



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

Tel: 0208 346 8826

Email: office@sttheresas.barnetmail.net Website: <https://www.st-theresas.barnet.sch.uk/>

Twitter: <https://twitter.com/StTherasasCath1> Instagram: [@st.theresas.n3](https://www.instagram.com/st.theresas.n3)

SPRING TERM 2025

Friday 4th April

Dear Parents and Carers,

Thank you to all the children who entered the Friends' Easter Egg Decorating Competition. We were really impressed with some of the very original ideas! The winners are as follows: Vanessa (Nursery), Jacob (Rec), Aneil (Y1), Avina (Y2), Alan (Y3), Max (Y4), Amber (Y5) and Lucas (Y6). A huge thank you to the Friends for organising this event and the relentless support they provide the school with – we are extremely thankful.

Earlier this week, the children in Y4, Y5 and Y6 participated in a Reconciliation service. During this season of Lent we are asking for forgiveness as we hope to emerge from Lent, a better person.

Well done to all the Y3 and Y4 pupils who presented their Easter Show to their families and friends yesterday evening; the children had been very well rehearsed and I would like to thank all the staff who were involved in preparing the pupils for this event.

On Wednesday, a letter was emailed to all the parents with children involved in the Mini Marathon; please read this letter very carefully. If your child can no longer take part in this event, please let me know as soon as possible so that another child can be given the opportunity to join the team. We are running to raise money for the NSPCC; if you would like to sponsor the team's marathon effort, please visit our fundraising page:

https://2025tcslondonmarathon.enthuse.com/pf/barbara-costa?utm_source=enthuse&utm_medium=email&utm_campaign=f-growth&utm_content=page&utm_campaign=website&utm_medium=email&utm_source=enthuse

Finally, we would like to say goodbye and thank you to Ms Khanum who has been teaching Art to the pupils since September, and Miss Kachwalla who has been teaching the Nursery pupils since January. We would like to wish both members of staff, the best of luck. Mr Owen, (known by the Y3 and Y5 parents) will be covering Ms Khanum's art teaching, as well as continuing to support Y3 and Y5, from after Easter. The Nursery and Reception pupils will be taught in a mixed aged class by the current Reception teachers from after Easter.

Have a wonderful Easter break and see you all back at school on Wednesday 23rd April.

Barbara Costa



Thank you to everybody who donated money to the Catholic Children's Society (CCS) Lenten Appeal – today is the last day to return your donations. We will let you know how much money was raised after we return from the Easter holiday.

NEWS from the FRIENDS

Thank you to all the children who entered the Easter Egg Competition and we hope that the winners enjoyed their prizes! Watch this space for future events and wishing you all a lovely Easter! The Friends.

Big Walk and Wheel Update!



At the time of writing this newsletter, we have a total of 918 journeys as a school and we are position number 202 out of 1194 school participating; Y3 has been doing particularly well throughout the challenge. We have achieved the gold badge for over 400 journeys.

We will update you with our final position, after the Easter holiday.

Thank you to everyone who participated.

School Policies

If you are looking for any of the school policies, please visit the School Policy page of the school website. You can find it by following this link:

<https://www.st-theresas.barnet.sch.uk/school/policies/>

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.**

St. Theresa's pupil attendance target for

2024-2025 is 96%

| Period | Whole school attendance |
|-------------------|-------------------------|
| From 3/9/24 - now | 94.54% |

Class with highest attendance to date - Y6 are still in the lead with 96.15% attendance and Y3 are 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!



The Wednesday Word

“Let us allow God’s constant help to make us new people.”

Pope Francis

What did Jesus say to the woman? This Sunday’s Gospel reveals the depths of God’s mercy and compassion and the need for each one of us, in our own way, to make a new start with God. Regardless of our past, each day we are given an opportunity to make a new start. Jesus just waits for us with the gentleness and patience of God. Lent is traditionally a time for making a new start. Ask your child if they have made any new starts this Lent. If so, how’s it going? How does their new start help them or others? It may help your child if you mention any new starts you have made recently – or especially for Lent – and tell them how it’s going for you.

