

St. Thomas of Canterbury Catholic Primary School

NEWSLETTER

Friday, 9th October 2026



This week's Gospel Value

Change

In this week's celebration of the word, the children have understood how change is inevitable. Seasons change, days change, time changes, we change. We listened how God wants us to understand change in the Parable of the Two Sons. At home, you can discuss how God helps us to change and so enrich our lives and the world around us.

Upcoming Events

Parents evening.

Parents evening for the autumn term will be held on -

Wednesday, 21st October from 1.30 - 6.00pm

The purpose of these meetings is to discuss how your child has settled into their new class and any specific targets they have.

Appointments will be published on School Spider from Wednesday, 14th October.

A message will be sent to remind you to book a timeslot.

A message from Mrs. Rawlinson

As you will be aware, St. Thomas of Canterbury is in the first wave of academisation of schools across Liverpool Archdiocese and we will be joining the St. Joseph's Multi Academy Trust.

Last Friday, Mr. Peacock (chair of governors), Mrs. Rawsthorpe and myself attended a conference with representatives from St. Josephs. It was an informative and enlightening day, discussing how schools will work together as a 'Family of Christ'.

If you wish to know more about St. Joseph's Trust, visit their website at <https://sjcmat.co.uk/>

Art - Week 2

Our Foundation Subject focus this week has continued to be Art, with children developing their skills, exploring different techniques and learning about artists.



We have loved seeing their creativity and confidence grow! Next week, our focus will move to MFL – French.

Harvest Festival

We will be collecting donations of food and toiletries for our local foodbank in St Helens. These items will help families within our own community who may be struggling at this time. Children are invited to bring in their foodbank donations during the week beginning 19th October. We are so grateful for your continued kindness and generosity, it truly makes a difference to those around us.

Together, we can make a real difference and help brighten up the lives of others this Harvest.

Beckets' Out of Hours Club

To help us manage staffing, we kindly ask parents to book out-of-hours clubs as far in advance as possible. On the day bookings are for emergencies only. Money should be on the account to cover the session cost along with the £2.50 late booking charge.

Advance bookings help us plan numbers effectively and provide the best experience for everyone.

Thank you.

PATHS Information Session for Nursery and Reception Parents – Wednesday 14th October 9am.

We would like to invite all Nursery and Reception parents to an information session about our PATHS (Promoting Alternative Thinking Strategies) programme which will be held in the school hall. PATHS helps children to understand and manage their emotions, develop positive friendships and build the social skills they need to thrive both in and out of school. The session will provide an opportunity to find out more about the programme and how we use it to support your child's emotional wellbeing and development.

Tea and coffee will be served.

We look forward to seeing you there!

Halloween Disco Thursday, 15th October

Our wonderful PTFA are busy preparing for our annual Halloween Disco, and we can't wait to see the children enjoying this fun-filled event!

We'd love for the children to come dressed in fun, age-appropriate costumes. Fancy dress such as witches, wizards, pumpkins, friendly ghosts and other creative outfits are all very welcome but please no weapons or blood soaked costumes.

To help make the event enjoyable for everyone, we kindly ask that costumes are not scary, as we have children as young as 3 years old taking part. Our aim is to ensure that all children feel comfortable and can join in the fun together.

Thank you for returning permission slips and payment and for all your support – we're looking forward to a spooktacular time!

EYFS & KS1 children will have their disco during the afternoon and will be ready to pick up at home time as usual.

KS2 children will have their disco straight after school and should be picked up from classrooms at 4pm.

New Intake 2027

If you have a child due to start school or Nursery in September 2027 and are considering St. Thomas of Canterbury as one of your choices, then please come along to our new admission meetings. These will give you all the information you need to help you make your choices and give you a flavour of what school life is like here at St. Thomas of Canterbury.

Prospective parents are warmly welcome to visit school on:

- Tuesday, 13th October at 9.30am
- Tuesday, 3rd November at 9.30am
- Tuesday, 17th November at 4pm

If you know of anyone with a child due to start school please pass these dates on to them.

