



**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/StTherasasCath1>

AUTUMN TERM 2026

Friday 18th September

Dear Parents and Carers,

Thank you to all the parents/carers who attended the Meet the Teacher/Curriculum Meetings over the last couple of weeks; we hope you found them useful. Please do speak to your class teacher if you have any further questions.

We are hoping to start an after-school Spanish Club at St. Theresa's 3.15pm-4.15pm; please see page 3 of this newsletter for further information. If you would like to register your interest please follow this link:

www.vcalanguageacademy.com/sttheresas

On Tuesday (22nd September) we are hosting school tours for prospective parents at 9.30am and 6pm. Please do spread the word and let your friends know.

Next Thursday 24th September at 3.30pm, in the Year 5 classroom, we will be holding an information meeting for the current Y5 parents, about the October 2027 Y6 residential trip to Grosvenor Hall. The Year 5 children are welcome to stay for the meeting.

A reminder that next Friday (25th September) we are hosting a coffee morning (8.45-9.30am) to help raise money for MacMillan Cancer Support – The World's Biggest Coffee Morning. It is Macmillan's biggest fundraising event for people facing cancer – last year alone, they raised almost £17 million through the event. All parents/carers are warmly invited to come and have tea/coffee and cake in the school hall from 8.40-9.30am. The children will also be given a cake and squash and we ask them to kindly bring in a donation of £1. If you are able to support this event by donating cakes/biscuits etc. please drop your contribution off to the school office. We are very grateful for your support.

Have a lovely weekend.

Barbara Costa

Relationships, Health and Sex Education: Parent Consultation on changes to the curriculum

On Tuesday, all parents received the link to the consultation on the changes to the Relationships, Health and Sex Education curriculum.

Link: <https://forms.cloud.microsoft/r/c0p3W2ksEz>

Please complete the questionnaire by 6pm Monday 5th October 2026.

Mobile Phones at school

- Only Year 5 and Year 6 pupils who walk to and/or from school independently, are permitted to bring mobile phones to school.
- Once the pupil arrives at school, they must immediately hand their phone to the class teacher; their phone will be returned to them at home time.
- Barnet implemented a smartphone-free policy for schools in September 2025 and St. Theresa's supports this policy. Parents are strongly encouraged to delay giving smartphones to their children until at least age 14.

NEWS from the FRIENDS

Dear Parents and Carers,

We are excited to invite you the St Theresa's **Halloween Disco** on **Thursday 22nd October from 6pm to 8pm** in the School Hall!

There will be a DJ, fun Halloween stalls, food and refreshments, and a prize for the best costume. We hope the children will come along dressed up and ready for a fun and slightly spooky evening!

At St Theresa's, we aim to organise events that the children can enjoy while bringing our school community together. Supporting the school and helping to enhance the children's experience is at the heart of what The Friends is all about, and we would love your support in making the evening a success. We look forward to seeing you there for some Halloween fun!

Warmest regards, The Friends



Contacting Teachers on Seesaw

Can I please remind all parents 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.

School Uniform update

All parents have been sent a letter regarding the changes made to school uniform policies by the Department for Education.

Please ensure you read the letter carefully to understand which items of school uniform need to have the school logo, and which items of school uniform do not.

Snacks in School: FRIUT ONLY

The NHS School Fruit and Vegetable Scheme provides a piece of free fruit/vegetable to every infant child, each school day as a morning snack. The scheme provides 1 of the children's 5 a day portions and aims to encourage healthy eating habits that can be carried into later life. Fruit for the children in the juniors is not provided and is not included in the scheme. Therefore, the children in the juniors need to bring their own fruit or vegetables for snack time. **The children can only bring fruit or vegetables for their morning snack**

St. Theresa's pupil attendance target for 2026-2027 is 96%

Period	Whole school attendance
From 2/9/26 - now	95.9%

Class with highest attendance to date - Y2 are in the lead with 99% attendance and Y4 are in 2nd place!

At the end of the year, in July 2027, 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

“God is generous. He shows us all his love and encourages us to be generous.” *Pope Francis (Pope from 2013-2025)*

Ask your child what the word ‘generous’ means to them. Can they remember a time, at home, at school or in the community, when they were generous, when they last gave something away without expecting anything in return? Who do they know who is a generous person - that is, someone who is willing to share and to put others’ needs first? How does your child feel when someone is generous towards them and gives them first choice or shares a special treat with them?

Being generous brings us closer to God. God wants us to be generous and, just like the workers in the Gospel, it’s never too late to start! We can be generous by sharing our possessions, but God also calls us to be generous with our time and our love. How can we be generous in this coming week? Perhaps we can: give some of our time to talk to someone in need; try especially hard to share with others; give any toys or unused items to a charity; offer to help someone – maybe a new classmate who has joined our school.

