



St Thomas More Newsletter

“With Christ we achieve, believe and create”

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14th May 2021

Dear Parents and Carers,

Yesterday we celebrated the Solemnity of the Ascension. The Year 6 bubble attended Mass in church whilst other year groups streamed Mass in their classrooms or organised their own liturgies. In the gospel reading we heard Jesus tell his disciples, ‘*Go out to the whole world; proclaim the Good News to all creation*’ and this week we have been trying to live up to this, and to the commandment to love one another, by showing consideration for others through random acts of kindness. I have heard many accounts of children being kind to one another and to the adults with whom they learn, and I hope that you have experienced this at home too.

Ramadan came to an end this week and we wish all our Muslim friends *Eid Mubarak*. We hope that you have enjoyed your family celebrations and that you will share your experience of Eid with your classmates and teachers.

Thank you for your understanding this morning when we had to change the entry route to school at short notice because of flooding in the car park. I understand that this is a long-running problem, and we are looking into actions to remedy it. We are very proud of the children for adapting to the unexpected change in routine with such ease and resilience.

You will be well aware of the worsening potholes in the school driveway. We are seeking advice on the necessary resurfacing but until this becomes possible *it is important that children who cycle or scoot to school dismount at the road end of the driveway and walk down with their bike or scooter.* This is to prevent the risk of potential injury from wheels falling down one of the potholes. Pedestrians are also asked to pay careful attention to where they are walking. Thank you for your cooperation in this matter.

There is a change to the lunch menu for Thursday 20th May only. Please see the details below. You are not required to rebook your child’s lunch for this day. If your child does not like the new menu selection then please let the School Office know and we will cancel your child’s lunch booking for that day. If you haven’t already made a lunch booking and would like to, then please go ahead.

I wish you all an enjoyable weekend.

Kind regards

Mary-Claire Hardie
Headteacher.

Dates for your diary:

Thursday 20th May - Year 4 will attend Mass in church.

Monday 24th May - Tempest School Photographs (groups). Children need to be in full school uniform.

Thursday 27th May - Year 5 will attend Mass in church.

Saturday 19th June - Second-hand uniform sale.

Details of the sale will be confirmed nearer the time. Donations of good quality uniform for Little Tommy's Nursery and St Thomas More school would be gratefully received to support this fund-raising activity organised by the Friends of the school. Please drop off freshly laundered uniforms to the School Office Reception.

Details of menu change for 20th May.

Pupils Choice

THURSDAY 20th May 2021

Beef Burger in a Bun

Or

Veggie Burger in a Bun

Oven Baked Wedges

Sweetcorn

Baked Beans

**Homemade Chocolate Brownie
with Ice Cream**

Or

Fresh Fruit



Pilates



Pilates courses at St Thomas More School start on Monday 17th May 2021./

The courses are 6 one hour sessions for, cost £50 and run throughout the year and every 6 week programme is different using with a wide range of equipment including weights, balls, fitness circles, stability balls on an alternating basis.

The exercises are non-impactive and suitable for most people and aim to tone, stretch and strengthen all the major muscles focusing on your back and abdominal area which will help with posture and release tension from everyday lifestyle and activities.

You are able purchase your own equipment to use, or borrow mine for the duration of the course and return it at the end of the programme. You should wear loose, comfortable clothing, we work either barefoot or in socks. Please bring water with you.

For further information, please visit timetorelect.co.uk and to discuss details and book your place, call Terri on 07970 81 6979 or email terri@timetorelect.co.uk

Yoga



Yoga is now available in the hall at St Thomas More School starts Tuesday 18 May 2021 and Tuesday 20 May 2021

Tuesday Class 7-8.30pm
Thursday Class 7-8pm

If you are interested please contact Tanya West. Mobile number: 07717837706

REQUEST FROM OXFORDSHIRE FIRE & RESCUE SERVICE ROAD SAFETY TEAM



We want to continue to improve the safety of child pedestrians and so we are reviewing the advice and guidance we provide.

If you are a parent / carer of primary school aged children, please provide us with your feedback by answering the questions in this survey. We would be grateful if you would encourage other parents / carers you know to complete the online questionnaire. The survey should take around 10 minutes to complete and the feedback we receive will guide our future Road Safety work.

To take part in the survey please visit

<https://consultations.oxfordshire.gov.uk/Footsteps/consultationHome>

The survey will remain open until 30th July 2021.

Thank you from the Road Safety Team.

SCHOOL LUNCHES

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice - use the link to the [Summer Term menu](#) and book online via the [School Gateway](#),

You are able to make lunch bookings until the end of July.
If you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthy lunchbox ideas.

HEALTHY LUNCH BOXES



NHS - Ideas for healthy lunch boxes - please click on: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



St Thomas More Catholic Primary School aims to be a '**Nut-Free school**'. The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes. A number of children have severe allergies.

The school requests that parents/carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches. Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts***
- Peanut butter or Nutella sandwiches***
- Fruit and cereal bars that contain nuts***
- Chocolate bars or sweets that contain nuts***
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)***
- Cakes made with nuts***
- Any home cooked meals for packed lunches that are made from nuts***

Please see link for more information: [nut allergy information](#)

We have a policy not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

What types of food are nuts?

Almonds (badam)
Hazelnut

Walnuts
Nut oils

Cashew nuts (kaju)
Pistachio (pista)

Brazil nuts
Peanuts

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's record.