



# St Thomas More School Newsletter

1st July 2022

## **Dates for your diary**

**14/7/2022**

Sports Day (weather permitting)

**18/7/2022**

Year 6 Production (PM time to be announced)

**19/7/2022**

Year 6 Production (early evening)

**20/7/2022**

Year 6 End of Year Festival

**21/7/2022**

Year 6 End of Year Mass (KS2 only)

**22/07/2022**

Staff Development Day  
(No children in school)

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

Dear Parents,

We have had an interesting week hosting lots of visitors for our 'Careers Week' where the children have found out about many different jobs and fields of employment. They have been fascinated to learn about the breadth of opportunities and experiences in the working world that they previously didn't know existed! We would like to say a huge thank you to all of our parents and visitors who gave up their time to come and talk about their jobs and expand our children's future horizons!

We have also welcomed, (post covid), the return of our annual 'Talent Show'! Thank you so much to the staff who gave their time so that auditions and rehearsals could take place before the big day! It was fantastic to see the wide ranging talents that our children performed, it takes a lot of courage to stand up and perform in front of over 400 other people but they put on an amazing show. We are so proud of our dedicated, determined and very talented children!

Could all parents please ensure that they, and their children, behave respectfully and politely when queueing on Bleakwood Road in the mornings. We have received several more complaints from residents of Bleakwood Road complaining about the noise in the mornings, about children and adults being in their front gardens and sitting on their garden walls/fences and, when parents are approached about this, they have been met with unpleasant responses. Unfortunately, I regularly have to put reminders in the newsletter about the types of behaviour we would like role modelled for the children, please be courteous of our neighbours so that we can maintain good relationships with them. Thank you.

Kind regards

Mrs Ebdon

## **Sports day arrangements Thursday 14<sup>th</sup> July 2022**

**KS2 sports day will be a 9:45 start on the field**

Lunch picnic will be from 12:15- 1:15 on the field

**EYFS and KS1 sports day will begin promptly at 13:45**

**Parents can access to set up on the field from 9:30**

**Please collect children from classes from 12:05 for the picnic**

**During this time please be mindful of supervising your own children**

**Gates will be open and monitored for a short time from 12:00 -12:10 to allow people to come and go as needed**



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**A big Happy Birthday to..**

**William A**

**Wade L**

**Sola A**

**Una C**

**Sofia M**

**Jensen P**

**Theo E**

**Oluwatomilola O**

**Ryan W**

**Sienna F**



## Zones of Regulation

We have been busy launching the Zones of Regulation throughout the whole school this term, ready for September. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. By teaching them how to cope with these feelings might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty. We want children at St Thomas More to grow into successful teenagers then adults. Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

We aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in
- Increase their emotional vocabulary so they can explain how they are feeling
- Recognise when other people are in different Zones, thus developing better empathy
- Develop an insight into what might make them move into the different Zones
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit')

We will continue the Zones through discrete teaching lessons and through our PSHE curriculum. We will also be using the Zones language as part of daily school life so all staff will be referring to them, not just their class teacher.

Some children might prefer not to use the 'Zones language' but label the emotions directly – this is fine and encouraged!

**Please check our website for further details, should you wish to use this at home.**



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## Reminders

**Packed lunches**—please could you try to use a wrapping other than cling film. Sandwich bags or foil are preferable. Please also remember to provide cutlery if your child has something in their lunch box that requires it as we do not have spares available in school. Please check your child's carton has a straw attached as we have had a few instances where a child has been disappointed that they have not been able to drink their juice carton and have had to have water instead. The PTFA have a limited amount of environmentally friendly sandwich wrap's, we are selling these in school for £3 each there are a variety of designs.

**School dinners:** Thank you for settling your dinner balances .

**Office hours:** the office is manned 8-4pm. Please use our absence line to report an absence. Please can any non urgent queries be emailed or if you do need to call please call between 10-12. Between 12-2 is our protected admin time and calls may be forwarded to answerphone.

**Earrings:** Please remember that earrings need to be removed for school everyday. We will call parents to come in to school to remove earrings if children have them in when they arrive.

## Congratulations on your First Holy Communion

Leon Z

Apologies you did not appear on the list last week



## Pencil Cases and Resources

Now that life is back to normal following the covid pandemic we would like to encourage our children to bring in a named, well-equipped pencil case from home. If possible, please ensure your child has a high quality writing pencil, some colouring pencils, a rubber, ruler, pencil sharpener and glue stick.

As I'm sure you have all seen in the media, school funding continues to be an issue nationwide and, unfortunately for us at St Thomas More, this continues to be the case.

We will have a little section on the newsletter suggesting items that we would welcome receiving if anyone is able to donate these. This will enable us to spend the majority of our budget on high quality education and resourcing for all of our children.



Currently we would welcome:

White board pens

Colouring pencils



## SAFEGUARDING

### What to do if you are worried about a child:

Members of the public and professionals can use a referral and contact form to report any safeguarding concerns about a child or a young person to Medway's First Response service. Once the form has been submitted, it will be reviewed and assessed and action will be taken. Please use the following link:

[Report a child safeguarding concern](#) | [Concerned about a child](#) | [Medway Council](#)

You can also phone 01634 334466 or use the 24 hour emergency number 03000 419 191. You can also call NSPCC on 0808 800 5000, Child Line on 0800 1111 or Medway Police on 01622 690 690.

Please remember to go to our Safeguarding section for parents/carers on our school website to learn more about keeping your child safe online. There is also a section for children too with some useful links.

Parents are encouraged to T.A.L.K to their children about the dangers.

**Talk to your child** about online safety. Start the conversation – and listen to their concerns.

- Agree ground rules about the way you use technology as a family.
- Learn about the platforms and apps your child loves. Take an interest in their online life.
- Know how to use tools, apps and settings that can help to keep your child safe online.

Discuss and agree on privacy settings for the platforms and apps your