<https://wednesday-word.paperturn-view.com/generous?pid=MTA101634&v=219.7>



Reception	Daniel for demonstrating excellent manners and showing kindness and respect towards his teachers and friends. Cara for showing an amazing 'Have a Go' Attitude in all your learning this week ! Well done!
Year 1	Natan for trying your best. Natan is always enthusiastic and helpful in the classroom. Thank you Natan. Iaroslava for her excellent work ethic. She always tries her best and takes pride in the presentation of her work. Well done Iaroslava.
Year 2	Leo for always working hard in lessons and contributing to class discussions. Simran for using excellent descriptive language in her writing.
Year 3	Erin for showing great curiosity and enthusiasm across all subjects. Your excellent engagement has really helped you to get the most out of your learning. Emma for being thoughtful and caring, while also getting on with your work well and showing great independence.
Year 4	Asante for showing a good understanding of partitioning numbers in our Maths learning this week. Avina for consistently showing a fantastic attitude towards her learning and behaviour.
Year 5	Amal for consistently working hard and showing a fantastic attitude towards your learning. Keep it up! Ednaida for always trying your best and working really well with your partner. You have shown a positive attitude! Well done!
Year 6	Rainbow for her excellent non-chronological report - well done! Gabriela for putting 100% effort into all of her work - well done!
The Golden Ticket Winners are: <i>Tashinga & JP (Y4)</i>	



St. Theresa's Primary School

Should I keep my child off school?

Yes, until . . .

No, but inform your child's class teacher of:

- Chicken Pox (Until all the spots have crusted over)
- Diarrhoea and Vomiting (Return 48 hours from the last episode)
- Cold and Flu-like illness (Until they no longer have a high temperature)
- Impetigo (Until their sores have crusted and healed, or 48 hours after they started antibiotics)
- Measles (4 days after the rash first appeared)
- Mumps (5 days after the swelling started)
- Scabies (Until they've had their first treatment)
- Scarlet Fever (24 hours after they started taking antibiotics)
- Whooping Cough (48 hours after they started taking antibiotics)

- Cough and cold (as long as they do not have a high temperature)
- Sore throat (keep off school if accompanied by a high temperature)
- Headlice
- Hand, foot and mouth disease
- Slapped cheek
- Tonsillitis
- Conjunctivitis
- Cold sores

Year 6 Secondary Transfer Information

The online application system for our Year 6 parents is now open at www.eadmissions.org.uk

All parents must apply online. If you need support please feel free to contact the school for support, or call the School Admissions Customer Services Team on 020 8359 7651 or visit

<https://www.barnet.gov.uk/schools-and-education/school-admissions/apply-transfer-secondary-school-september-2027>.

Parents of children in Y6 who have an Educational Health Care Plan will need to complete a different form – this will have been sent to you by the Barnet SEN team.

The deadline for submitting your application is Friday 31st October 2026. Applications received after 31st October will be treated as late. Late applications will not be considered until after the on-time applicants have been allocated their school places. This means that late applicants are unlikely to be offered one of their preferred schools. If there is a good reason as to why your application is late; for example you moved to the area after the closing date, you must contact the admissions department by Monday 7th December 2026 at the latest.

For further information about the secondary school application process, “A Guide to Secondary Education in Barnet 2027” will be available soon.

Dates for your diary

Mon 14 th Sept	2pm whole school Mass
Tues 15 th Sept	2.30pm Y2 Curriculum meeting for parents
Wed 16 th Sept	2.15pm Y1 Curriculum meeting for parents
Thurs 17 th Sept	2.30pm Reception and Nursery Curriculum meeting for parents
Fri 18 th Sept	Year2 trip to the Golden Hinde
Tues 22 nd Sept	9.30 and 6pm Open Day tours for prospective parents
Thurs 24 th Sept	3.30pm Residential Trip meeting for Y5 parents
Fri 25 th Sept	Macmillan Coffee Morning
Wed 30th Sept	Y5 trip to Petrie Museum
Fri 2nd Oct	Y1 and Y2 attending 10am Mass at St. Philip's Church
Fri 2nd Oct	Y3 trip to Hampstead Heath
Wed 7 th -Fri 9 th Oct	Y6 Residential trip to Grosvenor Hall
Fri 9th Oct	Y3 and Y4 attending 10am Mass at St. Philip's Church
Fri 16th Oct	Y5 and Y6 attending 10am Mass at St. Philip's Church
Thur 22nd Oct	Halloween Disco

*New dates in bold

After school Spanish club at St. Theresa's

PROPOSED WEEKLY AFTER-SCHOOL SPANISH CLUB

Give your child a confident start in a new language

St Theresa's families are invited to register their interest in a weekly **Spanish after-school club** during the 2026-27 academic year.

Expression of interest only

Registering does not guarantee a place, and no payment is required at this stage. The responses will help us assess interest in the proposed Spanish club and identify suitable days before it is confirmed.

Practical language learning that makes sense

VCA's Verb-Centred Method places verbs and practical grammar at the heart of learning. Children learn how the language works, allowing them to build their own sentences and communicate confidently rather than relying only on memorised words and phrases.

Clubs would normally take place once a week after school for one hour. Lessons may include speaking, listening, reading, writing, grammar, vocabulary and cultural activities in an engaging, age-appropriate format.

Price

WEEKLY LESSON	4-LESSON MONTH	5-LESSON MONTH
£10	£40	£50
per pupil	paid monthly in advance	paid monthly in advance

*Families pay only for scheduled lessons; there is no charge for school holidays, bank holidays, INSET days or closures.

REGISTER YOUR INTEREST USING THE LINK BELOW:

www.vcalanguageacademy.com/sttheresas

Please select Spanish when answering "Which language club would interest your child?" The club, day and availability will be confirmed after the expression-of-interest period.

Find out more about VCA and our teaching approach at www.vcalanguageacademy.com
If you have any questions, please contact michelle.chase@vcalanguageacademy.com

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

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.

Protect your
child
from flu



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



A consent form will be sent to you. If you have any issues or missed communication from Vaccination UK, please contact:
Email: barnet@v-uk.co.uk
Call: 0208 150 7505

Information on flu vaccine



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

