



St Thomas More Catholic Primary, A Voluntary Academy

2023/24 Newsletter – Issue 27

Week Commencing – 15 April 2024

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Kingswood Information Session

Thursday 2 May 2024

Mrs Butterworth will be running a Kingswood residential information session for parents/carers before our upcoming residential Monday 20 - Wednesday 22 May 2024.

The session will be in **Class 4** on

Thursday 2 May 2024 - 9.05am - 9.30am.

Please come along if you can, to find out more about the activities your child/children will be taking part in as well as other useful information including what to pack.



Important Dates:

Tuesday 23 April 2024

M&M Theatrical production of Jungle Book £6

Wednesday 24 April 2024

Y3 Tag Rugby @ Chesterfield Panthers

Please arrive at school by 8:20am

Monday 29 April – Friday 3 May

Y5 Bikeability (in school)

Thursday 2 May 2024

Kingswood Information session for parents

Monday 6 May 2024

Bank Holiday – School Closed

Monday 20 May 2024

Y5 Sports Summit @ EIS Sheffield

Please arrive at school by 8:30am

Monday 20 May – Wednesday 22 May 2024

Y4 Residential to Kingswood (Peak Venture)

Friday 24 May 2024

Inset Day – School Closed

Monday 27 May – Friday 31 May 2024

Half Term – School Closed

Tuesday 11 June 2024

Y3 Derby County Football @ Derby County Training

Tuesday 18 June 2024

Y5 Water Polo @ Graves Places for People

Please arrive at school by 8:20am

Monday 24 June – Wednesday 26 June 2024

Y6 Trip to Whitby

Thursday 27 June 2024

Y2 Trip to William's Den

Friday 28 June 2024

Y5 Netball District @ EIS Sheffield

Tuesday 9 July 2024

Y2 Walk to Library @ Parson Cross

Tuesday 9 July 2024

Y4 Padley Pilgrimage Trip

Fun Fact Friday!

If you could travel
the **speed of light**,
you would never
get older.

Jesus said: "Love one another as I have loved you."

At St Thomas More our Mission is to love and to become the wonderful person God created us to be



Whole School Information



After School Club Information

The club has the children participating in different and fun activities each day. The club is split into three different sessions which are listed below:

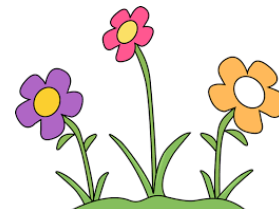
Bookings can be made via [Parent Mail](#) up until **3pm the previous day**. After this time bookings can be made by contacting the school office. For the parents whose children attend after school club, please don't hesitate to get in touch and leave any feedback!

15:20 - 16:15	The children will take part in a different activity until it is time to be collected (£3)
15:20—17:00	The children will take part in a different activity and will be given a choice of either a hot or cold food followed by a snack such as fruit or a sweet treat. (£6)
15:20—18:00	The children will take part in a different activity and will be given a choice of either a hot or cold food followed by a snack such as fruit or a sweet treat before either starting a new activity or carrying on with the previous one. (£8)

Please note: ***NO After School Club on Thursday 9 May 24 and Wednesday 5 June 24***

	Monday	Tuesday	Wednesday	Thursday	Friday
15:20—16:15	Sports	Arts & Crafts	Gardening	Baking	Cookie & Quiz
16:20—16:45	Fish Finger Wrap or a choice of cheese, ham, tuna wrap.	Toasties (cheese, cheese & ham) or a choice of cheese, ham, tuna sandwich.	Pasta & sauce or a choice of cheese, ham, tuna sandwich.	Hot Dogs or a choice of cheese, ham, tuna sandwich.	Buffet
16:30—18:00	Sports, Nature garden or Adventure	Messy play, Nature garden or Adventure	Nature garden or Adventure	Arts & crafts, Nature garden or Adventure	Mini movie, Nature garden or Adventure

Hopefully, we can get out onto the field in the warmer weather.
All activities will have a second choice of Lego, board games & colouring.





