



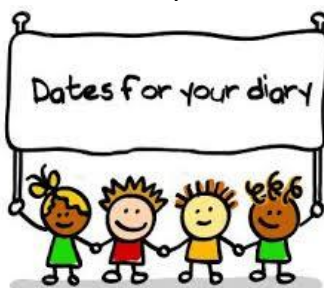
Our vision is that everyone will leave our school feeling they have achieved more than they ever thought possible, and they will make a difference to the world by serving God by helping others.

### Dates for the Diary

|             |                                                      |
|-------------|------------------------------------------------------|
| Mon 2 Feb   | Dress up for Digits Day (Mars Class Faith in Action) |
| Wed 4 Feb   | INSET Day                                            |
| Thurs 5 Feb | INSET Day                                            |
| Thurs 5 Feb | PTFA Meeting 3.30pm in school Hall – All welcome     |

HALF TERM Monday 16<sup>th</sup> – Friday 20<sup>th</sup> February

|              |                  |
|--------------|------------------|
| Thurs 5 Mar  | World Book Day   |
| Tues 10 Mar  | Parents' Evening |
| Thurs 12 Mar | Parents' Evening |
| Fri 20 Mar   | Red Nose Day     |



### Attendance

|            |       |
|------------|-------|
| Mars       | 98.6% |
| Jupiter    | 97.7% |
| Delphinus  | 97.4% |
| Neptune    | 97.0% |
| Phoenix    | 96.5% |
| Columba    | 95.7% |
| Orion      | 95.7% |
| Aquila     | 94.6% |
| Lyra       | 94.5% |
| Angelfish  | 89.0% |
| Jellyfish  | 88.7% |
| Pre-School | 84.1% |

attendance  
**MATTERS**

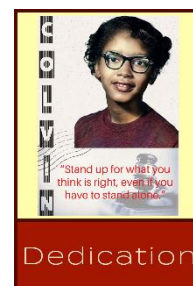
### Mr Sendall says...

This week, one of our House Patrons, Claudette Colvin, passed away.

Claudette was a civil rights pioneer who played a key role in ending racial segregation in the United States by refusing to give up her bus seat to a white passenger when she was just 15 years old. Her act of defiance resulted in her arrest and may have inspired Rosa Parks to do the same nine months later. Rosa Parks' case sparked mass boycotts of the US public transport system and ultimately contributed to a Supreme Court ruling that declared racial segregation unconstitutional.

For many years, Claudette's role in these events received little attention, until she published a book about her experience. About her actions, she said she "was not frightened, but disappointed and angry," explaining that she knew she "was sitting in the right seat." She said she drew inspiration from abolitionists Harriet Tubman and Sojourner Truth, saying that she felt as if "Harriet Tubman's hands were pushing me down on one shoulder and Sojourner Truth's hands were pushing me down on the other."

Claudette was chosen as a House Patron as she was still young when she took on the brave decision to stand up (or in this case, sit down) to injustice, and I feel this is something which could inspire the pupils of St Thomas More's. I like the fact that she felt that she had those two influential figures helping her to stay rooted to the spot, and maybe, Claudette herself will influence our pupils to take action against social injustice too.



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

**Luke 9:57.** As they went on their way, a man said to Jesus,  
I will follow you wherever you go.





## Mars Class – Faith in Action 'February'

Next month Mars class will be hosting their Faith in Action campaign. They are asking the whole school to celebrate National Number Day by taking part in "Dress Up for Digits."

On **Monday 2nd February**, children are invited to come to school wearing **any item of clothing with a number on it** for a £1 donation. This could be a favourite sports top or cap, a onesie, or something more creative such as a handmade t-shirt, hat, or even dressing up as a human-sized calculator or dice!

Throughout the day, teachers will also host fun maths-based activities for the children to take part in, helping them to enjoy learning while gaining an insight into the wonderful charity they are dressing up to support.

All money raised will go directly to the **NSPCC**. Your donations will help to change children's lives — together we can help keep children safe.



## KS1 Class liturgies

KS1 class liturgies will be taking place on Thursday, 22nd January in the school chapel.

Mars- 1:30  
Jupiter- 1:50  
Neptune- 2:10

A member of staff will ask you to sign in at the chapel, not the school office please.

## Class PE Days

**Please note there are changes for Year 3/4**

Children can come into school wearing their PE kit on their PE Day

|            |                       |
|------------|-----------------------|
| Year R:    | Monday                |
| Mars:      | Wednesday and Friday  |
| Jupiter:   | Wednesday and Friday  |
| Neptune:   | Wednesday and Friday  |
| Columba:   | Wednesday and Friday  |
| Delphinus: | Tuesday and Friday    |
| Phoenix:   | Tuesday and Wednesday |
| Aquila:    | Thursday              |
| Lyra:      | Wednesday             |
| Orion:     | Thursday              |



## Tax Free Childcare

Follow the link below to see if you qualify for tax free childcare.

This can apply to any parents and be used for any type of childcare, providing the childcare provider is signed up too.

<https://www.beststartinlife.gov.uk/eligibility-checker>

## PTFA Meeting

Our next PTFA Meeting will be held on Thursday 5<sup>th</sup> February at 3.30pm.

We will meet in the hall and have tea, coffee and biscuits available.

All parents, staff and grandparents welcome.

Please remember this is an INSET day.

## Chapel News

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.





### 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](mailto: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.

### Junior Road Safety Officers Update

Our Junior Road Safety Team have a few key polite messages and requests for our parents please...

- Please do not park your vehicles on the grass verges – they are getting very turned up and muddy and it is unlikely the springtime bulbs will not bloom.



- You MUST NOT stop on the yellow zigzag lines outside school, not to even drop children off.



- Please remember that our role is to keep everyone safe and promote good parking. If one of the Junior Road Safety Officers explain that your parking is not safe, please can you respond in a positive manner to them.



- One of our Junior Road Safety Officers, Oliver, has designed some helpful reminder notes that we would like to use to politely remind parents that parking safely saves lives.

Let's hope we don't need to use too many of these.



This week's free guide from National Online Safety can help parents understand how digital devices affect children's wellbeing and how they can promote healthier habits.

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](https://nationalcollege.com).

# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

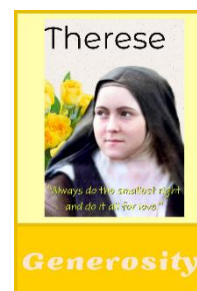
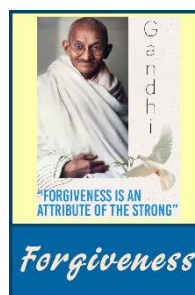
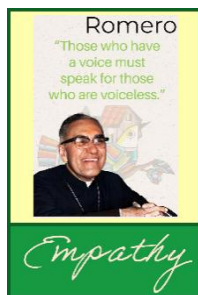
## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday®

The National College®



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**.

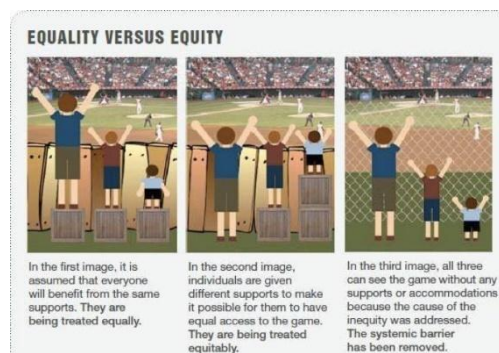
Our values are qualities which we endeavour to show in all we do. They are;

**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.