



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

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

SPRING TERM 2026

Friday 6th February

Dear Parents and Carers,

Thank you to all the parents who attended yesterday evening's Parent Consultations. The online booking system for next Tuesday's consultations (Tuesday 10th February) will remain open until 6pm today. **Please note that these consultations are face-to-face in the school hall.**

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 2026 will take place next week (9-15th February) and we will be celebrating this event at St. Theresa's. It is a great time to have an open a discussion about mental health and wellbeing with children and young people. The theme is *This is My Place* which aims to support the groups and systems around children and young people to help them feel they belong. It is an opportunity to encourage peers, families, schools and communities to create inclusive and nurturing environments, where children and young people feel they belong and can say *This is My Place*. Have a lovely weekend.

Barbara Costa

Safer Internet Day – 10th February 2026

Top Tips for parents and carers (Part 1)

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

Enjoy going online together and talk regularly about your family's online lives

- Spend time online with your child to understand how they are using technology and talk together about the good and the bad parts of being online.
- Talk about your own experiences and find other opportunities to get the conversation started, like stories in the news.
- Make sure your child knows they can talk to you about anything that they see or experience online.

Understand where AI technology is being used and the impact it can have

- From summaries on search engines, to voice assistants and photo editing tools, AI powered features are being added to many of the apps and devices we use day-to-day.
- Look out for information and warnings notifying you where AI technology is in use or where content has been created using AI. Help your child to recognise these too.
- Remember, AI can make some tasks simpler but may also collect data about you and your family, or share unreliable information, so consider how to use it safely and responsibly.

Recognise what safe and responsible use of technology looks like

- To use technology, including AI, safely and responsibly, it's important to reflect on the potential impact it can have on yourself and others. How does your use of technology make you feel? How can you use technology with kindness and respect for others? Does your use of technology benefit you or help you build skills? How might it affect you now, and in the future?
- Ask these questions of your own internet use, as well as your family's.

NEWS from the FRIENDS

Dear Parents and Carers,

Please save the below important dates in your diary.

Sponsored Easter Bunny Hop **Friday 20 March in the morning**

This fun fundraising event will see the children collecting sponsorship for the number of bounces they can complete on the bouncy castle in one minute. All funds raised will support the school. The winners will be announced at the Easter Assembly by Ms Costa and Mr Troy.

St Theresa's Summer Fair **Saturday 4 July 2026 in the school playground**

As always, we need volunteers to make our events successful, helping with set-up, running stands and games, and with close-down. If you're able to help at the Bunny Bounce or the Summer Fair, please contact either your class rep (who will connect you with The Friends) or the school office. We would love to hear from you.

Thank you for your continued support.

The Friends

Parent Governor Vacancies

The Governing Body currently still has a vacancy for one parent governors. 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. Being a governor can be very rewarding; don't worry if you have no experience as full training and support is available from the Local Authority and your colleagues on the Governing Body. If you are interested, please do come and speak to Miss Costa or Mr Troy.

Applications for Nursery September 2026

Applications are invited for the Nursery for September 2026 (this is for children who are 3 by 31st August 2026).

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

https://www.ololbarnetschool.org.uk/docs/ADMISSIONS/Nursery_School_Application_Form_2026-2027.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	94.7%

Class with highest attendance to date - Y5 are still in the lead with 95.9% attendance and Y3 and Y1 are tying for 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!

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

“Each person, according to their ability, should be a pattern of goodness to others.” St Basil the Great

Ask your child what the word ‘goodness’ means to them. Who stands out for them as being full of goodness? How do they show that goodness? As a family, name a quality of goodness that you can see in each other (perhaps helpfulness, thoughtfulness, generosity, patience, gentleness, kindness). Are there any qualities of goodness that you would like to have more of?

We can show our love for God through trying our best to grow in goodness. Each of you decide on a particular act of goodness to let your ‘light shine’ – to make life better for others. Perhaps you can: be more compassionate and caring; share sweets or other favourite things; make a phone call to someone who may be lonely; be a kind and patient listener; ask God to help you grow in goodness.

<https://wednesday-word.paperturn-view.com/goodness?pid=MTA101634&v=201.6>

Protecting Your Child Against Chickenpox

For information

On 1 January 2026, the MMRV vaccine – a single vaccine that protects against measles, mumps, rubella, and chickenpox (known as varicella) - was added to the UK childhood immunisation schedule.

