

Dear Parents/Carers

This week assemblies have focused on Mental Health and Wellbeing because this week we have celebrated World Mental Health Day on Thursday 10th October.

<https://www.who.int/campaigns/world-mental-health-day>

Students received lots of really useful advice including the idea that the emotions, that the vast majority of them will experience as they grow up, are perfectly normal and it is natural to sometimes not feel your best or to be worried about something, but it is always important to talk to those around us and to try our best to look after our mental health by getting enough sleep, eating healthy, reducing screen-time and exercising regularly because they are so beneficial to good mental health. We also signposted lots of ways the students can access additional support when they need it.

We also emphasised how important it is for the students to be kind and respectful to each other as this is such an important cornerstone of our community that helps everyone feel valued and welcomed.

The fantastic culture that we have in school is often summed up by the lovely emails we receive from parents and carers and I thought I would take the opportunity to share with you part of an email that was sent to a member of staff this week:

Many thanks again to you and your fabulous team, I'm very grateful for all you do for my children there and I'm extremely lucky that they are part of a supportive, loving school.

School Production: A Night at the Musicals

We would like to warmly invite Parents/Carers and Families to our upcoming school production "A Night at the Musicals" on Monday 21st October at 4pm, Tuesday 22nd Oct at 6pm and Wednesday 23rd October at 6pm.

Tickets are available to purchase on ParentPay with Monday's matinee performance at 4pm free as it is also a full-dress rehearsal.

Tickets for all performances must be bought in advance, even for the free show to ensure we don't exceed the capacity of the hall.

The performers, technical team and stage management unit are working really hard twice a week after school to make sure that the performance is a huge success and a night to remember, all the students and staff involved are looking forward to it, thank you in advance for your support.

Year 11 Sixth Form College Events

Remember that many Sixth Form Colleges are currently holding Open Days and Evenings and this is a fantastic opportunity for Year 11's to further consider the choices they might make for their future once they have finished their GCSEs and Vocational qualifications in the Summer. Details of the different events can be found on the individual college websites and on our school Facebook page.

Operation Christmas Child: Shoe Box Appeal

We are once again running our Shoe Box Appeal in support of Operation Christmas Child.

<https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child/ways-to-give/>

The Samaritans Purse is an extremely worthwhile charity that supports some of the most vulnerable children and families right across the world throughout the year but especially at Christmas. Each form group will be putting together Christmas Shoe Boxes that can include the following items

Toys - A football and pump, cuddly toys, dolls, toy cars, small musical instruments, yo-yos, skipping ropes, balls, small puzzles etc.

School Supplies - Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks, solar calculators, colouring & picture books etc.

Hygiene Items - Toothbrush, bars of wrapped soap, comb or hairbrush, flannel etc.

Other Items - Hat, gloves, scarf, sunglasses, cap, socks, T-shirt, flip-flops, hair accessories, jewellery set, watch, wind-up torch etc.

Please don't include: - Toothpaste, sweets, lotions and liquids; used or damaged items; war-related items (e.g. Toy Guns); seeds, gum, chocolate or food items; religious or political literature; medicines, aerosol cans, sharp or fragile items.

Any donations of the above items that students can bring into school would be gratefully received. Please note: there is also the option of making a small financial donation on the School's Parent Pay website if families would prefer.

The deadline for the completion of boxes in school is early November.

Thank you in advance for your generosity.

St Thomas More RC College Achievement Point League

Another brilliant week of points collection well done to all the students in school on working so hard this week. It is no surprise that there is link between students in positive MORE points and excellent results in GCSE and Vocational exams, hard work and good behaviour leads to great outcomes for students.

Please note: The achievement point list below is collated and calculated at approximately 11am each Friday. This can mean that sometimes students may have slightly different points totals by the end of the day on Friday which are not reflected in the figures printed. Please do rest assured though that the points total and students highlighted are accurate at the time of production of the list.

T	H	O	M	A	S
Year 7 Total					
Valentina F 1100	Erin K 1130	Poppy G 910	Rohan G 1260	Abigail B 910	Lillie May P 960
Year 7 Weekly Winner					
Valentina F 230	Erin K 150	Dominic C Ella F 110	Lucas BT 290	Elsa R 220	Antonia M Connor M Lillie May P

					180
Year 8 Total					
Aiden F 1260	Albie N 710	Abbie H 1220	Ellis P 920	Charlotte L 1190	Erin L 1120
Year 8 Weekly Winner					
James M Finlay M Charlotte H 170	Jacob B 130	Abbie H 230	Isla P 160	Charlotte L 180	Hugo S 190
Year 9 Total					
Miracle O 1340	Christopher M 1120	Thomas H 1100	Timmy S 820	Carrie M 1050	Ole M 1000
Year 9 Weekly Winner					
Alex S 320	Chris M Brea P 180	Oliver D 180	James L 170	Jessica M Poppy S Jake T 130	Erica S 150
Year 10 Total					
Olivia K 1290	Sam A 840	Isabella S 950	Kaitlyn F 1470	Harry C 1190	Jakub O 820
Year 10 Weekly Winner					
Olivia K Paul K 190	Laura P 190	Valerie I 250	Kaitlyn F 320	Harry C 260	Jakub O Anna R 180
Year 11 Total					
Jess K 1070	Hope C 870	Joshua McK Ben F 990	Daisy N 1100	Mia Rose L 810	Megan T 930
Year 11 Weekly Winner					
Eid A 200	Caitlyn McC 130	Pippa SM Shalom O 170	Tija R 180	Mia Rose L 150	Megan McL Archie W 130

St Thomas More RC College Fantasy Football League.

International fixtures mean no Premiership games this week, next fixtures are on Saturday 19th October.

Mr Turner continues on top spot in the League this week with a 463 points

Will H in Year 9 was the in school gameweek 7 winner with 55 points.

There is still time to join the league as there are weekly winners for every gameweek and there is always the chance to win the whole league and take the trophy off reigning champion Mr Turner!

Once students have created a Premier League account and a team at [Fantasy Premier League](#), [Official Fantasy Football Game of the Premier League](#) they 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

H Brophy

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.

Today we pray for Peace

Dear Lord

Give wisdom and courage

to those who work for peace in the world.

We pray that their efforts may be blessed,

so that one day we may bring an end to the violence of war.

We hope for a world that has the stability, security and prosperity of peace for all people.

Amen