



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

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**AUTUMN TERM 2025**  
**Friday 19<sup>th</sup> December**

## Dear Parents and Carers,

Thank you to everybody who supported last week's Jingle Mingle, we raised a fabulous **£1417**.

Well done to Y5 and Miss Porcu for their carol Concert on Monday evening – excellent singing children.

Wednesday was our annual Christmas jumper day in support of The Passage. The Passage offers a wide range of services, all year round, to meet the needs of homeless and vulnerable people; their aim is to help people to address the issues that have contributed to them becoming homeless, and to enable them to move on to live safe, happy and fulfilling lives. A huge thank you to everyone for supporting this cause – we raised **£151**.

We then had our Christmas Lunch – thank you to all the kitchen staff for the wonderful feast they prepared. The children have certainly had a really enjoyable week with all the festive activities.

A reminder to all parents and carers that the school will be closed to the children on Monday 5th January for staff training; the school will re-open for the children on Tuesday 6th January. You are all very welcome to join us for the Epiphany Mass at 2.150pm on Tuesday 6th January.

Wishing you all a very safe and joyful Christmas - see you all in January.

Barbara Costa



## NEWS from the FRIENDS

Dear Parents and Carers,

We are delighted to share that this year's Christmas Jingle and Mingle raised an amazing **£1,417**. A huge thank you to everyone who donated, volunteered, attended and helped in any way to make the event such a success. It was a wonderful way to round off a fantastic year at St. Theresa's. The Friends are now busy planning and preparing an exciting new calendar of events for 2026, with further information to be shared in due course. Updates will be included in the school newsletter and shared with class representatives.

We would like to say a heartfelt thank you to all our parents and carers for your continued support, generosity, and willingness to give your time. Our fundraising truly makes a meaningful difference to school life and to the experiences of our children, and we couldn't do it without you.

Wishing you all a beautiful Christmas and a happy, healthy New Year. We look forward to seeing you all again in 2026.

The Friends of St. Theresa's

## 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 13th 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 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/>

## 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.

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

Period	Whole school attendance
From 2/9/25 - now	95%

Class with highest attendance to date - Y5 are still 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!*

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

“We go to Mary as a way leading to the goal we seek – Jesus, her Son.” *St Louis de Montfort*

What two things did the angel tell Joseph to do? Each year on the last Sunday of Advent, we look to Mary, our heavenly mother. The Gospel tells us something about Mary who was chosen by God to be the mother of his Son, Jesus (the name ‘Jesus’ means ‘the LORD saves’). Ask your child what else they know about Mary. Do they know the ‘Hail Mary’ prayer? It may help your child to tell them something you know about Mary, or the Rosary.

“Mary is the first and most perfect model of Jesus.”

*St Teresa Benedicta of the Cross*

Mary accepted God’s will with a thankful heart; she is a perfect example for all people – someone full of thoughtfulness, kindness and joy. How can you show thoughtfulness and kindness and bring joy to others in this final week of Advent? Perhaps you can: give

lots of smiles; cheerfully do what your parents or teachers ask you to do; help someone who may be struggling in some way. You may like to finish your Family Time by saying together, on behalf of another person, a ‘Hail Mary’ or the Rosary.

<https://wednesday-word.paperturn-view.com/christmas-holiday-special?pid=MTAI01634&v=194.4>

<b>Reception</b>	Vanessa for writing her party list using her phonics knowledge. Keep it up! Callie for lots of effort with her learning. Keep up the good work!
<b>Year 1</b>	Joel for successfully learning and identifying the names of the 3D shapes. Radman for his enthusiastic volunteering and active participation in Phonics.
<b>Year 2</b>	Keneolis for consistently making a great effort to learning his spellings. Terrence for contributing more to class discussions.
<b>Year 3</b>	Naruto for creating a fantastic stop-frame animation in computing. Saki - for settling into year 3 and St Theresa's brilliantly.
<b>Year 4</b>	Turhan for showing a real love of reading and enjoying books every day. Marko for showing a positive approach to learning and working without fuss. Jason for consistently being kind, well-behaved, and attentive in class.
<b>Year 5</b>	Hebeh for putting exceptional effort into her learning and always trying her best. Faith for being helpful to our new starter and showing kindness towards other.
<b>Year 6</b>	William for his resilience towards his learning and for always being kind and respectful. Frank for his positive attitude towards his learning - keep it up!

*The Golden Ticket Winners are:*

*Cataleya (Y4)*

*Kornelia (Y4)*

**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 6306/6325/6341 to discuss your needs.

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

### 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.

### Dates for your diary

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	4-6.30pm Parent Consultations (in school)
Tues 10 <sup>th</sup> Feb	4-6.30pm Parent Consultations (in school)
Mon 16 <sup>th</sup> -Fri 20 <sup>th</sup> Feb	Half term holiday
<b>Thurs 26<sup>th</sup> Feb</b>	<b>2.30pm Parent Online safety workshop</b>
<b>*New dates in bold</b>	

### 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.

# Flu Cases Are Rising – Protect Your Child Today

Flu cases are increasing across England, and the NHS has warned of a challenging winter ahead. Flu is not just a bad cold – it can lead to serious complications such as pneumonia and bronchitis, especially in children, with the risk of ending up in hospital. Vaccination is the best way to protect your child and your family.

Where can your child get vaccinated?

For children aged 2–3 years you can book a free flu vaccine at your GP surgery or local pharmacy (walk-in or appointment).

For school-aged children aged 4-16 years (Reception to Year 11), vaccines are offered in school once parents complete the consent form. If your child missed their school session, you can book a catch-up clinic at [www.schoolvaccination.uk/catch-up-clinics](http://www.schoolvaccination.uk/catch-up-clinics).

Most children receive a quick, painless nasal spray (no needles), and a pork gelatine-free injection option is available if needed.

Please refer to the flyer below for full details on why vaccination is important and how to book your child’s appointment.

## Protect your child from flu



### What is the flu?

**Influenza (or the flu) is a serious illness caused by the influenza virus. Flu is very contagious, and can spread easily to other people through coughing, sneezing, or touching contaminated surfaces.**

#### Common symptoms of flu:

- sudden high temperature
- dry cough
- sore throat
- feeling tired or exhausted
- headache
- difficulty sleeping
- loss of appetite
- tummy pain or diarrhoea
- children can experience pain in their ears

Flu can affect anyone, but it can make some people (including children and older adults) seriously ill, leading to complications such as **pneumonia** and **bronchitis**.

### Flu and the common cold – how are they different?

Cold and flu symptoms can be similar, but flu symptoms are more severe and develop quicker.

Flu		Cold
symptoms appear quickly – often within a few hours		symptoms develop slowly
affects your whole body – not just your nose and throat		affects mainly your nose and throat
makes you feel very tired and too unwell to carry on as normal		makes you feel unwell, but you still feel well enough for your normal activities
<b>Can lead to hospitalisation</b>		<b>Rarely leads to hospitalisation</b>

Caring for people, our places and the planet

## How can you protect you and your family against flu?



- with the flu vaccine. **It is safe, quick, and free.**
- most children will get a nasal spray which is painless and can be done in seconds, with **no needles used**.
- If your child can't have the nasal spray for religious or other reasons, you can request the pork-free injection by asking your GP or noting it on the school form.

## Where can you get your child vaccinated?

### For children aged 2 to 3 years old:

- Book your child's free flu vaccine today at your **GP surgery or pharmacy (walk-in or appointment)**. Scan the QR code below for more information.

### For school-aged children (Reception to Year 11):

- in school between September and December, once parents complete the consent form. If your child missed having the vaccine in school, you can take them to a catch-up clinic.
- visit [www.schoolvaccination.uk/catch-up-clinics](http://www.schoolvaccination.uk/catch-up-clinics) to book a slot.

#### School Vaccination Consent Form



Scan the QR code to complete the e-consent form

#### Information on flu vaccine



Scan the QR code to learn about the children's flu vaccine from the NHS.

