



**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

Tel: 0208 346 8826

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

Twitter: <https://twitter.com/StTheresasCath1>

**AUTUMN TERM 2025**

**Friday 12<sup>th</sup> December**

### Dear Parents and Carers,

Well done to all the infant children who performed the Nativity story this morning – thank you to all the staff involved in the preparation of this show.

Thank you to everybody who supported Wednesday evening's Jingle Mingle – it was great to see so many of you there! We will let you know how much money was raised, in next week's newsletter.

On Monday 15<sup>th</sup> December at 6pm, our Year 5 pupils will be leading a carol concert (in the school hall) and all parents are warmly invited to attend.

Children are invited to come to school on Wednesday 17<sup>th</sup> December replacing just the top part of their uniform with a Christmas - or red - jumper in return for a donation of £2. The money raised will be donated to 'The Passage'. The Passage runs London's largest voluntary sector resource centre for homeless and vulnerable people.

Next Friday, 19<sup>th</sup> December, is the last day of term and the school will be closing at 1pm; there will be no after school clubs on that day.

Have a lovely weekend.

*Barbara Costa*

### Psychoeducation Workshop on Anxiety

We're pleased to share that Jonathan Chu from BICS will be delivering a Psychoeducation Workshop on Anxiety for all parents and carers on **Tuesday 13<sup>th</sup> January, from 9:00 – 10:30 here at school.** The workshop will help you understand more about anxiety and how to support your child if they are struggling with anxiety. The workshop will cover the following topics:

- What anxiety is
- How anxiety is developed and maintained
- Understanding and challenging/changing anxious thoughts and behaviours
- Calming strategies

Please let myself or the school office know if you would like to attend.

Regards,  
Mr Troy

### Applications for Nursery January 2026

Applications are invited for the new **Nursery** for January 2026 (this is for children who are 3 by 31st December 2025).

Children who will be 3 by 31st March 2026 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/2025/10/Nursery-School-Application-Form-2025-2026.pdf>

Please return your completed application forms to the school office.

### NEWS from the FRIENDS

Dear Parents and Carers,

Thank you so much to everyone who attended our fabulous Christmas Jingle Mingle on Wednesday 10 December. It was a brilliant event, and the children had a wonderful time meeting Santa and joining in with the Christmas sing-along.

Thank you to everyone who donated and volunteered to help make the evening so special for our children. We will announce the total amount raised in next week's newsletter.

The Friends team are already busy working on the events calendar for 2026. We're mapping out dates now and will share further details in the new year. Thank you once again for your continued support. The Friends

### Is my child too ill to send to school?

It is fine to send your child to school with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.

But if they have a high temperature, keep them off school until the temperature has gone.

If your child has a fever at school, we will phone you to come and collect your child.

### Applications for Reception September 2026

Applications are invited for the **Reception Class** for **September 2026** – this is for children born between 1<sup>st</sup> September 2021 and 31<sup>st</sup> August 2022. The deadline to return this to the school office is 15<sup>th</sup> January 2026.

The forms are available to download on the school website.

Please also be advised that you must also complete a CAF (Common Application Form) from Barnet - the on-line system is already open: <https://www.eadmissions.org.uk/>



### Christmas/Red Jumper Day Wednesday 17<sup>th</sup> December!



The children are invited to come to school on Wednesday 17<sup>th</sup> December replacing just the top part of their uniform with a Christmas or red jumper in return for a donation £2. The money raised will be donated to 'The Passage'. The Passage runs London's largest voluntary sector resource centre for homeless and vulnerable people.

### St. Theresa's pupil attendance target for 2025-2026 is 96%

Period	Whole school attendance
From 2/9/25 - now	95.2%

Class with highest attendance to date - Y5 are now in the lead with 96.6% attendance and Y1 are still in 2<sup>nd</sup> place!  
At the end of the year, in July 2026, the class with the highest record of attendance will win a non-school uniform day!

**BELS Advisory Team**  
for Autistic Children and Young People

**BACPAC: Barnet Autism Course for Parents And Carers.**  
An Online Parent/Carer Training Course

A comprehensive training and support programme for parents/carers of children aged 6-19, with a **diagnosis of Autism**.