“Yesterday is gone. Tomorrow has not yet come.

We have only today. Let us begin.” *St Teresa of Calcutta*

God is always ready to help us to start afresh. As Easter approaches, are there any new starts that we can make with our family, friends or with God? Perhaps we can: remember to start each morning with a prayer and thank God for each new day and for each other; make a new start with church; follow Jesus’ example in this Sunday’s Gospel by being merciful to others. You may also like to choose something new to start together that will strengthen your family.

<https://www.paperturn-view.com/half-term-holiday-special?pid=MTA101634&cv=172.6>

Breakfast Club

Breakfast Club runs daily from 7.45am - 8.30am in the school hall for £4. Please let the school office know if you would like your child to attend. Please ensure you pay for breakfast club charges in advance of your child attending, or on the morning. Please ring the doorbell labelled “Breakfast Club” when you get to school in the morning, and a member of the breakfast club team will let your child in.

TCS Mini London Marathon - Saturday 26th April

The St. Theresa’s Team

Rec-Y3 Runners (25 places)

Dara (Rec)
Leo (Rec)
Sebastian (Y1)
Emilia (Y1)
John (Y1)
Anduena (Y2)
JP (Y2)
Karin (Y2)
Jakub (Y2)
Iliad (Y2)
Naruto (Y2)
Omakaree (Y3)
Kaci (Y3)
Vivaan (Y3)
Andreas (Y3)
Sebastian (Y3)
Scarlett (Y3)
Kornelia (Y3)
Helenka (Y3)
Ednaida (Y3)
Marko (Y3)
Joan (Y3)
Levi (Y3)
Elena (Y3)
Jason (Y3)

Y4-Y6 Runners (15 places)

Mia (Y4)
Ted (Y4)
Arlys (Y4)
Radek (Y4)
Nikola (Y5)
Tye (Y5)
William (Y5)
Samuel (Y5)
Gabriella (Y5)
Bruna (Y5)
Amber (Y5)
Angelina (Y6)
Elizabeth (Y6)
Karo (Y6)
Albert (Y6)

| | |
|------------------|--|
| Reception | Aaron for having a go at challenges and initiating activities. Amelia for super blending of words in our reading session this week. |
| Year 1 | Whole class for all your hard work and effort. I am very proud of you! |
| Year 2 | Thalia for improved focus in lessons. Aaron for working hard in lessons to be more independent. |
| Year 3 | Whole class for acting and singing so brilliantly at the Easter show. Well done! |
| Year 4 | Ece for working really hard in class. Amin for improving in his Maths and times tables. |
| Year 5 | Tye for improving his presentation in his books. Gabriella for being a great role model and working hard. |
| Year 6 | Albert for making a great effort in his Maths learning this week and for being a Have a go Mo at new concepts. Anita for writing a vivid and engaging description of her characters and setting for her Mayan myth. |

Applications for Nursery April and September 2025

Applications are invited for the Nursery for April 2025 (this is for children who are already 3 years old) and for September 2025 (this is for children who are 3 years old by 31st August 2025).

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

<https://www.st-theresas.barnet.sch.uk/admissions/>

Please return your completed application forms to the school office.

Dates for your diary

| | |
|---------------------------------|--|
| Fri 4 th April | End of term 1pm finish |
| Wed 23 rd April | Children back to school |
| Sat 26 th April | Mini London Marathon |
| Mon 28 th April | Y1 trip to Shrek’s Adventure |
| Wed 30 th April | Reception Hearing and Vision testing |
| Fri 2 nd May | Y1 and Y2 attending 10am Mass at St. Philips Church |
| Mon 5 th May | Bank Holiday – school closed |
| Fri 9 th May | Y3 and Y4 attending 10am Mass at St. Philips Church |
| Fri 9 th May | Y5 trip to Army Museum |
| Mon 12 th May | Y6 SATs week |
| Mon 19 th May | 3.30pm Secondary transfer meeting for current Y5 parents |
| Fri 23 rd May | Y5 and Y6 attending 10am Mass at St. Philips Church |
| Thurs 12 th June | 3.30pm Transition from Reception to Year 1 meeting for Reception parents |
| Wed 18th June | 2pm Meeting for new Reception Parents |
| Fri 27th June | 2.30pm Mass for Holy Communicants |