Attendance

Good attendance and punctuality at school is not just valuable — it is essential.

For week ending Friday, 9th October 2026 the whole school attendance is 96.9%

Reception = 95%

Year 1 = 98.1%

Year 2 = 98.1%

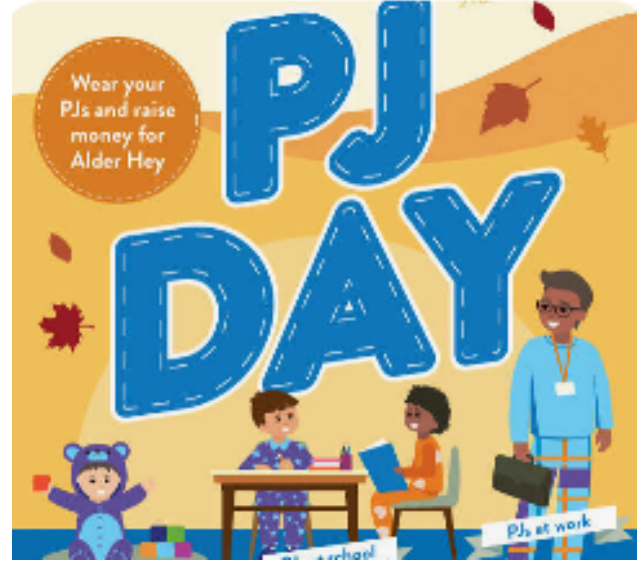
Year 3 = 96.8%

Year 4 = 98%

Year 5 = 95.8%

Year 6 = 96.8%

PJ Day for Alder Hey!



Two children from Year 5 have shown Catholic Social Teaching in action by showing kindness and compassion for others. They want to help Alder Hey even further (after last year's assembly from the Alder Hey team). They want to organise a PJ day for Alder Hey.

For £1 each, the children will be allowed to wear PJ's/loungewear/jogging bottoms and Tee shirts for school on Tuesday, 20th October.

All money raised will go towards Alder Hey Children's Hospital.

Important dates for Your Diary.

October

- 13th – Reception/Nursery Intake 2027 parents open day (9.30am)
- 15th – PTFA Halloween Disco
- 20th October – PJ Day for Alder Hey
- 21st – Parents afternoon (from 1.30pm)
- 22nd – End of Autumn term 1 (3.20pm finish)

November

- 2nd – Return to school start of Autumn term 2
- 3rd – Reception/Nursery Intake 2027 parents open day (9.30am)
- 11th – Information session for January 2027 Nursery intake (3.30pm)
- 13th – Own clothes day for donations to Christmas Fayre
- 16th – Odd Socks Day – Anti Bullying Campaign
- 17th – Y1-Y3 Cinema Trip
- 17th – Reception/Intake 2027 parents open day (4pm)
- 18th – Y4-Y6 Cinema Trip
- 19th – Y4 Liverpool World Museum Trip
- 20th – Own clothes day for donations to Christmas Fayre
- 25th – Y2 World of Glass Trip
- 27th – PTFA Christmas Fayre (3.30pm)

December

- 1st – Rock Steady Concert (2.30pm)
- 2nd – Advent Mass (11am in Church)
- 4th – Choir to visit Dementia Cafe for Carols (9.30am)
- 7th – KS1 Nativity (time TBC)
- 8th – EYFS Nativity (Reception & Nursery) 9.15am
- 9th – KS1 Navity (time TBC)
- 9th – EYFS Nativity (Reception & Nursery) 2pm
- 14th – Altru Drama – Alice in Wonderland Performance
- 15th – KS2 Christmas Service (time TBC)
- 18th – End of Autum term 2 (1.30pm finish)

Healthy Families Growing Up Programme

Exciting new family friendly programme for parents and carers of 0-5 year olds in St Helens

The 0-19+ team (NHS) is delighted to launch the HENRY Programme – a nationally recognised initiative.

