

Dear Parents/Carers

I am so sorry that the weather has been so poor at times this week for the students in school, even so they displayed excellent behaviour though breaks and lunchtimes despite the torrential rain at times and the large puddles on the playground, we are very lucky that at our school we organise 5 different lunchtimes one for each year group so that when the weather is poor that there is enough space for students to stay inside the dining hall should they wish.

Our sensible and polite students deserve a huge amount of credit for the clam way they conduct themselves around school as it means that it creates an excellent culture for learning and success.

### **Top of the Achievement Points League**

There have been lots of reasons to celebrate this week with students completing excellent work in lessons when I have walked round the school. As a result, school staff have been able to award lots of achievement points this week which means there have been a few changes in our top scorers in each year group. The current highest points achievers are:

Year 7: **Abbie H** - 7O 510 net points and **Ravin R** – 7T 440 net points

Year 8: **Maria B** - 8O 480 net points and **Evie B** – 8S 450 net points

Year 9: **Leyton W** - 9M 620 net points and **Jack R** - 9H 490 net points

and **Dylan H** – 9M 470 net points

Year 10: **Oliver M** – 10M 500 net points and **Cadhla B** – 10S 460 net points

Year 11: **Nathan V** 11T 480 net points and **Oliva T** – 11A 470 net points

Very well done to these students on collecting a huge amount of achievement points, all the students who are collecting achievement points are doing the simple things right that will allow them to be really successful in school. Excellent Effort Everyone.

### **Year 11 Parents/carers: Year 11 Information Evening Monday 2<sup>nd</sup> October 5pm to 6pm**

On Monday 2<sup>nd</sup> October we would like to invite all Year 11 Parents/Carers to an information evening that will help support your child through the year ahead, Year 11 students are welcome to attend with parents/carers but student attendance is not compulsory as we will be able to give students many messages through assemblies.

Topics covered will include revision strategies, wellbeing, key dates/milestones for the year and attendance, we look forward to seeing you there.

(Tea and Coffee will be available from 4:30pm in the dining hall and Mrs Cliff, the school's Careers advisor will also be available at this time to answer any questions you may have)

### **Extra-Curricular Activities and representing school**

There are lots of extra-curricular activities available for students to take part in so do please look at the extra-curricular time table on the school Facebook for more information, the Facebook page is regularly updated.

Over the course of the year there are also a good number of trips and visits for students to take part in including a number of residential trips. When students are attending trips, we are aware that they are representing our excellent school, so students who have overall net negative behaviour points

are unfortunately not able to take part in most external activities until they regain enough achievement points so they have an overall positive score.

Thankfully the vast majority of our students are so well behaved only a tiny number of them have overall negative behaviour points and those that do are working hard to get back to a positive position. Receiving a detention is one way students can receive negative behaviour points but it is really pleasing that only a tiny number of students have received detentions so far this year, the students and teachers really are doing an excellent job.

## **Sleep**

Last year and the year before we did a series of assemblies in school about the amount of sleep that young people need so that they feel well rested to successfully face each day. Many parents/carers wrote to me to say they welcomed the advice as it supported them to encourage their sons/daughters to get more sleep with very positive effects, we will be running the assemblies again later this year but I thought I would just remind you of the advice that I provided previously, as this is the time after the Summer Holidays when students can begin to get tired in school which does affect their ability to learn well.

### **Reminder of last year letter about sleep**

*Developing a good sleep pattern is very, very important for young people, so they feel happy and secure and so they can do well in school and life.*

*As parents and carers, I know that we all understand our responsibilities to make sure our sons and daughters get enough sleep, as a lack of sleep can lead to low levels of concentration, irritability, many other health concerns and mental health worries including heightened anxiety.*

*I speak to more and more parents/carers of young people who report that their children have difficulty getting to sleep at night. Evidence suggests that the situation is getting worse over time and indeed 30-40 years ago it would have been far less common for young people to have issues related to sleeping.*

