to the captain's orders, practising their listening skills as they completed different pirate-themed challenges. One of the highlights of the day was digging for treasure in the sandpit, where the children unearthed hidden 'gold' and special objects with great excitement!





Faith Corner

Chapel News

He is Risen! As we enter into the joyful season of Easter, there continues to be daily prayer from **8:15-8:40 Monday to Wednesday** with Ms Cryer. Your family are welcome to come and join us in praying the rosary, special devotions and hymns. This is an inspiring opportunity for parents to accompany their children for prayer. Please meet Ms Cryer at the infant gate before **8:15am**. Be assured of prayers for our school's intentions.



May is traditionally designated as the Month of Mary in the Catholic Church, a time dedicated to honouring the Blessed Virgin Mary through special devotions, prayers, and acts of love. It focuses on her role as the Mother of God and Mother of the Church and therefore her maternal love for us all. As a school, we invite families to welcome Mother Mary to your home to pray as a family. Each phase will have their own 'travelling Mary' statue to take home for one or two nights. If you would like to house Mama Maria, please do so or speak to your class teacher. May Mary's intercessions bring God's grace, protection, strength and miraculous aid to us all at St Thomas More's.

Teach me to pray

This week, we prayed the fourth and fifth glorious mysteries which focuses on Mother Mary, Our Queen of Heaven. In this month of May, we also sang a Marian hymn in front of her statue. We look forward to honouring Mother Mary in her month ahead.

Below are children's prayer intentions from this week:

- Rupert- those who have passed away
- Tiggy- our loved ones
- Freddy G- local losses we hear on the news
- Jax/Fletcher- animals and God's creatures
- Freya H- my mummy and the baby in her tummy
- Eliza- my family
- Anne- God's creation
- Freya C- Mother Mary



Teach me to Pray is a beautiful opportunity to bridge our older and younger children to grow spiritually, share wisdom and pray together as one community. Through the Rosary, Scripture reflection, and shared intentions, we hope to nurture our faith and pass on the rich traditions of our Catholic faith to the next generation.

All children from year R to 6 are welcome to join. We meet on Mondays at 2:45 in the chapel and children return to class before the end of day for normal end of day collection.

If you would like your child to join Teach me to Pray, please let your teacher know or message them on dojo. All children who join will receive a rosary which has been blessed by Pope Leo.





Mr Sendall Says...

As the weather is turning warmer, I'd like to encourage you to send your child in with a hat and sun cream.

There are 8hr sun creams available, but research suggests that these aren't always the best choice (See this article from Which? - <https://www.which.co.uk/news/article/do-once-a-day-sun-creams-last-all-day-a91zA3X1pyMz>). So, if you prefer alternative creams, please send these in with your child.

They will need to remain in your child's bag and should also be named to avoid children using each other's. This is to avoid any skin irritations caused by using creams which they are allergic to.

The most important thing is that all creams MUST be almond oil free. This will be indicated on the bottle.

We all know that applying sun cream can be messy, so using a Solar Buddies applicator can help.

Hopefully there will be sunshine over the Bank Holiday Weekend to enjoy!



Free Online Courses for Parents

Learning in Libraries
Shared/Resource Account



Stepping Into School Online course

Tuesdays 2 - 23 June 7pm - 8:30pm

FREE

This is an online course using Microsoft Teams. Participants will be required to use Microsoft Teams.

Booking is essential, please visit

<https://shop.hants.gov.uk/collections/library-courses> to book your place. If you have issues booking online please contact branch staff or call 02392 232957



Positive Parenting Online course

Mondays 8 June - 6 July 7:30pm - 9pm

FREE

This is an online course using Microsoft Teams. Participants will be required to use Microsoft Teams.

Booking is essential, please visit

<https://shop.hants.gov.uk/collections/library-courses> to book your place. If you have issues booking online please contact branch staff or call 02392 232957

Eligibility criteria applies, please see booking form.

