



**We learn together, we play together, we pray together,
we grow together in the love of God**

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SPRING TERM 2023

Friday 24th February

Dear Parents and Carers,

Thank you everybody for supporting the Friends "Wear something you love" day before half-term - £130.50 was raised.

On Wednesday, Father John celebrated Ash Wednesday Mass for the school. Ash Wednesday marks the beginning of the season of Lent and is a time of preparation for Easter when we remember and celebrate the crucified and risen Christ. On Ash Wednesday, ashes are placed on our foreheads in the sign of the cross. The ashes are normally made from the burnt palm branches from the Palm Sunday of the previous year. Ashes are an ancient symbol of repentance - when those who wanted to change their way of life sat at the back of the church in a sackcloth and ashes.

On Wednesday, the Y5 pupils were invited to Christ College to participate in science workshops. The children learnt about chemical reactions and also had the opportunity to observe how a heart works. Thank you to Miss Georgious for organising this.

Next week, Wednesday 1st March, the Friends are hosting their Infant Movie Night (3.30pm-5.15pm); if you would like to book a place (£5) for your child, there are spare booking forms available from the school office.

As most parents will be aware, the second proposed National Education Union strike day is Thursday 2nd March. St. Theresa's will be partially closed on this day. If your child is in Reception, Y4, Y5 or Y6, their classes will be closed - do not send your children into school on that day. If your child is in Y1, Y2 or Y3 they must come to school as normal.

Due to the partial closure of the school on Thursday 2nd March, we will be celebrating World Book Day on Friday 3rd March instead. Children are welcome to come to school dressed as their favourite book character but this is completely optional.

A reminder to everyone, that next Friday (3rd March) 3.45-4.15pm in the school hall, we will be holding a Bubble Show to help raise funds towards the cost of the Y6 residential trip to Grosvenor Hall in May. Tickets are £5.

Have a lovely weekend.

Barbara Costa

Bubble Show!! Friday 3rd March 3.45pm in the school hall
Come and watch the Olena Nesterenko bubble extravaganza on Friday 3rd March at 3.45pm in the school hall! The show will last approximately 30-40mins. Tickets cost £5 and can be purchased from the school office. All proceeds will go towards the cost of the Y6 residential trip in May.

Message from the Friends of St. Theresa's

We have a number of events happening this term until the Easter break which we hope that the children will enjoy including an Egg Decorating Competition (watch this space for more details). KS1 Movie Night flyers went out this week and permission slips must be returned by Tuesday 28 February 2023 to the office in an envelope. Please note that we will **not be** accepting any slips on the day due to safeguarding.

Reminder: 9am Monday 27th March 2023 is the deadline for the Egg Decorating Competition.

St. Theresa's School Attendance Policy

Illnesses that will prevent your child from coming to school

- Vomiting and diarrhoea (your child can return to school 48 hours after the last episode)
- High temperature with a diagnosed infection
- Hospital admission
- Dental surgery
- Medical emergency

Illnesses that will not prevent your child from coming to school

- Mild cough
- Cold/Sneezes
- Tiredness

Authorised and Unauthorised Absences

Examples of authorised absences

- Proof of illness from GP/Hospital provided
- Phone call from parent / carer explaining that their child is ill
- Proof of medical appointment
- Permission given from Headteacher following a written request for exceptional leave of absence (i.e. Religious days etc.). All requests for exceptional leave of absence must be made in writing to the Headteacher. Request forms are available from the school office.

Examples of unauthorised absences

- Holidays
- Days out
- Birthdays
- Parent / carer or sibling unwell
- Tiredness
- No reasonable explanation received from parent / carer

Could parents/carers please ensure that any absence is reported to the school office by 9am.

St. Theresa's pupil attendance target for 2022-2023 is 96%

Period	Whole school attendance
From 5/9/22 - now	94.6%

Class with highest attendance to date - Y2 is still in the lead with 95.5% attendance and Y5 is in second place!
At the end of the year, in July 2023, the class with the highest record of attendance will win a non-school uniform day!



Red Nose Day



On Friday 17th March the school will be participating in Red Nose Day for Comic Relief. Since Comic Relief began in 1985, it has helped support over 100 million people across the UK and around the world. The charity works to improve mental health, create safe places for everyone, help children to survive and thrive, and work to help people to speak out and seek help to escape fear and discrimination.

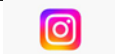
On Friday 17th March (Red Nose Day) the children may come to school dressed in red clothes (or wearing anything red) for a £1 donation.