***New dates in bold**

BICs Family Minds Workshops

BICS are **inviting you to join our virtual workshops**. These workshops aim to increase your knowledge of common wellbeing and mental health difficulties faced by children and young people. They also aim to provide you with strategies to assist you in supporting your young person.

We have four topics coming up between April and July.

Understanding Emotional Based School Avoidance (EBSA)

This workshop aims to help you: identify what EBSA is and the risk and resilience factors for it, consider how to talk to children/young people about EBSA, consider what you can do as parents/carers to support, and consider what schools can do to support. There will also be opportunities for reflection and discussion.

Understanding and Managing Anxiety Workshop

This is a **two-part workshop** that aims to increase your knowledge on anxiety and provide you with some skills and strategies to assist your young person in coping with their anxiety.

- Part 1 will focus on: what anxiety is, how anxiety can develop, and what maintains anxiety.
- Part 2 will build upon this, specifically looking at: understanding anxious thoughts and behaviours, strategies to challenge anxious thoughts and behaviours, signposting, and helpful other resources.

Supporting your Child to Manage Difficult Emotions

In this workshop we will cover what our stress response is and how it effects children and young people's ability to manage their emotions. You will learn skills to help support your child in managing difficult emotions as well as how you can model self-care and emotion regulation.

Understanding Low Mood and Self-Esteem Workshop

This is a workshop that will develop your understanding of low mood and low self-esteem. It will teach you skills to help you to support and talk to your child or young person who may be experiencing low mood and/or low self-esteem. It will also introduce you to the CBT-approach to treating low mood, which includes behavioural activation, identifying values and building mastery and includes children and young people's views on their experience with low mood and self-esteem. As some children and young people with low mood engage in unhelpful / risky coping behaviours such as self-harm, the workshop will address how to respond and encourage the use of safer coping methods.

Please register for each session using the 'Eventbrite' links below.

The workshops are being held virtually during lunchtimes to accommodate for childcare and work commitments. If you need a letter to your employer, please ask. Spaces are limited, and places will be offered on a first come first serve basis.

We look forward to seeing you at our workshops.

| Workshop | Date/Time | Sign-Up Link |
|--|---|---|
| BICS Family Minds: Supporting your Child to Manage Difficult Emotions | Date: Wednesday 2nd April 2025 Time: 12:00pm to 1:30pm | BICS Family Minds: Supporting your Child to Manage Difficult Emotions Tickets, Multiple Dates Eventbrite |
| BICS Family Minds: Understanding Emotional Based School Avoidance (EBSA) | Date: Wednesday 30 th April 2025 Time: 12:00pm to 2:00pm | BICS Family Minds: Understanding Emotional Based School Avoidance (EBSA) Tickets, Multiple Dates Eventbrite |
| BICS Family Minds: Understanding and Managing Anxiety Workshop | Part 1: Wednesday 4 th June 2025 Time: 12:00pm - 13:30pm Part 2: Wednesday 11 th June 2025 Time: 12:00pm - 13:30pm | BICS Family Minds: Understanding and Managing Anxiety Workshop Tickets, Multiple Dates Eventbrite Please ensure that you sign up for both dates |
| BICS Family Minds: Understanding Low Mood and Self-Esteem Workshop | Date: Wednesday 9 th July Time: 12:00pm to 2:00pm | https://www.eventbrite.co.uk/e/bics-family-minds-understanding-low-mood-and-self-esteem-workshop-tickets-1289963307979?aff=oddtcreator |