



# NEWSLETTER THOMAS MORE Catholic School

## 2020

"I will not leave you orphans; I will come back to you."

-John 14:18

June Issue 1

## TMCS NOTICES



### Stay at Home

Protect the NHS and save lives

## 01 | School News

Dear pupils, parents and careers,

It seems strange to be announcing the beginning of the final half term before the summer. Exams should be half completed and preparations for marking the end of an era for many have been postponed. At this time, sports day teams would be in the planning stages and those in Years 11 and 6 would be preparing for their transition to the next stage in their education. It is with great sadness that we think of these missed moments in time. It strengthens our resolve to make sure we do celebrate these moments at a future date.

At this moment we instead find ourselves in the beginning stages of a slow relaxing of the lockdown rules we have all been living under. From this week all staff have been allocated days to return back into school, and to make preparations for the return of our Year 10 and year 12 students on 15th June. Classrooms are being refreshed, schemes of work and lessons are being updated and re-written. This week we also saw the return to school of a small number of key worker and vulnerable pupils.

While the media report that schools are reopening, this is not really true. Schools have never shut, at Thomas More the school maintenance, computer services, administration staff, teachers and leadership have worked throughout. And we are extremely grateful for their hard work under difficult circumstances. Staff have continued to set work through the new SIMS InTouch platform from week 1. However I would like to give particular thanks to the school safeguarding team which comprises of our senior leadership team, heads of year, learning mentors, SEND support staff, SENDCo and Designated Safeguarding Leads who have worked continuously throughout the lockdown period. Wave after wave of contacts home have been made by this team. All of our vulnerable pupils and then with the additional help of our tutors, all of our pupils and students and families have been contacted. As many of you will be aware, this has been on more than one occasion! We hope the calls have been gratefully received. Work has been dropped to home and food parcels delivered. We are proud of our caring staff for their diligence and hard work in their pastoral role, this is a key role school plays in our community and the Thomas More staff excel in this area.

I would like to end by praising the pupils and students themselves. They have adapted and engaged with the changing face of schooling. Every week we check that they have logged into the school network and are accessing their work and every week we have over 95% of our pupils have done so. As we prepare for the year 10s and 12s and all year groups returning in September, we recognise that school will be a very different experience for all in our community. With social distancing and more online learning likely to be around for the foreseeable future we are encouraged by the pupil and students' ability to adapt.

Mr. Kearns

**Pastoral Deputy Headteacher**



To Care. To Learn. To Achieve



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## 02 | Other School News

### Art – Best Portrait Artist

Last term we announced a competition in Year 10 to find the 'Best Portrait Artist' of the class - and it is without hesitation that this award goes to Shiyen! The Art department would like to thank her for her excellent contribution, we would like to share an image of the work with you below. You can see the high level of pencil work that has gone into creating tone, and varied mark making to create form and detail. She has captured an excellent expression, reflections in the eyes bring them to life! A truly inspiring example of brilliant portraiture! We look forward to seeing more of your work Shiyen.



### English – Willam Shakespeare Project

Well done to the following pupils for outstanding work on their projects.

#### Year 7

Aiyana Lemonious  
Anthony W - Brown  
Luis Jiminez Gomez  
Amelle Benmalek

#### Year 10

Kelleyce Santy Carty

#### Year 12

Arjun Pillay  
Destiny Ikechukwu



## Spirituality Corner

# LAY CHAPLAIN

## Pentecost

Pentecost is celebrated fifty days after Easter Sunday, it is the Greek name for Shavuot, the Spring Harvest festival of the Israelites, which was going on when the Holy Spirit came. Pentecost is a day when we commemorate the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ, as described in the Acts of the Apostles (Acts 2:1–31)

On Ascension Day when Jesus was taken up to heaven, he told his Apostles that they would receive power when the Holy Spirit comes on them and they'd be his witnesses in the whole world (Acts 1:8). Jesus told them that the counselor (or Holy Spirit) would be sent by the Father, that He would teach them all things and remind them of everything he said to them (John 14:26).

The disciples and other Christians had come together to thank God and suddenly a sound like the blowing of a strong wind came from heaven and filled the whole house where they were sitting, and tongues of fire came to rest of each of them.



