



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

St Theresa's Primary School, East End Rd, LONDON N3 2TD

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SPRING TERM 2025

Friday 31st January

Dear Parents and Carers,

Governors play a key role in the leadership of the school and raising of standards including the appointment of key staff, overseeing the budget and monitoring progress in the curriculum. We are therefore delighted to welcome Ms Eva Molnar to the school governing board as our new Parent Governor.

Last week, a speaker from Mary's Meals came to St. Theresa's to talk about the work the charity does. Mary's Meals serves nutritious school meals to children living in some of the world's poorest countries. They are already feeding more than 2.4 million children every school day. To support Mary's Meals, St. Theresa's will be participating in their Recycling Collection Initiative. From Monday, there will be a Mary's Meals Recycling box in the office entrance area for you to put the following unwanted items in:

Jewellery & watches: In any material even if damaged or broken

Electronics: Mobile phones/iPads/Tablets/Sat-Navs/MP3 players/Games consoles (Please remove all sim cards/data from mobiles/iPads)

Cameras: Old film/Digital/Video

Foreign Currency: From any country, the currency can be old/recent, we take all coins/notes.

All recycled items will be picked up by a third party, 'Recycling for Good Causes' who will ensure all data is wiped. Once we have enough donations, the box will be collected.

If your child requires medication at school, please ensure you speak to a member of the office staff who will ask a school First Aider to speak to you. Parents must complete a consent form in order for staff to administer medication (this includes inhalers etc.).

Congratulations to Little Saints (our after school club) who had a very successful Ofsted Inspection on 15th January; we will share the report once it is published. If you are looking for after school childcare until 6pm please do see the flyer on the third page of this newsletter; Little Saints contact details are included.

Next week, we will be celebrating Children's Mental Health Week; this year's theme is *Know Yourself, Grow Yourself*. The aim is to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. You can find details of helplines and various organisations which support children's wellbeing, on the last page of this newsletter.

A reminder to all parents that the online booking system for Thursday's (6th February) parents' consultations, closes this evening at 6pm. For parents who wish to book an appointment for Tuesday 11th February's parent consultations, you have until Wednesday 5th February 6pm, after which the booking system will close.

Have a lovely weekend.

Barbara Costa

NEWS from the FRIENDS

Valentines Hearts & Stars Party: Class Donations

Please kindly donate the below items and drop off in the classroom by Monday 10th Feb (pick up time), Doughnuts on the morning of 13 Feb.

Reception: Hearts and stars decorations

Year 1: Valentines Day Gifts for the gift bags.

Year 2: Ring Doughnuts (to be brought into school on the morning of Thursday 13th Feb – NO NUTS PLEASE)

Year 3: Valentines Day Gifts for the secret gift bags.

Year 4: Valentines Day Sweets

Year 5: Ring Doughnuts (to be brought into school on the morning of Thursday 13th Feb – NO NUTS PLEASE)

Year 6: Valentines Day Sweets

If you're unsure about what is required, feel free to ask your class representative for guidance.

Happy School Bag fundraising scheme on Tuesday 11th February at morning drop off between 8.30am - 9am. Your child has been given a Happy Bag and extra bags are in the school office.

Thank you so much for your support.
Best wishes, The Friends

Applications for Nursery

Applications are invited for the new **Nursery** – this is for children who are already 3. Children who will be 3 by 31st March 2025 can also apply and will be admitted in the summer term.

The application forms are available to download from the school website.

<https://www.st-theresas.barnet.sch.uk/wp-content/uploads/2024/09/Nursery-School-Application-Form-2024-2025.pdf>

Please return your completed application forms to the school office.

St. Theresa's pupil attendance target for 2024-2025 is 96%

Period	Whole school attendance
From 3/9/24 - now	94.57%

Class with highest attendance to date - Y6 are still in the lead with 96.3% attendance and Y4 are now in 2nd place!

At the end of the year, in July 2025, the class with the highest record of attendance will win a non-school uniform day!

Please visit our website where you will find our weekly newsletter, diary dates, curriculum information and lots more! <https://www.st-theresas.barnet.sch.uk/>

The Wednesday Word

“God is the reason for our hope and the source of our happiness.” *Pope Francis*

Jesus brings a message of hope to the world. Ask your child what the word ‘hope’ means to them. Can they remember a time when they faced a difficult situation and someone (or maybe their faith) gave them hope? Each of you say who or what gives you hope when times are tough. Can you remember a time when you gave hope to someone?

