

Dear Parents/Carers

It has been a really enjoyable week in school and we have been blessed with some fantastic Autumn sunshine. I have seen students in all year groups working incredibly hard in their classrooms this week when I have walked around the school, the different activities and topics that they have been learning has been exciting and engaging and the wonderful atmosphere in school is testament to our insistence on high standards and excellent behaviour.

Assemblies this week have focused on the important message of supporting the Fairtrade organisation who work to change lives in developing countries by changing trade. Fairtrade transfer wealth back to farmers and workers in developing countries who deserve a decent income and decent work. Fairtrade is the leading independent global movement for trade justice, and are still the most recognised and trusted sustainable trading standard in many leading markets. We believe that it is an important part of Catholic Social Teaching to explain to students how they can change and improve the world we live in by making positive choices that can benefit others.

For more information about Fairtrade you can visit the following website:

<https://www.fairtrade.net/>

Flu Vaccinations

Flu vaccinations for years 7-11 will take place in school on Monday 30th September 2024. This year the NHS and vaccination team are asking parents to submit consents digitally. The link for our school students is now open, the link will close on 23rd September. If you would like further information about the flu vaccine then please visit <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

Using the online form, you can either select for your child to receive the vaccine by nasal spray (recommend), by injection (if nasal spray isn't appropriate) or you can confirm you are withholding consent. The NHS online consent form can be found at:

<https://nhslmms.azurewebsites.net/session/ee58ab3c>

Reminder of updated information sent out last year about Sleep and Mobile Phones

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/conditions/sleep-tips-for-teenagers/)

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

[How Screen Time May Cause Insomnia in Teens | Sleep Foundation](#)

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. There are also an increasing number of news stories in recent months about the effects of aspects of Mobile Phones usage on the mental health of young people and there are certainly more conversations by the Government about the risks associated with social media use on mobile phones by young people.

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: Open Evening: Early Finish

Our Open Evening for prospective parents/carers and students will take place on **Thursday 26th September 6pm to 8pm.**

As is usual practice school will close early on the day of Open Evening at 12:15 to facilitate the organisation that is required to open the school to many hundreds of parents/carers and their children.

All the school buses have been rescheduled for this earlier finish time

St Thomas More RC College Achievement Point League

Well done to all the students who have collected so many points already it shows how dedicated you are to your studies in school and to your community.

T	H	O	M	A	S
Year 7 Total					
Valentina FN 390	Darcie K Raluca D 540	Poppy G 430	Hugo T 530	Skye H 400	Lillie MP 400
Year 7 Weekly Winner					
Aisla C 170	Dalyn McG 170	Ella F 140	Hugo T 190	Nancy L 120	Una L 160
Year 8 Total					
Aiden F 580	Albie N 260	Abbie H 510	Ellis P 390	Charlotte L 510	Erin L 530
Year 8 Weekly Winner					
Niamh F 210	Tanzil A Frank CS Jacob B Isabelle P 100	Abbie H 190	Winter L 140	Charlotte L 200	Hugo S 180
Year 9 Total					
Miracle O 500	Doreen A 510	Thomas H 550	Timmy S 420	Carrie M 460	Ole M 460
Year 9 Weekly Winner					
Bobby MF 230	Archie G Chris M 170	Lucy W 240	Timmy S 170	Jessica M 230	Will Currie Erica S 150
Year 10 Total					
Olivia K 570	Sam A 450	Femi A 440	Kaitlyn F 600	Phoebe S 540	Cody S 360
Year 10 Weekly Winner					
Olivia K 230	Ava F 200	Femi A 200	Kaitlyn F 190	Dylan C 200	Serin S 150
Year 11 Total					
Jess K 430	Hope C 460	Joshua McK 430	Daisy N 480	Mia Rose L 360	Nieve B Megan T 450
Year 11 Weekly Winner					
Jess K 190	Caitlin McC Hope C 150	Joshua McK 140	Sophie J 220	Mia Rose L Olivia W 170	Rosin G 200

St Thomas More RC College Fantasy Football League.

No change at the top this week, managers should make sure they make any changes to their team before the early kick off tomorrow between West Ham and Chelsea.

With a great deal of luck I am still the current overall school leader with 301 points.

Miss Taaffe was the in school week 4 winner with a massive 77 points.

There is still time to join the league especially now the Premier league is on a break for international football and there are weekly winners for every gameweek.

Once you have created a Premier League account and a team at [Fantasy Premier League, Official Fantasy Football Game of the Premier League](#) you can join the school mini league named;

St Thomas More League

The league code is; v25n52

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

<https://fantasy.premierleague.com/leagues/auto-join/v25n52>

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 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

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2024 Year of Prayer

As you may be aware in the Catholic Church 2025 has been designated as a Jubilee Year by Pope Francis with 'Pilgrims of Hope' as the theme.

The Holy Father has therefore asked that 2024 be year of prayer, as a preparatory year for the Jubilee.

Prayer

God who calls us, empower us to live out our faith in tangible ways.

Open our eyes to the injustices around us, and give us the courage to confront them.

Let our actions reflect your love and commitment to social justice.

Amen.