To book please visit: <https://shop.hants.gov.uk/collections/library-courses>

Brigade School Uniform

May Bank Holiday Weekend Promotion

10% off parent online orders

MAY DAY PROMOTION – 10% Discount

Date: Saturday 2nd – Monday 4th May
2026

Code: Enter BANKHOL10 at the checkout

Visit: www.brigade.uk.com



This week's guide from the National College offers practical, reassuring advice to help young people manage exam stress, stay organised and protect their wellbeing during revision and assessments.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The
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See full reference list on our website

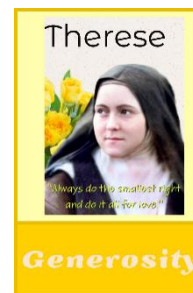
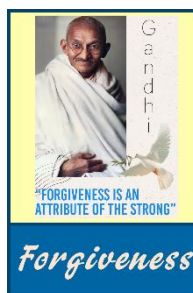
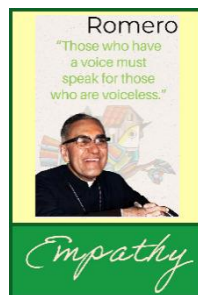
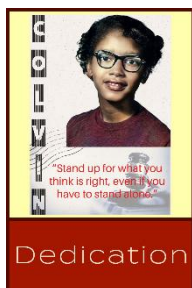
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We have recently updated our School Mission and Vision Statements.

For us, the **Mission** of the School is for the staff and states:

Our mission is to inspire every child by ensuring SUCCESS, providing OPPORTUNITY and fostering STEWARDSHIP within a loving, Catholic community.

The **Vision** is what we want everyone in our school community to strive towards. It states;

Our vision is that everyone will leave our school feeling they have **achieved** more than they ever thought possible, and they will **make a difference** to the world by **serving God by helping others**.

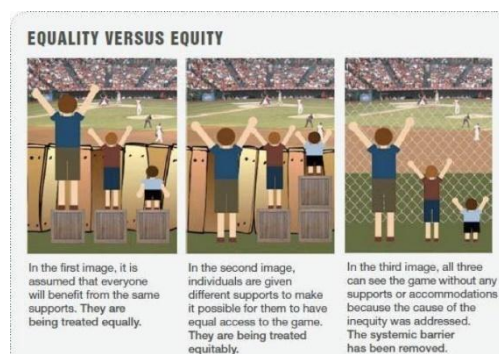
Our values are qualities which we endeavour to show in all we do. They are;

Dedication, Empathy, Forgiveness and Generosity.

Our House Patrons are role models of these values:

Claudette Colvin - Nine months before Rosa Parks refused to give up her seat, Colvin did the same. She wasn't being rude or selfish (as there was a seat free across the aisle from her), but this was a stand for all humans to be treated with dignity and respect during segregation in 1960s America. Colvin was only 15 when she took her stand against racism, and so she is an excellent role model for our pupils - to be dedicated to what is right, even if it means standing alone.

Oscar Romero - Catholic Social Teaching calls us to give preferential treatment to the poor - not just those who are poor in monetary value, but those who are disadvantaged in any way. Oscar Romero spoke out for the voiceless, which ultimately cost him his life. He serves as a reminder to us to be that voice for those who can't make themselves heard, to empathise with how they may be feeling and take action to put things right. We teach the children that equity is more important than equality.



Mahatma Gandhi - The Indian political ethicist is often quoted as saying "Be the change you wish to see in the world" - a motto which fits so well with the teachings of the Catholic faith. However, Gandhi is our patron for the value of Forgiveness. He said, "The weak can never forgive. Forgiveness is an attribute of the strong." We teach children to forgive, but it is important that they also recognise forgiving shows great strength. It isn't always easy to do, but forgiving is something Christ taught us; therefore, we must strive to do this.

St Therese of Lisieux - St Therese struggled in many ways, something which we all do, but she lived her life doing random acts of kindness for people, calling people to love Jesus. This is something very simple for the children to understand and emulate. We teach the children to be stewards of all that they have been given - their time, their talent, their treasures, and to be generous with all of these things, just like St Therese.