



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

- Thurs 18 Sept PTFA Meeting, 6pm in the school hall
- Wed 8 Oct School photographs (siblings and Individual)
- Week Beginning 27 October Half term break**
- 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 Photo's (Class and Leavers)

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 PTFA

All are welcome to our PTFA meeting on
Thursday 18th September in the school hall at 6pm.

We will discuss our fundraising plans for this term, set some dates, reveal our current fundraised figure and have a cup of tea/coffee and a few giggles.

Email adminoffice@st-thomasmores.hants.sch.uk if you have any questions.

Attendance

Angelfish	100%
Jellyfish	100%
Pre-School	99%
Delphinus	99%
Mars	99%
Columba	98%
Aquila	97%
Phoenix	97%
Orion	97%
Neptune	96%
Lyra	95%
Jupiter	94%

attendance
MATTERS

Earrings on PE Days

During PE lessons, children with pierced ears should either take their earrings out or provide their own medical tape to cover up.

School cannot provide medical tape for the children to use so we ask parents to do this instead please.

If children are to remove their ear-rings for the lesson, we ask that parents provide a container for them to keep their earrings safe during the lesson, as the office can no longer supply envelopes for this.



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

"I lift up my eyes to the hills — where does my help come from? My help comes from the Lord, the Maker of heaven and earth" **Psalm 121:1-2**





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 emergency bookings on a Thursday.



Chapel News

There continues to be daily prayer from **8:15-8:40 am Monday to Wednesday** with Miss 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 Miss Cryer at the infant gate before **8:15am**.
Be assured of prayers for our school's intentions.



Junior Road Safety Officers

We are looking for a team of new Junior Road Safety Officers who can support the school in helping everyone in our community be street safe.

Applications are welcome from any Year 5 or Year 6 children and forms will be available from their class teachers, Mrs Carpenter or the JRSO board by Apollo.

Our new team will undertake training from the Hampshire Road Safety team in October so we would like application forms in by 18 Sept please.



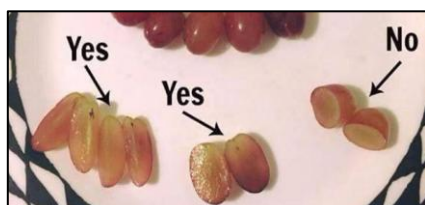
Healthy Snacks in school

Just a reminder that we are a healthy school and like to promote healthy eating so we ask that any lunch box items or snacks are of a healthier variety and are safe for children/staff with allergies.

Please try to refrain from including cakes, crisps and chocolate bars. Check packaging and do not send in anything that says "may contain nuts" this includes sesame seeds and any chocolate spread as well.

If supplying cocktail sausages or grapes, follow the instructions below for cutting (this applies for ALL year groups as they are a choking hazard)

How to cut grapes and cocktail sausages;



Nasal Flu Vaccinations

School nurses will be visiting the school on **Thursday 16th October** to administer the annual nasal flu vaccination to children in year R-6. This vaccination helps protect against flu.

Please either follow the link below for the electronic form and information. You will need to access this form to opt in or opt out of the process.

Link to website:

<https://www.healthforkids.co.uk/hampshire/annual-nasal-flu-vaccination-programme/>

Use School Code: **SH116377**





Bamenda Priest Visit

On Wednesday, STMS were very blessed to welcome Bamenda delegation through our doors. They were so complimentary during their visit, commenting that our school had a warm atmosphere and they were so grateful for the open doors and Head's time this early in the school year.

They enjoyed the tour and the mature, detailed, honest perspectives of the Y5s. They were very impressed with the children's displays and the informative working walls in the halls and in the classrooms. They said the children were guided, ordered and supported. It was also surprising for them to see teachers sat at tables with the children, instead of at the front of the class.

The purpose of their visit is to build relationships with Catholic Schools in our diocese. Portsmouth Diocese is twinned as a city with Bamenda, Cameroon but the new mission is to build on this relationship beyond ministry and into education. However, the relationship is not to be seen as an 'outreach' program for Bamenda but rather as a cultural and educational exchange between both schools. One where school communities from both countries can learn and grow from one another. It is a beautiful prospect and an active reminder that we are all God's children.