After School Club – what we've been up to!





A Culture of Safeguarding at St Thomas More

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



The National College®



Free Eat Well & Save Money Webinar



FREE Webinar For Parents / Carers

'10 Top Tips for a Healthier Bank Balance - How to Eat Well AND Save Money'

**Wednesday 1st May
9.30am – 10.30am
Via Zoom**

Would you like some tips on how to eat healthier on a budget?

Want to know how to get the most out of your supermarket shop?

Want some ideas & inspiration on how to feed your family whilst not breaking the bank?

Then why not join us for our webinar:

'10 Top Tips for a Healthier Bank Balance – How to Eat Well AND Save Money'!

Part of our '10 Top Tips' Webinar Series, this session includes how to be savvier at the supermarket, tips on shopping and cooking on a budget, and how to reduce food waste.

Presented via Zoom and delivered by nutrition professionals, the session will be informative but fun, with time throughout to answer any of your questions.

BOOK HERE!

For more information, please contact:

lisa.aldwin@learnsheffield.co.uk

_or delya.lane@nhs.net



Free Wellbeing Course for Parents

FREE WELLBEING COURSE FOR PARENTS

**ONLINE ON WEDNESDAYS 6.30–7.30PM
STARTING 8TH MAY**

A free six-week course for a happier and more relaxed you.

Join us to explore;

- Emotional Self-care – Emotional self-care allows us to take time for the benefit of our health and well-being.
- Thinking about putting your own needs first - building your resilience.
- Being more assertive and setting boundaries – so that you can communicate better and more effectively at home and work.
- Stress and relaxation techniques – learning new skills for a more relaxed you.
- Build resilience and recover from trauma – To move forward in our life.

Come and join us for these relaxed, friendly and supportive sessions!

What previous participants have said about the course:

"This has been a great opportunity for me to think about how I manage stress in my life. I've learnt new strategies and skills to cope better"

"I've really enjoyed being a part of this group, all the other members were great, I learnt a lot from them!"

"I would recommend this course to anyone who wants to think about looking after themselves better, it's been great, particularly in improving my communication skills"

"This course has helped me to say 'No' which has had a big impact on my mental health and wellbeing"

For more information and to book in please contact
Janet Kent on 07927657462 or
email jkent@hallam-diocese.com





SCHOOL UNIFORM SWAP SHOP

REUSE - REDUCE - RECYCLE - SAVE MONEY

Pick up or donate uniform for your children
completely **FREE OF CHARGE**

Uniform suitable for schools across the parish

Sizes 3–16 years old

SATURDAY 20TH APRIL

The Campus, Pack Horse Lane, S35 3HY
10:00am – 1:00pm

For more information please contact
uniform@hgdt.org





Celebration Winners

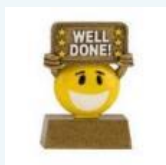
W/e 19 April 2024



F2	Georgia	For	Your excellent reading this week! You always try so hard with your sounds and blending and are always looking, listening and keen to learn new sounds. What a great attitude to learning! Well done ☺
	Michael		Your amazing writing this week! You have blown me away with your beautiful handwriting and have used your sounds to spell longer words, well done ☺
Y1	Kaiden	For	A fantastic attitude towards your learning! You have completed most of your tasks independently this week and to the best of your ability. Well done!
	Chay		Excellent work in maths this week representing numbers to 100 on a place value chart. Great work!
Y2	Harry	For	Working really hard in Maths this week. You have been able to do challenges in our lesson and have shown great understanding of the strategies we have used.
	Italia		Showing great focus in our lessons this week. Your hard work in English and maths has really impressed us and your listening on the carpet has been a great example to your friends.
Y3	Minnie	For	Settling back into STM and giving 100% in all you do.
	Robyn		An amazing attitude in PE - You worked well in your team and encouraged others.
Y4	Daisy	For	Working hard in Maths this week. You persevered when finding the perimeter of rectilinear shapes in meters and centimetres even though you found it challenging at first. Well done Daisy!
	Carlos		A fantastic start to the summer term! You have impressed all of the adults this week with your attitude in class and your focus on your learning. Keep it up Carlos!
Y5	Milly	For	Consistently demonstrating perseverance and dedication in your work. Your commitment to giving your best effort is truly commendable. Keep up the outstanding work ethic! ☺
	Sophie		An incredible effort in English lessons! Your dedication to learning and improving shines brightly. Keep up the fantastic work, you're making great progress! ☺
Y6	Caleb	For	Your perseverance and hard work with in Maths, especially our reasoning sessions when we have been looking at timetables and interpreting them. Well done! ☺
	Lottie		Your hard work and resilience with writing this week - you didn't give up even though the writing was quite challenging! Well done, Lottie! ☺