To hope is to believe that God’s love will always be with us. Is there anyone you know who is sad or troubled and needs hope? In what ways can we bring hope to that person or those people? Perhaps we can: be a good friend; be a patient listener; offer help and support where needed; tell others about the hope that God brings into our lives; let others know we are praying for them.

<https://www.paperturn-view.com/wednesday-word/hope?pid=MTA101634&cv=165.5>



Reception	Aaron for taking care of the classroom and being a good role model. Dara for her lovely letter formation and creative art.
Year 1	Leni for her happy and enthusiastic attitude towards all aspects of learning! Well done Leni! Anastasia for her super effort in Phonics and sentence writing using punctuation. I am so proud of your progress!
Year 2	David for working very hard and being very grateful for the things he gets. Thalia for making really positive choices this week.
Year 3	Whole class for excellent learning and everyone’s contribution in our science lessons on magnets!
Year 4	Mia for always working hard in lessons. Max for his excellent project based on 1066.
Year 5	William for working hard during (and after!) school to make great progress in Maths. Well done! Kevin for demonstrating his ability to work without any distractions and completing homework with a great deal of effort.
Year 6	Olivia and Kourtney for making good progress in their Maths papers this week.
The Golden Ticket Winners are: <i>Dara (Reception) & Kevin (Y5)</i>	

School Chess Club

My Background

My name is Rob Willmoth. I have played chess for 35 years. I am currently ranked in the top 100 players in the UK. I run chess coaching services, which provides professional chess coaching in schools.

What can Chess offer to Children.

- Potential for better performance in academic studies
- Enhanced problem solving
- Enhanced strategic thinking
- Enhanced self-esteem
- Friendly forum for making friends
- Healthy competition in a safe environment

Chess Club Lesson.

- Structured lesson plan by term, from basic play to advanced play
- Regular grading system to assess performance.
- Weekly coaching on demonstration board
- Graded weekly games against other children
- Weekly recap on knowledge learnt.

Sign up For Chess Club

ONLINE REGISTRATION ONLY

10 lessons commencing Fri 17th Jan ending Fri 28th Mar.....

Cost:- £7.50 per lesson on Friday-07.45 to 08.45 Total cost for term is £75.(10 lessons)...

Online pay/ registration at <https://www.chesscoachingservices.net/online-payments/school-club>.

Further Enquiries. Email: admin@chesscoachingservices.net Mobile 07956 297329

Website: chesscoachingservices.co.uk

Is it illegal to smack my child?

It is unlawful for a parent or carer to smack their child, except where this amounts to ‘reasonable punishment’. This defence is laid down in Section 58 Children Act 2004, but it is not defined in this legislation.

Whether a ‘smack’ amounts to reasonable punishment will depend on the circumstances of each case, taking into consideration factors like the age of the child and the nature of the smack.

However, what is evidenced from case law and further legislation is that any physical chastisement which amounts to actual bodily harm, grievous bodily harm, wounding, or child cruelty, will be regarded as unreasonable. **The low threshold of actual bodily harm means that a smack or a hit which results in bruising and swelling will be classed as an assault and a criminal offence. A parent or carer can be face prosecution if their physical chastisement amounts to any of these offences.**



FEBRUARY CAMP 2025

FOR 5 - 12 YEAR OLDS

Monday 17th - Friday 21st February
MOSS HALL JUNIOR SCHOOL (Multisports)
NETHER STREET, WEST FINCHLEY, N3 1NR

MILLBROOK PARK PRIMARY SCHOOL (Football and Dance)
SCHOOL HOUSE LANE, MILL HILL, NW7 1JF

Times
10AM - 3PM
9AM - 4PM

DON'T FORGET
TO USE YOUR
CHILDCARE
VOUCHERS

Week Booking
£116
(10am - 3pm)

Activities Include:

- ✓ Dance
- ✓ Cricket
- ✓ Hockey
- ✓ Football
- ✓ Dodgeball
- ✓ Arts & Crafts
- ✓ and more...



