



# St Thomas More School Newsletter

*'Love one another as I have loved you'*

13th January 2023

## Dates for your diary

**13-17th February 2023**

February half term

**3rd March 2023**

Bring your parents to Geography 9.15—9.45

**3rd—14th April 2023**

Easter Holiday

**28th April 2023**

Bring your parents to History  
9.15 – 9.45

**1st May 2023**

May bank holiday—[school closed](#)

**8th May 2023**

King Charles III Coronation  
bank holiday—[school closed](#)

**29th May—2nd June 2023**

May Half Term

**SDD**

**School closed to children**

Friday 23rd June 2023

Monday 26th June 2023

Dear Parents,

It was lovely to see so many parents attend our 'Bring Your Parent to Write' session this morning. We hope that you found it useful in understanding how writing is taught within school, of the expectations for your child's year group and with how you can support your child with their writing at home.

Please do fill in the questionnaire that you will receive electronically about this morning's session - these surveys help us to tailor our workshops and parent sessions specifically to what our parents would find useful.

As a healthy school, at St Thomas More we teach our children about both mental and physical good health. As part of physical healthiness, we teach the children about physical activity that help our bodies to remain healthy as well as about food choices that we can make that promote good health but which also affect our energy levels and ability to focus on our learning.

All children are able to opt to have a school dinner and our caterers follow strict guidelines about portion sizes as well as about levels of salt, sugar, fat etc. within meals. If your child is having a packed lunch, please try to provide your child with a healthy and well balanced lunch. A healthy packed lunch, as recommended by the Children's Food Trust, should contain a portion of:

starchy foods like bread, pasta or potatoes

fruit and veg, so sticks of cucumber, celery or carrot, alongside a piece of fruit

meat, fish, eggs

dairy food such as cheese in a sandwich or a yoghurt or fromage frais

a drink - milk or water are the best choices for children's teeth, but if you want to pack fruit juice a 150ml portion is recommended.

Foods such as cold pizza, chips, chicken nuggets etc. should not be included in a packed lunch as they are not of a high nutritional standard and, as with all processed foods, are high in salts, sugars and saturated fats. Chocolate bars are also not recommended as they are very high in sugar.

A healthy balanced lunch will help the children to sustain concentration and focus across the afternoon so they are able to make the most of their learning opportunities. Processed foods and chocolate bars can cause a 'sugar rush' which then rapidly depletes and can leave the children feeling lethargic and sluggish.

Many parents do struggle with what to include in packed lunches to keep them varied and healthy across the week. All children are able to have a combination of school dinners and packed lunches on different days so please take a look at the menu to see if there are some days where your child would like the hot meal.

Mrs Austin is currently organising a 'Fussy Eaters' group for parents to offer support in how to encourage children, who tend to eat a limited range of food groups, to be a bit more adventurous!

I hope you have a lovely weekend

Mrs Ebdon



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**A big Happy Birthday to..**

**Nileyah A**

**Orla M**

**Elizabeth M**

**Sarah D**

**Demilade O**

**Sienna A**

**Ekene Raymond E**

**Samuel O**

**Oakley H**

## Safeguarding

We have had some enquiries recently about opening the back gate of the school which opens onto the alleyway at the start and the end of the day. School staff need to know who is on the school site at any point in time and members of the public should not be able to gain access to the school site. By having one point of entry and exit to the school it allows us to know who is on the premises and prevents people unrelated to school business being able to gain entry. We recently commissioned an external safeguarding review to ensure we were meeting the highest possible standards in safeguarding and the reviewer agreed that creating an additional access point to the school would fall short of these standards. We also liaised with PCSO Rowan about the issue who has given us the following statement to share with parents:

*'I have been liaising with the school about the gate to the rear of the school grounds, where parents/guardians would like this open at the beginning/end of the school day. They have had an outside independent agency involved to conduct a safeguarding review. The result from the report was not to open the gate, as the school has appropriate safeguarding procedures in place at the beginning and end of the day. Please be mindful it was not the school that made this decision, it was the result of the independent review.'* PCSO Rowan Cornwall Medway Community Safety Unit

Please see the PTFA facebook page

Search St Thomas More fundraising team and ask to join.



## School fund

If you have not yet paid your school fund it is available to pay via MCAS. If you need help with finding it or setting up an MCAS account please pop into the office or email us at [Parents@st-thomasmore.medway.sch.uk](mailto:Parents@st-thomasmore.medway.sch.uk).

Thank you





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Merit award

Olivia G RC  
Kayla M RR  
James C 1D  
Evie M 1J  
Rachel T 2F  
Georgia T 2F  
Logan B 2S  
Simona S 3B  
William A 3T  
Thomas D-R 4L  
Bentley A-B 4S  
Mason R 5C  
Isla M 5C  
Ciel M 5M  
Tise G 5M  
Ololade O 6F  
Harrison W 6C



Sarah O

## Wrap around care

Please ensure you are booking your after school club and breakfast club through MCAS. We have an increasing number of students that are arriving for the clubs whose parent/carer has not booked. In some circumstances we are able to add a child to a club but this is not in replacement of the parent/carer making the booking using MCAS.

If you need a reminder of your details we can email these to you or if you have forgotten a password please use the forgotten password link.

Breakfast club 8am to school start £5

After school club 3.15—4.30 collection £5

After school club 3.15—5.30 collection £7.50

All wrap around care balances must be cleared at the end of each term.



## Healthy packed lunches

Below is a reminder what we **do not** allow in lunch boxes

No nuts or nut products i.e peanut butter or Nutella chocolate spread

No fizzy or sugary drinks

No glass bottles or cans

No sweets or chocolates

Also as a guide

Oranges are a nice fruit but they are difficult for little hands to open, if you do put one in your child's lunchbox please peel before hand.

Avoid salty, fatty and sugary foods eg crisps, cakes etc

Avoid processed foods such as Dairylea lunchables—these can be made much more cheaply at home from fresh ingredients

Save sweets and chocolates as treats for home

Please label lunchboxes and drinks bottles with your child's name and class