*Studies have suggested that the use of mobile phones and electronic screens in the bedroom before bedtime are negatively impacting on; our ability to fall asleep, and the quality of our sleep. It is certainly true that 30-40 years ago the use of mobile phones and screens before it was time to go to sleep was almost unheard of.*

*Scientists explain that the blue light produced by electronic screens mimic the "blue light" emitted by the rays of the sun, this light reduces the human bodies natural production of a chemical called melatonin. Melatonin is the crucial chemical that we need in our bodies to fall asleep and to sleep well.*

*In simple terms, our bodies naturally make melatonin (the sleep chemical) as it gets dark so we can fall asleep, if we use electronic screens before bed or in bed we are disrupting our bodies ability to make melatonin and we may then struggle to sleep well.*

*There is advice on sleep for teenagers on the NHS website at:*

*[Sleep tips for teenagers - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthyliving/teensleep/)*

*Further information on the Science of Sleep can be found at:*

*[How Screen Time May Cause Insomnia in Teens | Sleep Foundation](https://www.sleepfoundation.org/teens/teens-sleep-problems/)*

***The NHS recommends that teenagers should get around 10 hours of sleep a night which means that if a young person is getting up at 7am for school then they should be asleep by 9pm the previous night which probably means beginning to get ready for bed at around 8pm.***

*If a young person is already not getting enough sleep they may find it challenging at first to develop a better sleep pattern but with perseverance and sticking to a routine most people can improve their sleep over time. Recently I am aware that more parents and carers are limiting young people's screen time and removing phones/screens from the bedroom an hour before bedtime at around 8pm so they can help and support their child to sleep and be well rested and prepared for the day ahead. Limiting screen time also has the added bonus for these families as it provides an opportunity for face to face communication within the family or gives time to read a book or magazine, both of which are very important for lifelong literacy skills.*

*I am certainly not advocating a particular approach and I understand that all families and young people are different, but I do take my responsibility of preparing our students for their lives very seriously and I think it is important to provide parents/carers with the latest research and information so you are able to make informed choices for your son or daughter. It does however seem clear, scientists are convinced that it is vital that young people are supported and encouraged to sleep as well as possible.*

#### **Reminder: HPV Vaccination Year 8**

*Students in Year 8 has been given a consent form for the HPV vaccination. The immunisation team will be coming into school on Monday 9th October until Wednesday 11th October. In order to receive this vaccination please could you complete the forms and return to school by Monday 2nd October.*

*Further information from the Vaccination team is attached with this letter.*

#### **Reminder: Open Evening: Early Finish**

*Our Open Evening for prospective parents/carers and students will take place on Thursday 28<sup>th</sup> September 6pm to 8pm.*

*As is usual practice school will close early on the day of Open Evening (28<sup>th</sup> September) at 12:15 to facilitate the organisation that is required to open the school to many hundreds of parents/carers and their children.*

*Both school buses the 790 and the 786 will be available at school for the early finish to take students home. As 219/719 is a public bus we can unfortunately arrange for this bus to come earlier but students can catch a bus to guide bridge from the main road and then can get on the normal 219 service to take them home.*

#### **St Thomas More RC College Fantasy Football League.**

Don't forget to remind your son/daughter to make any changes to their team before the first Premier league match of the weekend on Saturday.

Our current school league leader is still

**Thomas H in 9T with 328 points**

And

**Charlie G in 10 A won game week 5 with 65 points**

There is still time for students or staff to join the league.

Students just need to create a Premier League account and a team at [Fantasy Premier League, Official Fantasy Football Game of the Premier League](#) then they can join the school mini league named;

St Thomas More League

The league code is; wojosv

Alternatively, you can click on the link below to automatically join the league.

<https://fantasy.premierleague.com/leagues/auto-join/wojosv>

### **Finally**

Please remember that you can contact school each weekday Monday to Friday either by calling 0161 336 2743 or emailing [admin@stmcollege.org.uk](mailto:admin@stmcollege.org.uk) during normal school hours, if you do want to visit school to talk to a member of staff that can of course be arranged but do please contact school prior to your journey so that mutually convenient time and date can be arranged for an appointment.

God bless

H Brophy