EARLY BIRD DISCOUNT
AVAILABLE

Book before SATURDAY
25TH JANUARY 2025

BOOK ONLINE NOW
www.NonStopAction.co.uk



Dates for your diary

Mon 3 rd Feb	Y6 trip to the RAF Museum
Wed 5 th Feb	Y2 trip to the Tower of London
Thurs 6 th Feb	4pm-6.30pm Parent Consultations (face to face)
Tues 11 th Feb	4pm-6.30pm Parent Consultations (face to face)
Tues 11 th Feb	Happy Bag Collection
Thurs 13 th Feb	*6pm-8pm Friends Valentine's Disco
Fri 14 th Feb	*9.15am Y1-Y6 Dance Festival
Fri 14 th Feb	2.45pm Maths Workshop for Y5 and Y6 parents
Mon 17 th – Fri 21 st Feb	Half term
Thurs 27 th Feb	*3.30pm Parent Online Safety Workshop
Thurs 6 th March	World Book Day
Fri 7 th March	2.45pm Maths Workshop for Y3 and Y4 parents
Tues 11 th March	Y6 trip to Vue Cinema
Wed 12 th March	Y5 trip to Natural History Museum
Fri 14 th March	2.45pm Maths Workshop for Y1 and Y2 parents
Wed 19 th March	Class Photo Day
Thurs 3 rd April	6pm Y3 and Y4 Easter Play
Fri 4 th April	End of term 1pm finish
*New dates in bold	



Little Saints
AFTER SCHOOL CLUB

THERESA'S PRIMARY SCHOOL - AFTER SCHOOL CLUB

ACTIVITIES INCLUDE: FOOTBALL, BASKETBALL, ARTS & CRAFTS, JEWELLERY MAKING, BOARD GAMES, LEGO, TABLE TENNIS AND MUCH MORE...

Time: 3.15 - 6.00pm

Cost: £12 (this includes sandwiches, drinks and a fruit snack)

We are Ofsted registered, so we can accept Childcare vouchers.



To book a place or for more information please contact Vicky Avraam

vicky_avraam@hotmail.co.uk telephone: 07968 498 364 www.littlesaintsafterschoolclub.co.uk

Children's Mental Health Week – 3-9th February 2025

Know Yourself, Grow Yourself

Children's Mental Health Week is an annual event dedicated to raising awareness about children's mental health. This year's Children's Mental Health Week 2025 will take place on 3-9th February. It is a great time to have an open a discussion about mental health and wellbeing with children and young people.

The theme is **Know Yourself, Grow Yourself** which aims to equip and empower children and young people to embrace self-awareness and explore what it means to them.

[Place2Be](#) have developed resources through the characters of [Pixar's Inside Out and Inside Out 2](#) to encourage children and young people to discover how to build resilience, grow and develop.

• [Place2Be's – Children's Mental Health Week](#) includes resource pack with assembly guide and class slides for primary and secondary pupils using characters of Pixar's *Inside Out and Inside Out 2*

• [YoungMinds: Mental Health Resources for Children and Young People](#) – Includes web guides, videos/webinars and external resources on topics such as support on how to understand young people and online communities, supporting young autistic people with their mental health & responding to Black young people reaching out for mental health support.

[Promoting Digital Resilience](#)

[Generation Verified](#) is a co-produced short film that explores young people's experiences of the online world and how they cope with the unique generational challenges that they must navigate in their day-to-day lives. The film benefits from being used as a 'standalone talking tool' between peers, families, and communities and as a resource pack with the additional support of lesson plans and additional resources and signposting.

- [Guide for parents and carers](#)
- [Guide for pupils](#)
- [Guide for SEND](#)

[Helplines & support for children and young people](#)

- [Kooth](#) - [Young people can access, Kooth, the counselling service commissioned within Barnet to help students with their mental health and wellbeing.](#)
- [Urgent Help Mental Health Crisis Line](#) – The North Central London 24-hours crisis line has a team of trained mental health advisors and clinicians who provide help or advice for young people aged under 18 in a crisis - 08001510023
- [Barnet CAMHS](#) – Duty team for young people already known to services, Monday – Friday between 9am- 5pm, young people or carers can telephone for support – 020893827
- [HOPELINEUK](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#) If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: 0800 068 4141 Text: 88247 Email: pat@papyrus.uk.org

- [Mermaids \(mermaidsuk.org.uk\)](#) Supporting trans, non-binary and gender-diverse children, young people and their families since 1995
- [North Central London - Amparo](#) Support after suicide service for people who have been bereaved by suicide who live, work or study in the London boroughs of Camden, Islington, Barnet, Enfield and Haringey