GROWTH MINDSET AWARD WINNER

W/e 19 April 2024



This week's winner is Albert in Y3

You have earned this celebration award for: having an excellent attitude in Maths. You are always focused and determined to learn and succeed. ☺



Attendance and Punctuality W/e 19 April 2024



Class	Percentage	Lates
F2	97.6	5
Y1	96.7	2
Y2	95.7	0
Y3	95.0	2
Y4	98.1	2
Y5	98.7	4
Y6	93.7	3
School Total	96.5	18

Wow! Keep it up! Y5 will receive an extra playtime for your great attendance and punctuality.

Our whole school attendance target for this academic year(23/24) is 95.5%

N.B. We are currently reviewing all children's attendance and punctuality so far this academic year. If your child's attendance is below 92%, and/or your child has a significant number of lates, then you may receive a letter for your information or be asked to attend a meeting in school to find ways to support you to help improve your child's attendance. Thank you for your support.



100% Attendance and Punctuality!
W/e 19 April 2024

F2	Steave
Y1	Ezi
Y2	Violet
Y3	Zack W
Y4	Fatima
Y5	Kornelia
Y6	Allyssia





Trips and Events








STM Sporting Events and Competitions 2024






Event	Year	Venue	Date/Time
Tag Rugby	Y3	Chesterfield Panthers	24/04/2024 - 9:30am - 1pm <i>(please arrive at school by 8:20am)</i>
Bikeability	Y5	In School	29/04/24 - 03/05/24
Sports Summit	Y5	EIS Sheffield	20/05/24 - tbc <i>(please arrive at school by 8:30am)</i>
Derby County Football	Y3	Derby County Training Ground	11/06/24 9:30am - 12pm <i>(please arrive at school by 8am)</i>
Football District	Y6	Derby Country Training Ground	14/06/24 9:30am - 12pm <i>(please arrive at school by 8am)</i>
Water Polo	Y5	Graves Places for People	18/06/24 9am - 11:30pm <i>(please arrive at school by 8:20am)</i>
Netball District	Y5	EIS Sheffield	28/06/24 9:30am - 12:30pm
EIS Sports Day	Y2/Y6	EIS Sheffield	11/07/24 9:00am - 3pm <i>(please arrive at school by 8:20am)</i>
Tag Rugby	Y5	Mount St Mary's	16/07/2024 - 9:30am - 1pm
Kwik Cricket	Y4	Mount St Mary's	17/07/2024 9:30am - 1pm



Trips and Events



	<u>Y1 Trip to Yorkshire Wildlife Park</u>
	Wednesday 10 July 2024
	8:40am
	<u>Yorkshire Wildlife Park</u>
	Coach
	The cost of the trip is £21.50 per child. If we do not receive enough contributions, the trip may have to be cancelled
	<p>Y1 will be going on a trip to Yorkshire Wildlife Park on Wednesday 10 July 2024. The cost of the trip per child is £21.50.</p> <p>Students will need to arrive in school at the earlier time of 8.40am for the coach to leave at 9am and then will need to be picked back up at 2.00pm to arrive back to school for around 3pm.</p> <p>Children will need a water bottle and packed lunch, or will need to order a school packed lunch.</p>