The bishops of both dioceses and several clergy have come together to form a structure of coordinators and liaisons to enable this project to be a success. We are very blessed to be part of this. There will be more details to follow in due time but for sure God has given STMS a worthy role to play.



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




AFTER SCHOOL CLUBS

ST THOMAS MORE'S SCHOOL

FRIDAY

GIRLS FOOTBALL CLUB

YEAR 1 - 6

15:15 - 16:15

LEGO CLUB

YEARS 1 - 6

15:15 - 16:15

WWW.ZUKOSPORTS.CO.UK/AFTERSCHOOLCLUBS



Parking Plea

Please can we ask when parking your vehicle, be it at drop off or collection time outside the school, that you are considerate to the neighbours, other road users, pedestrians and our children.

Before you park up, take a moment to think...

Is this the safest place to park?

Am I blocking the road where children cross?

Is my parking legal?

Although the council have removed the barriers by the park, this does not mean it is safe to park here or on the near by verges.

A child was almost hit by a car last year because a parent was parking here and the child was playing on the field.

Please be considerate and think twice.

St Thomas More's Christmas Fair

Our annual Christmas Fair will be held on
Saturday 6th December 12-3pm.

Father Christmas and The Grinch have both agreed to have a grotto each to meet and greet with the children.

We only hope the Grinch is better behaved this year!!

There will be refreshments in the hall and games stalls spread throughout the classrooms... we have even been promised snow for the day!!

Please save the date as it really is a magical community event.



If you are able to volunteer to run a stall, please do let the office team know or email
adminoffice@st-thomasmores.hants.sch.uk

Thank you in advance.



St Thomas More's Uniform Mass

Sunday 21st September will be our first School uniform Mass at St Michael and All Angel's Church at 9.30am. If your child would like to read, please see Mrs Takacs before Tuesday 16th September.

Please also find below, a copy of the Mass schedules as of Saturday 6th September 2025

Day	Time	Church
Saturday Vigil	12:00pm	St Michael's
	5:00pm	St Thomas More's
	6:00pm	St Colman's
	6:15pm	Sacred Heart
Sunday	9:00am	St Thomas More's
	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
	12:30pm	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 More
	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)



Portsmouth
High School

G D S T
GIRLS' DAY SCHOOL TRUST

Open Morning

Saturday 27 September
10am to 12pm

Experts in educating girls
from 3 to 18 years

Minibus service for an easy journey into school

Scan the QR code to book your place to visit us now





What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

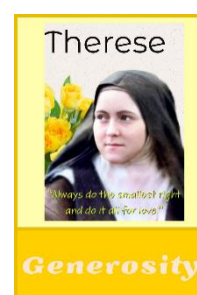
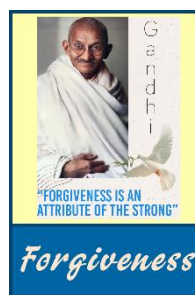
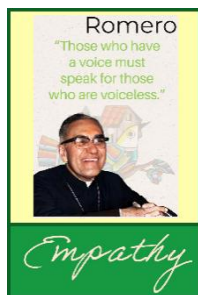
Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.



#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**.

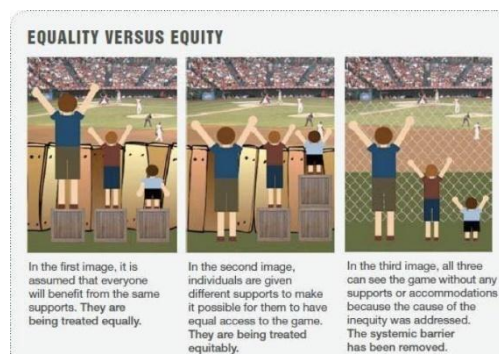
Our values are qualities which we endeavour to show in all we do. They are;

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.