This course is available free of charge to **families living in Barnet**.

**A 5 or 6-session online training course, covering topics including:**

- An overview of what it means for your child to be Autistic.
- Communication.
- Sensory needs.
- Understanding emotional regulation/'behaviour'.

This course also gives parents/carers an opportunity to learn together and share experiences online.

Please only sign up for **one** of these courses and please do not sign up if you have already attended this course, or the Cygnets Course.

**BACPAC: Barnet Autism Course for Parents and Carers.**  
Spring Term 2026 One, A 6-session evening course.

**Dates and times:**

Wednesday 7<sup>th</sup> January 6.00-7.30pm  
Wednesday 14<sup>th</sup> January 6.00-7.30pm  
Wednesday 21<sup>st</sup> January 6.00-7.30pm  
Wednesday 28<sup>th</sup> January 6.00-7.30pm  
Wednesday 4<sup>th</sup> February 6.00-7.30pm  
Wednesday 11<sup>th</sup> February 6.00-7.30pm

Sign up form here: [BACPAC: Barnet Autism Course for Parents And Carers, Jan. & Feb. 2026. Sign-up form. - Fill in form](#)

**BACPAC: Barnet Autism Course for Parents and Carers.**  
Spring Term 2026 Two, A 5-session morning course.

**Dates and times:**

Monday 23<sup>rd</sup> February 10-11.30am  
Monday 2<sup>nd</sup> March 10-11.30am  
Monday 9<sup>th</sup> March 10-11.30am  
Monday 16<sup>th</sup> March 10-11.30am  
Monday 23<sup>rd</sup> March 10-11.30am

Sign up form here: [BACPAC: Barnet Autism Course for Parents And Carers, Feb. & March 2026. Sign-up form. - Fill in form](#)

For any enquires please email [Autism.Team@barnet.gov.uk](mailto:Autism.Team@barnet.gov.uk) with 'BACPAC course' as the subject, thanks.

**SEND & Inclusion are delighted to offer:**

**Autism: Supporting Autistic Pupils – A Toolkit of Strategies:**

**Monday 5<sup>th</sup> January, Monday 13<sup>th</sup> April 2026.**

**Who should attend:**

- Staff who have not attended autism training previously/recently - this is a first course for beginners (Please only sign-up to one of these sessions per person).
- LSAs and teachers wanting hands on strategies to use in the classroom.
- It is also suitable for staff wanting to refresh their knowledge and understanding.
- Please note this is the same training that was delivered Sept. 2024 & Jan./Sept. 2025.
- Please only sign-up to **one of these sessions per person**.

**Outline/Objectives:**

This short online course is designed to help staff understand what kind of support Autistic children and young people need in the classroom. It comprises of a basic overview of Autistic pupil's experiences in school, based on the information from Autistic people, including autism researchers. We will also sign post you to videos, books, and blogs by Autistic advocates.

The strategies are **primary focussed** but secondary colleagues are welcome to join.

**Tool kit:**

The Tool kit part of the training introduces some interventions that are commonly used to support Autistic children in school. We will also sign post you to further resources.

**Lived Experience Talk:**

A short talk about the personal experiences of an Autistic adult.

**Leads:** BELS Autism Advisory Team (Primary).

**Dates:** Monday 5<sup>th</sup> January 2026 or  
Monday 13<sup>th</sup> April 2026

**Time:** 09.30am - 12:00pm

**Format:** These are remote training sessions, via Zoom

**Provider:** SEND & Inclusion

**Charges:** Free to all Barnet maintained/free/academy schools.

**To book:** [Autism: Supporting Autistic Pupils - A Toolkit of Strategies, January/April 2026 - Fill in form](#)

The council is committed to providing equality of opportunity for all. If you have any needs (for example, access, hearing loop, large print handouts, signing, tape recorders, etc) please telephone the Traded Services Business Support Team on (020) 8359 6336/8325/8341 to discuss your needs.

**Closing Date:** For January 2026 sessions Friday 2<sup>nd</sup> January 6pm.

Old/spare wellies



If you have any old or spare wellies (small enough to fit Nursery or Reception children) we would be very grateful for any donations; please drop them off at the school office. Thank you.