	<u>Y2 Trip to William's Den</u>
	Thursday 27 June 2024
	Normal time
	<u>William's Den</u>
	Coach
	The cost of the trip is £23.00 per child. If we do not receive enough contributions, the trip may have to be cancelled
	<p>Y2 will be going on a trip to Williams Den on Thursday 27 June 2024. They will be going on a nature walk to support their learning in science and they will also be making use of the amazing playgrounds as a reward for all their hard work this year!</p> <p>The cost for this trip will be £23.00 – which includes the full day at Williams Den and return coach.</p> <p>We will be leaving at 8:45am so we are asking that children are dropped off at school by 8:20am on this day please. Hopefully the weather will be great so please ensure your children are given sunscreen to apply themselves.</p> <p>Please indicate if you would like your child to have packed lunch provided through school or if they will be bringing one from home.</p>



Trips and Events



	<u>Y2 Walk to Local Library at Parson Cross</u>
	Tuesday 9 July 2024
	Normal time
	<u>Parson Cross Library</u>
	Walking
	No payment required
	<p>On Tuesday 9 July 2024, Y2 will be walking to the Local Library at Parson Cross.</p> <p>Students will be leaving school at 9:45am to arrive at the Library for 10am. The children will be able to explore the library and read books, supported by school staff, volunteers and the Librarians. Students will be back in time for their school lunch.</p> <p>Please let the school office know if you do not want your child to attend.</p>

	<u>Y4 Trip to Padley Pilgrimage</u>
	Tuesday 9 July 2024
	Normal time
	Padley Pilgrimage
	Coach
	N/A
	<p>Y4 will be going on a trip to Padley Pilgrimage on Tuesday 9 July 2024. Students should arrive at school at the normal time. The Coach will leave school at 10am and will arrive at Padley Pilgrimage for 11am. Students will arrive back at school for 2:15pm.</p> <p>Please ensure students bring a packed lunch with them, for any free school meals packed lunch orders, please contact the school office.</p> <p>The trip is free with the cost of the coach, kindly covered by the Friends Association.</p>



Trips and Events








	<u>Y4 Residential to Kingswood (Peak Venture)</u>
	Monday 20 May 2024 - Wednesday 22 May 2024
	Normal school time, the children leave around lunchtime on Monday.
	<u>Peak Venture Yorkshire Outdoor Education Kingswood</u>
	Coach
	<p>Exhilarating Adventure Park with apparatus including a zip wire, 3G swing and leap of faith, plus specially designed bush craft sessions and nature walks.</p> <p>Flexible indoor space for all weather activities including fencing and indoor initiatives. Located adjacent to our water sports area, situated on the Scout Dike Reservoir, offering exciting activities including canoeing and raft building.</p> <p>Other facilities: Diner, shop, social hubs, party leader lounges, indoor classroom spaces. Offering each child an opportunity to increase their resilience, grow their confidence and develop their character.</p> <p>Here is a link to the Peak Venture website: Peak Venture Yorkshire Outdoor Education Kingswood</p>



Trips and Events



	<u>Year 6 Trip to Whitby</u>
	Monday 24 June until Wednesday 26 June 2024
	TBC
	<u>YHA Whitby Abbey Hostel Accommodation Whitby</u>
	Coach
	The total cost of the trip is <u>£180</u> .
	<p>We are pleased to announce that we are offering a 2-night residential to this year's class six pupils on Monday 24 June 2024 until Wednesday 26 June 2024. The children will be staying at the Youth Hostel in Whitby next to the Abbey.</p> <p>The stay will include all accommodation, including 3 meals - breakfast, lunch and dinner, and refreshments during the stay. The cost to parents will also include the coach to and from Whitby. The cost for the transport and accommodation including all meals and supervised activities per child is <u>£180</u>.</p> <p>We will be offering an information session for parents to attend in the near future to find out more about the activities the children will be participating in and further information on the YHA Whitby Centre. We will also be giving you information on clothing and footwear the children will need for the trip.</p> <p>Payments can be made in instalments, with the full balance needing to be paid by <u>22 April 2024</u>.</p>