- Children born from January 2025 will receive the MMRV vaccine at 12 and 18 months
- Those born between July and December 2024 get MMRV doses at 18 months and 3 years 4 months
- Children born between September 2022 and June 2024 get one MMRV dose at 3 years 4 months
- A catch-up programme runs from November 2026 for eligible children aged under 6.

Why add chickenpox protection?

While many people consider chickenpox to be a mild childhood illness, it can lead to serious complications including bacterial infections such as strep A, brain and lung inflammation, and stroke. In rare cases, it can be fatal.

The vaccine means your child can be protected from these serious complications, and potential hospitalisation, caused by chickenpox without the risk of catching it.

A vaccine with a proven track record

- The MMRV vaccine has been safely used for over 10 years in countries including Canada, Australia and Germany, where chickenpox cases and resulting hospital admissions have notably fallen.
- This vaccine will also reduce the number of missed nursery and school days for children and families.

Where can I find more information?

- <https://www.nhs.uk/vaccinations/mmr-vaccine/>
- <https://www.gov.uk/government/publications/mmr-vaccination/mmr-vaccination-a-guide-for-parents-and-carers>

Contacting Teachers on Seesaw

Can I please remind all parents to note that teachers are in class during the day and are therefore unlikely to be logged onto Seesaw.

If you have general queries about school, or a message about pick-up arrangements etc. please contact the school office.

If you do leave a message for the teacher regarding homework etc., the teachers will aim to respond as soon as they can, within normal office hours.

Safeguarding at St. Theresa's

Miss Costa is the Designated Safeguarding Lead at the school; Mr Troy and Mrs Folan are members of the safeguarding team. Parents can find the school's Child Protection and Safeguarding Policy on the school website: <https://www.st-theresas.barnet.sch.uk/school/policies/>

Please contact a member of the safeguarding team if you have concerns about a child.

Other important contacts:

- Barnet Multi-Agency Safeguarding Hub: 0208 359 4066
- NSPCC Whistleblowing Help: 0800 028 0285



Reception	Natan for good listening, good looking and thinking about the task carefully. Merissa for being a superstar this week. She is helping to tidy up and tries hard with all of her work.
Year 1	Amelia for behaving like a Good Samaritan in the playground by helping children who needed it. Sirwan for excellent work representing numbers on a number line to 20.
Year 2	Sara for working hard to learn her spellings and times tables. Hudson for writing an excellent narrative with good use of adjectives and sentence starters.
Year 3	Whole Class for working really hard on your assessments. Well done!
Year 4	Zoe for doing so well in her English assessments and showing great understanding in her reading and SPAG. Scarlett for making great progress in your multiplication tables check and showing fantastic effort. Well done!
Year 5	Kian for displaying positive attitude towards his learning and trying super hard! Well done! Alma for making great progress and approaching assessments with great attitude.
Year 6	Amilia for developing her confidence with sharing ideas and answers. Kamo for his consistent hard work and dedication in all subjects.
The Golden Ticket Winners are: <i>Kimia (Y3)</i> <i>Hebeh (Y5)</i>	

Dates for your diary

Tues 10 th Feb	Reception and Nursery trip to The Toy Project
Tues 10 th Feb	4-6.30pm Parent Consultations (in school)
Fri 13 th Feb	Y6 trip to Hyde Park
Mon 16 th -Fri 20 th Feb	Half term holiday
Thurs 26 th Feb	9am Coffee morning for Nursery and Reception parents
Thurs 26 th Feb	2.30pm Parent Online safety workshop
Thurs 27 th Feb	8.45am Chatty Children workshop
Tues 3 rd March	Reception visit to Akiva school
Wed 4 th March	Y2 trip to Barnet Environment Centre
Thurs 5 th March	World Book Day
Fri 6 th March	Y5 trip to Natural History Museum
Mon 9 th March	Y4 trip to Paradox Museum
Mon 9 th March	Y6 performing at Barnet Schools' Dance Festival (Arts Depot)
Tues 10 th March	Y3 trip to Phoenix Cinema
Wed 11 th March	Y1 visit to St. Stephens
Fri 20 th March	Comic Relief Red Nose Day
*Fri 20th March	The Friends Sponsored Bunny Hop
Thurs 26 th March	6pm Y3 and Y4 Easter Play
Fri 27th March	Last day of term 1pm finish
Mon 30th March – Fri 10th April	Easter Holiday
*New dates in bold	