This year, the new red nose is not suitable for children under the age of 7; **therefore the school will not be selling red noses.**

Safeguarding at St. Theresa's

Miss Costa is the Designated Safeguarding Lead at the school; Mr Troy and Mrs Folan are members of the safeguarding team. However, safeguarding and child protection at St. Theresa's is everyone's responsibility and is taken extremely seriously. Click the link to read the school's Child Protection and Safeguarding Policy: <https://www.st-theresas.barnet.sch.uk/wp-content/uploads/2022/09/Child-Protection-and-Safeguarding-Policy-September-2022.pdf>

St. Theresa's School on Instagram



You can now follow St. Theresa's School on Instagram! Please search **st.theresas.n3** on the platform and you should find updates on the activities the school and our pupils have been involved in lately. Thank you to Mr Troy who has set up our account and will be adding to our accounts regularly.

Mid Morning Snacks



A reminder to parents that children may only have fruit as a mid-morning snack. No other snack will be permitted.

Packed Lunch Guidelines

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school (which is regulated by national standards), the school has *Good Practice Packed Lunch Guidelines*; I have attached a copy of the guidelines to the end of the newsletter.

These guidelines were drawn up using information from the Department for Education and the School Food Plan website; they are based on the School Food Standards. The School Food Standards are a set of standards for all food served in schools and they became mandatory in January 2015.

Parents should adhere to these guidelines when preparing their child's packed lunch. **The children should not be bringing in crisps or sweets in their packed lunch boxes.**

The Wednesday Word

"Lent is a 'powerful' season, a turning point that can foster change in each of us." *Pope Francis*

How many days did Jesus spend in the wilderness? In this Sunday's Gospel Jesus relied on God's word to resist temptation. Lent is a time for us to make an extra effort to listen carefully to God's word, to try and make a change for the better by turning away from things which are wrong for ourselves or others. Ask your child what the word 'Lent' means to them. You may want to tell your child something that you know about Lent. Each of you say if there is anything you would like to start or stop doing this Lent.

"Lent is a time for drawing near to Christ by listening to the word of God and celebrating the sacraments." *Pope Francis*

The Latin name for the season of Lent is 'Quadragesima' which means "forty days" or "fortieth day." This reminds us of Jesus' 40 days of fasting and prayer in the wilderness, where he grew stronger through resisting various temptations. How can we strengthen ourselves to resist temptations throughout Lent? Perhaps we can: set aside a few minutes each day to pray, asking God to help us; read God's word in the Bible or in The Wednesday Word; regularly say the 'Our Father' together, thinking carefully about each sentence; go to church together; fast from a meal or snack and give the money saved to charity.

<https://www.paperturn-view.com/uk/wednesday-word/half-term-holiday-card?pid=MTA101634&v=84.7>

Dates for your diary

Fri 24th Feb	After school Y5 sweet sale
Wed 1st March	3.30pm Infant Movie Night
Fri 3rd March	World Book Day (new date)
Fri 3rd March	3.45pm Bubble Show
Tues 7th March	Y5 at Arts Depot for Barnet Schools' Dance Festival
Fri 10th March	Y3 London Thames Cruise trip
Mon 13th March	Bouncy Castle Hop (more details to follow)
Mon 13th March	Science Week
Fri 17th March	Red Nose Day
Tues 21st March	Class photos
Thurs 30th March	Reception hearing and vision check
Thurs 30th March	6pm Y3 and Y4 Easter Play
Fri 31st March	Last day of term 1pm finish
Mon 3rd-Fri 14th April	Easter Holiday
Mon 17th April	First day of summer term
Mon 1st May	Bank Holiday Monday
Mon 8th May	Bank Holiday for the Coronation of King Charles III
Mon 29th May-Fri 2nd June inclusive	Half term

New dates in bold

**All parents welcome*

Good Practice Packed Lunch Guidelines

Packed lunches <i>should</i> include	Packed lunches <i>should NOT</i> include
<ul style="list-style-type: none"> • At least one portion of fruit and one portion of vegetable or salad every day • Meat, fish or another source of non-dairy protein, every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel • An oily fish, such as salmon, at least once every three weeks • A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, every day • A dairy food, such as milk, cheese, yoghurt, fromage frais or custard every day • Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies • Acceptable snacks includes: seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice 	<ul style="list-style-type: none"> • Crisps • Confectionery such as chocolate bars, chocolate-coated biscuits and sweets • We are a nut free school – please do not send in any food containing nuts. This includes Nutella and other chocolate spreads.

You may also include

- Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally