



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

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SPRING TERM 2026

Friday 9th January

Dear Parents and Carers,

Welcome back to the start of the spring term; I hope you all had a good Christmas Holiday and may 2026 be a positive year for us all.

This week we were delighted to officially welcome the new nursery children to St. Theresa's. We hope the children and their families will be very happy here.

We have noticed that an increasingly large number of children are arriving late to school. The classroom doors open at 8.40am and the registers close at 8.50am – school officially begins at 8.50am. Any child arriving after 8.50am is marked as late in the registers. Several studies have shown that school tardiness has a negative impact on learning outcomes. The mere nature of arriving late and missing school hours means pupils receive fewer hours of instruction than those who are in class on time. Not only does a child who is consistently arriving late to school establish bad punctuality habits, their tardiness also disrupts the learning of other children in their classes. **Please ensure your child arrives in school by 8.50am.**

A reminder that Jonathan Chu from Barnet Integrated Clinical Services 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. Please let the school office know if you would like to attend.

Have a lovely weekend.

Barbara Costa

Applications for Reception September 2026

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

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.

NEWS from the FRIENDS

Dear Parents and Carers,

Welcome back, and a very Happy New Year to you all. We hope you've had a great first week back and that 2026 has started well for everyone.

The Friends would firstly like to thank you for all your support over the past year. We are incredibly grateful for your generosity and your willingness to give your time to support our fundraising activities it truly makes a difference to our school community.

We are now busy planning and preparing an exciting new calendar of events for 2026, and further information will be shared in due course. Updates will be included in the school newsletter and shared via your class representatives.

If you have any questions, or if you would like to get involved and join the Friends, please do get in touch with me. We look forward to sharing more news with you very soon.

Warm regards, The Friends of St. Theresa's

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	94.8%

Class with highest attendance to date - Y5 are still in the lead with 96.4% attendance and Y1 are still in 2nd 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!



The Wednesday Word

“Every day we must begin anew. Have patience with all things
— but first of all with yourself.” *St. Francis de Sales*

This new year presents an opportunity for us to make a new start. Each of you say what is the best thing that you’ve ever started. What did you like about it? Ask your child if they have made any new starts in 2026. If so, how is it going? It may help your child if you mention any new starts or resolutions which you have made for 2026 and tell them how it’s going for you. How does your new start help you or others?

As we begin this new year, are there any new starts that we can make with our family, friends or with God? Perhaps we can: always try to help around the home before having to be asked; 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; be peacemakers and try to make friends with someone we’ve fallen out with. You may like to choose something new to start together that will strengthen your family.

<https://wednesday-word.paperturn-view.com/new-start?pid=MTA101634&v=196.5>

SEND & Inclusion are delighted to offer:

Autism: Supporting Autistic Pupils – A Toolkit of Strategies:

Monday 5th January, Monday 13th 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 5th January 2026 or
Monday 13th 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 2nd January 6pm.

Reception	Anil for showing determination, positive attitude and enthusiasm for learning. Elita for showing excellent effort and dedication in learning phonics.
Year 1	Dara for doing a fantastic job in representing the planets in our Solar System. Radman for his wonderful work in subtracting numbers using a number line.
Year 2	Kalindi for showing excellent subject knowledge in History and creating a detailed, informative timeline. Theo for working with determination in Maths to identify 2-D shapes.
Year 3	Avicii for making a positive start to Spring Term and working especially hard in science. Eva for showing excellent knowledge of instruction writing and thoughtfully analysing recipe features.
Year 4	Whole Class for an excellent return to school and trying hard to follow routines after the Christmas break.
Year 5	Sofia for being conscientious and helpful member of our class and being really supportive during partner work. Miki for settling well into Year 5, demonstrating her ability to work without distractions and working well with others.
Year 6	Nikola for working confidently and independently all week - keep it up, Nikola! Laura for her excellent attitude towards all of her learning this week - keep it up!
The Golden Ticket Winners are: <i>Dara (Y1)</i> <i>Kornelia (Y4)</i>	

Dates for your diary

Tues 13 th Jan	*9am Psychoeducation Workshop on Anxiety
Tues 13 th Jan	Y4 trip to Apple Store Brent Cross
Fri 16 th Jan	Y1 and Y2 attending 10am Mass at St. Philip's
Fri 23 rd Jan	Y2 trip to Tower of London
Fri 23 rd Jan	Y3 and Y4 attending 10am Mass at St. Philip's
Wed 28th Jan	Y1 trip to Science Museum
Fri 30 th Jan	Y5 and Y6 attending 10am Mass at St. Philip's
Wed 4 th Feb	Year 3 trip to Pizza Express Highgate
Thurs 5 th Feb	4-6.30pm Parent Consultations (in school)
Tues 10 th Feb	4-6.30pm Parent Consultations (in school)
Mon 16 th -Fri 20 th Feb	Half term holiday
Thurs 26 th Feb	2.30pm Parent Online safety workshop
Wed 4th March	Y2 trip to Barnet Environment Centre
Thurs 5th March	World Book Day
Fri 6th March	Y5 trip to Natural History Museum
*New dates in bold	

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.

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
Can lead to hospitalisation		Rarely leads to hospitalisation

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 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.



CHILD 21

BELS
Barnet Education & Learning Service

THE BIG YOUTH MEET-UP

"Children and young people in the 21st Century"
A virtual conference for children in upper KS2 and KS3

A CHANCE TO FIND OUT WHAT'S ON OFFER LOCALLY AND HAVE YOUR SAY!

Sessions include:

- Youth Sports Trust
- Fit & Active Barnet
- Unitas
- Munur Shah on screen addiction
- Mindfulness
- UK Youth Parliament
- Voice empowerment with Barnet Youth Ambassadors

SIGN UP HERE

10 FEB 2025 09:30 - 14:45

designfusionartclub

For children age 4-11

designfusion_artclub
designfusionartclub
designfusionartclub.co.uk

SKETCHING AND DRAWING, CLAY MODELLING, SEWING, 3D SCULPTURES, JEWELLERY MAKING, PAPIER-MÂCHÉ AND MUCH, MUCH MORE...

ART CLUB

St. Theresa's Primary School, East End Road, Finchley, London N3 2TD
Tuesdays: 13th January - 24th March
3:15-4:15pm

£90 per term. To book a place please email us the following details: Child's Name, Class, Your Name, Telephone Number, Any allergies or Intolerances, Special Needs/Requirements. For payments use code: 'ST plus your child's name' to Miss V Avraam, Natwest, Sort Code: 51 50 00 Account No: 64134520
email: info@designfusionartclub.co.uk telephone: 07515 928699

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.	Chess Club Lesson.
<ul style="list-style-type: none"> •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 	<ul style="list-style-type: none"> •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 16th Jan ending Fri 27th Mar.....

Cost:- £8 per lesson on Friday-07.45 to 08.45 Total cost for term is £80.(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.net

NON STOPAction!
SMALL STEPS. BIG FUTURES

FOOTBALL AFTERSCHOOL CLUB

YEAR 3,4,5,6

WE OFFER A WIDE RANGE OF AGE-SPECIFIC ACTIVITIES, DELIVERED BY FA QUALIFIED COACHES!

Time **3.30-4.30PM**

Tuesdays **13TH JANUARY - 24TH MARCH**

Price Per Session **£7.20**

Why Join?

- ✓ Fun
- ✓ Engaging
- ✓ Safe
- ✓ Inclusive

St. Theresa's Primary School
East End Road, N3 2TD

Registration Link
www.NonStopAction.co.uk

Contact Us **020 8446 0006** Info@NonStopAction.co.uk