## Spirit of Pentecost

Spirit of God, enlighten our hearts and minds, that we may see the faces of our sisters and brothers whose labour provides us with the food we eat, the clothes we wear and the computers, phones and transport we use.

Spirit of God, help us to speak out on behalf of those who suffer injustice, so that they may enjoy the fruits of their labour and have enough to feed, clothe, nurse and educate their families.

Spirit of God, gives us the will to change our way of life, so that we learn to put the needs of others before our desire for more possessions.

Spirit of God, through the witness of our lives, standing in solidarity with all peoples, may we spread the warmth of your love, the light of your wisdom, and the fire of your justice, so that all may live in peace and security.

Amen.



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03 | Other School News

**THOMAS MORE**  
Newsletter



**Maths Challenge**

### The Junior Maths Challenge

The UK Maths Challenge is a chance to advance your mathematical thinking. This year the Junior Maths Challenge is going online due to school closures. A number of Year 7 and 8 pupils will have the chance to take the Junior Maths Challenge online. Look out for a message about the qualifying round in the next week!

*Answer at the bottom of the newsletter*

Which one of these could be folded to make a cube?



## Thomas More School Community

Joins those speaking out against social  
injustice and intolerance.

We will continue to support, elevate, and  
amplify diverse voices through our community  
of employees, pupils and partners.

Racism, inequality and hate are against  
everything we stand for.

**Answer: C**

# BLACK

# MENTAL HEALTH

# MATTERS

 @edwinabuenor

**Images and videos of black people facing injustices can leave you feeling hopeless, angry and overwhelmed. As these issues continue to escalate, it is important to practice self-care. Here are some things you can do to get a bit of relief.**

## 1. Social media breaks.

Social media is full of triggering images and you can easily spend hours online consumed by it. Log out and put down your phone if you start to feel overwhelmed. Try and have a routine and stick to it. Whether that's taking out an hour a day to read or to just listen to music.



## 2. Accept your feelings and reactions.

Pushing away negative feelings is not always healthy. It is okay to feel angry or frustrated with injustices. A good way to deal with your feelings is to channel it into an activity. For example: going for a walk or a run outside.



## 3. Channel your frustrations.

You can spread awareness from home on social media. Avoid sharing graphic images. You can sign petitions online as a way of doing your bit for the Black Lives Matter movement. You can channel your frustrations creatively through art or even making music.



## 4. Talk to trusted family, friends and teachers.

Talking with others can help! Share your thoughts and feelings with trusted people in your life. You can also email teachers who you feel will understand you. However, remember to have boundaries - you do not have to engage with people who do not understand you.



## 5. Read, listen to, or watch what celebrates blackness.

Read books, articles online and research things that celebrate the positive and amazing contributions that Black people make to our society daily!



**Choose a task below to help you reflect on and demonstrate how you want the world you LIVE and LEARN in to be anti-racist.**



*'It's not enough to be non-racist, we must be anti-racist'*  
Angela Davis

 @edwinabuenor

## #EDUCATIONSPEAKSOUT

**Research into Black inventors.**

**Write a newspaper article detailing your findings.**

**Find spoken word poetry by Black British poets. For example: George the Poet, Caleb Femi.**

**Record your own spoken word piece inspired by their work.**

**Find out about Black jazz, blues and classical composers and musicians.**

**Compose a musical piece inspired by their sound.**

**Find poetry by Black writers. For example Grace Nichols, Benjamin Zephaniah.**

**Write your own poetry inspired by their works.**

**Research into the amazing contributions that Black British people make to our society daily.**

**Record your own news segment detailing your findings.**

**Read an extract or a book by British Children Authors. For example: Malorie Blackman or Sharna Jackson.**

**Draw your own illustrations of the main characters.**

**Research into Black British visual artists. For example Sonia Boyce or Frank Bowling.**

**Create an art piece inspired by their work.**

**Research into Black British Children Authors. For example: Malorie Blackman or Sharna Jackson.**

**Write an opening of your own short story.**

**Find a Black British photographer. For example: Raphael Albert or James Barnor.**

**Create a picture collage or gallery of their photographs.**