<b>Reception</b>	<b>All of Reception</b> for their amazing performance in the Christmas nativity.
<b>Year 1</b>	<b>Y1</b> for their wonderful hard work, enthusiasm, and amazing performance in the Year 1 Christmas Nativity. Your dedication and festive spirit helped make the show truly magical!
<b>Year 2</b>	<b>All of Year 2</b> for their excellent contributions when preparing for the Christmas nativity, showing teamwork, perseverance and enthusiasm.
<b>Year 3</b>	<b>All of Year 3</b> for their enthusiasm for their Ancient Greece Day.
<b>Year 4</b>	<b>Parsa</b> for increasing his participation in class discussions & showing growing confidence when answering questions. <b>Kaci</b> for showing wonderful confidence and leadership during Prayer and Liturgy as a Mini Vinnie this week.
<b>Year 5</b>	<b>Andrew</b> for his superb attitude in our computing workshop. <b>Max</b> for his amazing work coding Microbits.
<b>Year 6</b>	<b>All of Year 6</b> for their hard work during assessment week.
<i>The Golden Ticket Winners are:</i> <b>Koyin Y3</b> <b>Esther Y4</b>	

The Wednesday Word

“Gaze upon Christ, consider him, contemplate him and desire to imitate him” *St Clare of Assisi*

What did John send some of his followers to ask Jesus? In this Sunday's Gospel, John the Baptist had heard about Jesus Christ's miracles and all the other wonderful things that he was doing. Christ was offering people forgiveness and healing, both physical and spiritual. Forgiving and healing was his task all those years ago and, if we put our trust in him, this is what he can do for us even today. Ask your child what they think the word 'Christ' means (parent help: the word 'Christ' means 'the anointed one', the one who is sent to save the world). It may help your child if you share something that you know and like about Christ.

“For those who love, nothing is too difficult, especially when it is done for the love of Jesus Christ.” *St Ignatius of Loyola*

Jesus Christ came to draw everyone into his love - to joyfully share in God's own life. How can we live and love more like Christ as we journey through Advent? Perhaps we can: always try to be fair, honest, generous and ready to go out of our way to help anyone who is in need; as a family, resolve to support a local or national good cause in the coming new year; make a special effort to let other family members know how much we love them. Find out more about Jesus Christ in church this Sunday. All are warmly invited.

<https://wednesday-word.paperturn-view.com/christmas-holiday-special?pid=MTA101634&sp=3&cv=1944>

Dates for your diary

Mon 15 <sup>th</sup> Dec	6pm Y5 Carol Concert
Wed 17 <sup>th</sup> Dec	School Christmas Lunch and Xmas Jumper Day
Thurs 18 <sup>th</sup> Dec	Class Party Day
Fri 19 <sup>th</sup> Dec	Last day of term 1pm finish
Tues 6 <sup>th</sup> Jan	Children return to school
Tues 6 <sup>th</sup> Jan	*2.15pm Whole school Mass to celebrate Epiphany (please note new time)
Tues 13 <sup>th</sup> Jan	*9am Psychoeducation Workshop on Anxiety
Tues 13 <sup>th</sup> Jan	Y4 trip to Apple Store Brent Cross
Fri 16 <sup>th</sup> Jan	Y1 and Y2 attending 10am Mass at St. Philip's
Fri 23 <sup>rd</sup> Jan	Y2 trip to Tower of London
Fri 23 <sup>rd</sup> Jan	Y3 and Y4 attending 10am Mass at St. Philip's
Fri 30 <sup>th</sup> Jan	Y5 and Y6 attending 10am Mass at St. Philip's
Wed 4 <sup>th</sup> Feb	Year 3 trip to Pizza Express Highgate
Thurs 5 <sup>th</sup> Feb	<b>4-6.30pm Parent Consultations (in school)</b>
Tues 10 <sup>th</sup> Feb	<b>4-6.30pm Parent Consultations (in school)</b>
Mon 16 <sup>th</sup> -Fri 20 <sup>th</sup> Feb	<b>Half term holiday</b>
<b>*New dates in bold</b>	