



**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 3rd March

Dear Parents and Carers,

On Tuesday, the children in years 3, 4, 5 and 6 were lucky enough to watch Dr Szydlo, a performance chemist and educator who returned to St. Theresa's to inspire the children and teach them about the wonders of chemistry. The children thoroughly enjoyed seeing objects being set on fire and chemicals being mixed!

Thank you to all the Infant parents who supported the infant movie night on Wednesday; we will let you know how much money was raised in next week's newsletter.

Can I please ask all parents of children who have a packed lunch to adhere to the packed lunch school guidelines which have been attached to this newsletter; **the children should not be bringing in crisps or sweets in their packed lunch boxes.**

Next week (Friday 10th March), British Science Week starts and to celebrate the event, the children are invited (if they wish to) to dress up on Monday 13th March as something related to science. Topics can include; plants, animals (including humans), the weather, materials, space, rocks, magnets etc. dressing up is purely optional.

A reminder to everyone, that this afternoon (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. Hope to see many of you there! Have a lovely weekend.

Barbara Costa

The Wednesday Word

"With God we can do great things. Jesus is always ready to encourage and support us." *Pope Francis*
When we listen to and follow Jesus, our lives are transformed. We grow in faith and love and we are filled with words of encouragement. Ask your child what 'to encourage someone' means to them. Who encourages them and keeps them going when they find things difficult? How does it feel to be encouraged? Has your child ever encouraged anyone? What did they do?

By showing them his inner glory, Jesus encouraged the disciples.

Just like Jesus and the disciples, we all need encouragement. Do you know anyone who may need your encouragement? Each of you choose a way to encourage someone at home, at school or in the community during this Lenten season. Perhaps you can: offer words of support; let someone know when they are doing something well; give someone a helping hand if they are struggling; support and encourage each other in keeping CAFOD's Lent Fast Day this Friday.

<https://www.paperturn-view.com/uk/wednesday-word/encouragement?pid=MTA101634&p=2&v=85.8>

Message from the Friends of St. Theresa's

The Bunny Hop is BACK! On Monday 13 March the children will be taking place in a sponsored bunny hop raising money for the school. Please see attached letters and sponsorship form for more information (paper copies were sent home on Tuesday). It is essential that all children have their forms signed by you on the day of the bounce so they can participate. No form means no bouncing!! Thank you as always for your continued support.

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	94.67%

Class with highest attendance to date - Y4 is now in the lead with 95.5% attendance and Y2 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.**



Reception	Tashinga for settling in so well in his new school. Riyanne for singing so beautifully to the baby chicks.
Year 1	Daniel T for trying really hard with his learning in all his lessons. Esther for her enthusiasm in her lessons.
Year 2	Radek for striving for excellence all term. Mia for always being polite and helpful around the classroom.
Year 3	Kevin and Frank for being extremely good role models during our school trip.
Year 4	Francesco for always producing neat presentation and writing. Emanuelle for having a good go at learning her times tables.
Year 5	Nathaniel for putting effort into his work. Nathaniel is pushing himself more and you can see the effort in his books. Ava for trying really hard in all lessons. Ava has contributed and put lots of effort into her work.
Year 6	Arshida for your excellent behavior in and out of class. You are a great role model for others. Joshua for your excellent understanding of algebra. Very well done.
<i>The Golden Ticket Winners are:</i> Lucas Y4 Emanuelle Y4	

Dates for your diary

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