



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

- Tue 14 Oct KS1 Local Walk Trip
- Thurs 16 Oct School Nurse visit, whole school flu vaccination
- Thurs 16 Oct Return Rotary Shoeboxes, deadline Thursday 23 October
- Fri 17 Oct One Tree Day, wear a green accessory for £1 donation
- Fri 17 Oct Quiz Night (adults only) 6.30pm, sign up essential
- Wed 22 Oct School & Pre-School Open Day 9.30am-11.30am
- Thurs 23 Oct KS1 Pirate Day – come dressed as pirates if you're in KS1!
- Week Beginning 27 October Half term & Scarecrow Scavenger Hunt**
- Mon 10 Nov School & Pre-School Open Day 9.3am-11.30am
- Tue 18 Nov School & Pre-School Open Evening 4pm-7pm
- Sat 6 Dec St Thomas More's Christmas Fair 12pm-3pm
- Mon 15 Dec KS1 Nativity at St Michael & All Angels @ 1pm
- Mon 18 May School Photos (Class and Leavers)

Attendance

Jupiter	99.0%
Aquila	98.6%
Delphinus	98.1%
Columba	97.0%
Mars	96.6%
Phoenix	96.1%
Jellyfish	96.1%
Angelfish	95.4%
Lyra	94.8%
Neptune	93.3%
Orion	90.7%
Pre-School	87.6%

attendance
MATTERS

Calling all Grandparents and Grandparent Friends...

On **Thursday 13th November**, we are inviting grandparents and friends to join us at **St Thomas More's Pre-School** for a special intergenerational afternoon from **2.15pm to 2.45pm**.

Reading a story with the children

Drawing pictures together

Building with LEGO

Let's come together to share laughter, creativity, and connection as we help
build a stronger community.

Places are limited so if you would like to attend, please call the school office on 02392 475909 or by filling in this form <https://forms.office.com/e/4YDF98DeE3>



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.





Havant RFC Girls Rugby Festival

As we celebrate the success of the Red Roses at the Women's Rugby World Cup, we are delighted to invite you to take part in the upcoming **Havant RFC Girls Rugby Festival**, which will be held 1 – 3pm on Wednesday 22nd October for year 8 & 9 and Friday 24th October for year 5 & 6 at Havant RFC, Fraser Rd, Havant PO9 3EJ.

The festival is designed to celebrate rugby at the grassroots level, encourage participation, and provide girls with the opportunity to enjoy the game in a safe, fun, and inclusive environment. This is open to girls of all abilities and will be delivered through the [T1 format](#).

Key Details

- **Date & Time:** year 8 & 9 (22/10/25) year 5 & 6 (24/10/25). Both dates 1 – 3pm
- **Venue:** Havant RFC, Fraser Rd, Havant PO9 3EJ
- **Age Groups:** year 5 & 6 (22/10/25) year 8 & 9 (24/10/25)
- **Format:** Skills sessions followed by T1/Touch rugby (non-contact)
- **Team Size:** We suggest 8 – 15 players, however as this is a non-competitive opportunity there are no set numbers required to attend.
- **Cost:** Free
- **Attire:** We would ask that where possible players wear football/studded boots, if possible, to minimise the risk of slipping. School PE kit/Sportswear.

How to Register

To confirm your school's participation in either event, please confirm with Nicky Quinney, Havant & Waterlooville SGO nquinney@priorysouthsea.org who is kindly co-ordinating entries on our behalf. If you have any questions, or need any further information. Please contact Nicky Quinney or Sarah Emery. We look forward to welcoming you to Havant RFC and celebrating a great day of Girls rugby together.

Friends of St Thomas More's PTFA – Raffle Prize Donations

As a charity, our aim is to fundraise for the school, but we also want to give both children and adults a good quality experience during our organised events. If we can keep financial outlay for these events low, we can put more funds back into the school.

In a bid to help us succeed, we often ask for donations from you the parents, to help us out.



We appreciate everything we receive and thank you in advance.



Raffle prizes/gifts

We would love it if you could help us by donating items that can be used as raffle prizes.

No matter how small, we can always combine several smaller items to create a larger prize. Some ideas...

ANY bottles (alcohol, bubble bath, ketchup) - Un-opened gifts and games - Christmas items (new socks, gifts and toys)



Jesus Prince of Peace Parish

Mass Schedule as of Saturday 6th September

Day	Time	Church
Saturday	12:00pm	St Michael's
Saturday Vigil	5:00pm	St Thomas'
	6:00pm	St Colman's
	6:15pm	Sacred Heart
Sunday	9:00am	St Thomas'
	9:00am	St Edmund's
	9:30am	St Colman's
	9:30am	St Michael's
	11:00am	Sacred Heart
	11:00am	*St Patrick's (From 5 th October)
	11:00am	St Joseph's
	11:30am	St Paul's
	1:00pm	St Joseph's (Polish)
	4:00pm	Queen Alexandra Hospital
	5:30pm	Sacred Heart
Monday	7:00am	Sacred Heart
	1230pm	Queen Alexandra Hospital
Tuesday	9am	St Colman's
	6:30pm	St Edmund's
Wednesday	9:30am	St Joseph's
	10:15am	St Michael's
	10:30am	St Patrick's
	12:00pm	Sacred Heart
Thursday	10:00am	St Thomas'
	10:00am	St Edmund's
	10:30am	St Patrick's
Friday	9:30am	St Joseph's
	10:30am	St Patrick's
	12:00pm	Sacred Heart
	6:30pm	St Colman's
	7.30pm	St Joseph's (Polish)

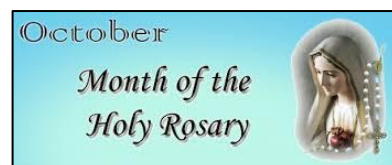
Chapel News

In the Chapel, we will honour Our Lady during her blessed month of the Rosary Monday to Wednesday with Miss Cryer.

Please come and join, as we pray the rosary, sing hymns and pray Litany of the Blessed Virgin Mary. This is an inspiring opportunity for parents to accompany their children for prayer. Any flowers are most welcome to celebrate our Queen of the Most Holy Rosary.

Please arrive at the infant gate entrance before 8:15 and Miss Cryer will let you through. Thank you.

Please be assured in our praying for school intentions.



One Tree Day – Friday 17 October 2025

On this day your child will be allowed to wear GREEN ACCESSORIES to school, alongside their normal school uniform, with the suggested donation of £1. Accessories may include green socks, green hat, green glasses, green bracelets or green hair accessories. Nail varnish and necklaces are NOT allowed.

If your child would like to take part with their accessories, £1 donations will be collected during morning register between Monday 13th and Friday 17th October.

You can find out more about the JUST ONE tree charity, please visit: <https://www.justonetree.life/>

St Thomas More's School Open Days

Please be aware that we will have the following Open Day events:

Weds 22nd October
9.30am-11.30am

Mon 10th November
9.30am-11.30am

Tues 18th November
4pm - 7pm

If you or any other prospective parents would like to come along, please do so.

No need to register, just arrive

We look forward to meeting you.



Year 3/4 Cooking Workshop

Year 3 and 4 had a lovely day on Thursday as part of our *Healthy Humans* topic. The children learned how to make a healthy snack with Head Chef Balazs and Chef Sophie from The Wheelwrights Arms. They absolutely loved it and were fantastic little chefs, using their DT food skills of cutting and rolling.



Is your child starting School in September 2026...

A reminder for families who may have children due to start school in September 2026, for those children born between 1 September 2021 and 31 August 2022.

Applications open:
Saturday 1 November 2025

Applications close:
Thursday 15 January 2026

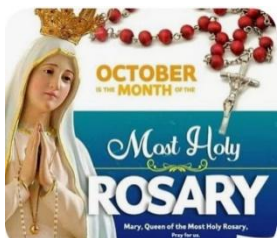
For more information:
www.hants.gov.uk/admissions

Harvest Festival Assembly

The children in our school gathered on Monday afternoon for our Harvest Liturgy with Father Joe. The whole school has been collecting food for the One Life family to help those with less. This links with the Harvest CAFOD campaign, reminding us of the importance of sharing what we have with others.



October is the month of Holy Rosary



We dedicate October to praying the Holy Rosary in honour of the Blessed Virgin Mary. Her intercessions are so very powerful and, in this month, we are called to pray rosary every day. These beautiful prayers bring us close to our Mother and even closer to her Son, Jesus. Rosary guides us with scripture and prayers of praise, thanksgiving, concerns and specific intercessions.

During this month, each phase will have a travelling Mary, rosary and candle for families to take home for the night to share these prayers and blessings in your home. If you would like to receive Our Blessed Mary to your home, please contact your class teacher who will arrange this.

We would love Mama Maria to visit many families during this special month.

May our travelling Mary supply our school community with all we need to remain close to Our Lady and obtain graces and blessings from Our Loving Father.



10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College



Some reminders from previous weeks' newsletters...

Rotary Shoebox Scheme

Just a reminder if you wish to take part in the Shoebox scheme, empty boxes can be collected from the school office.

Completed boxes will need to be returned to school between Thursday 16th October and Thursday 23rd October 2025.

Boxes cannot be accepted after this date.



Tax Credit Checker

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

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 will need to be booked in advance.

No last-minute bookings on a Thursday.

Office Hours

Just a reminder that the School Office opening hours are 8.30am -3.30pm.

If you need to contact out of these hours, please email adminoffice@st-thomasmores.hants.sch.uk or call and leave a message on 02392 475909.

Staff will respond to as soon as possible, please allow time for this to happen.

Year 5/6 Rotational lessons

On a Monday afternoon, year 5 and 6 will follow a rota for Art, Forest School and PE lessons. Please see the table below for you to use to be able to provide the correct equipment at the correct time:

Year 5/6 – Monday PM				
	8/9, 15/9, 22/9	29/9, 6/10, 13/10, 20/10	3/11, 10/11, 17/11	24/11, 1/12, 8/12, 15/12
Art	Lyra	Orion	Aquila	Lyra
Forest School	Orion	Aquila	Lyra	Orion
CM Sports	Aquila	Lyra	Orion	Aquila

Class PE Days

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

Mars: Wednesday and Friday
Jupiter: Wednesday and Friday
Neptune: Wednesday and Friday

Columba: Tuesday and Friday
Delphinus: Wednesday and Friday
Phoenix: Tuesday and Wednesday

Aquila: Monday and Thursday
Lyra: Thursday
Orion: Thursday



FRIENDS OF ST THOMAS MORE'S SCARECROW SCAVENGER HUNT



Saturday 25th Oct – Sunday 2nd Nov

**Purchase a Scarecrow Scavenger Map
for just £1.00.**

**Maps will be on sale from the school
office/Tommy's from Monday 13 October.**

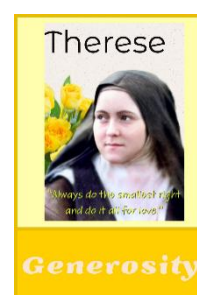
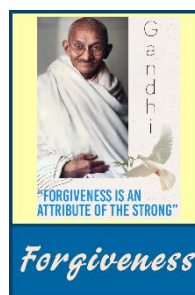
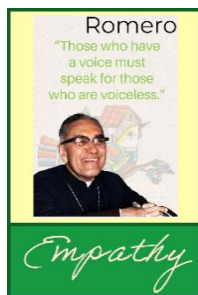
**Find the scarecrows on display outside
houses close to our school.**

Solve the coded message.

Enter the draw to win a prize!

**Please can you help us run this event
by making a scarecrow to be placed in a
location near the school?**

**If you are interested in this event, pop into the office,
or email adminoffice@st-thomasmores.hants.sch.uk
or call 02392 475909**



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**.

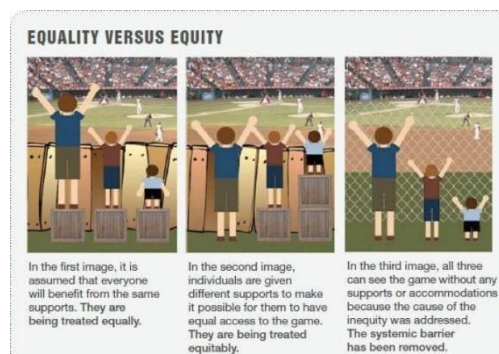
Our values are qualities which we endeavour to show in all we do. They are;

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.