HENRY offers free, friendly support to help parents and carers feel more confident and build healthy, happy routines at home.

The programme is designed to make family life easier, covering everything from fussy eating and managing behaviour to family routines, emotional wellbeing, and getting active together.

Upcoming sessions

Understanding Children's Behaviour – Thursday 22 October, 1.30pm – 2.30pm

This session helps parents and carers to:

- Understand the feelings and needs behind children's behaviour
- Discover the importance of listening, and how it supports children's needs
- Explore responding with empathy, and how it can positively influence behaviour

Looking After Ourselves – Thursday 3 December, 11.00am – 12noon

- This session explores ways to look after yourself and stay calm, including:
- Understanding the benefits of recharging for emotional and physical health
- Sharing feelings and developing realistic expectations and coping strategies
- Overcoming feelings of guilt and failure

Gaining practical strategies to reduce the stresses of family life

Eating Well for Less – Thursday 4 February, 1.30pm – 2.30pm

This session helps the whole family to eat well for less, including:

- Tips for a cheaper, healthier shopping basket
- Meal planning to make the most of the food you buy
- Recipes for tasty, simple, low cost meals

Feedback from parents and carers who have attended previous HENRY Programmes:

"This was the best thing I could possibly have done to help me be a better mum."

"This was so much better than I expected. I would encourage every parent to do it."

How to get involved

Don't miss out – places are free but limited!

Book your place via Eventbrite

Understanding children's behaviour – Thursday 22 October

Looking after ourselves – Thursday 3 December

Eat well for less – Thursday 4 February

For more information visit HENRY Programme – Wirral Community Health and Care NHS Foundation Trust

Top Tips for Educators

PUPIL WELLBEING CONVERSATIONS

It can feel difficult to know how to start a conversation with a pupil about their wellbeing, either because you do not feel equipped with the information you think you need, or because you do not feel confident opening it up. You do not need to be a specialist. This guide covers how to start, what to say about confidentiality, and what to do with what you hear.

1 NURTURE WARM, TRUSTING, & KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who holds them in mind, they thrive. They are also far more willing to open up and seek support. Positive, trusting relationships are an important part of supporting pupil wellbeing and complement more formal wellbeing programmes or sessions.

2 KEEP CALM, EVEN IF YOU'RE WORRIED

When a pupil discloses, stay calm while showing that you take it seriously. Panic can raise their anxiety and teach them that telling an adult makes things worse. Your steadiness can help them to keep calm and give them enough space to say the rest. Calm does not mean unmoved, and it is fine to tell them that what they have said is important and will be heard.

3 HAVE SIDE-BY-SIDE CONVERSATIONS

Many pupils find it easier to talk when a conversation does not require them to sit face to face with an adult. For example, conversations might take place while walking, tidying the classroom, or taking part in a lunchtime club. Sitting alongside someone removes the demand of eye contact, allows longer thinking time and lowers the intensity of the exchange. This can be particularly true for neurodivergent pupils, and for anyone who needs a moment before answering.

4 THINK ABOUT WHERE YOU ARE

Consider whether the pupil can speak without being overheard or interrupted. If a pupil has already started talking, avoid unnecessarily disrupting the conversation by moving elsewhere. Where a more appropriate location is needed, explain why you need to move and give the pupil the opportunity to continue what they were saying.

5 BE HONEST ABOUT CONFIDENTIALITY

Never promise to keep information to yourself. Schools have a legal duty to share information relevant to a pupil's safety or welfare. Tell them at the start that you may need to pass something on, and who to. Then involve them in what happens next, as far as their age and understanding allow. Ask what they want to happen, what they want to say, and who they want to be told. Be honest that some things will need to happen whether they agree or not. A pupil who helped shape next steps is far more likely to tell someone again.

6 CREATE A SAFE ENVIRONMENT

Provide a classroom free from belittling and shame-based behaviour management. Pupils who expect to be humiliated will not disclose. Where they feel listened to and see that difficulties are acted upon, they share worries earlier and whilst those worries are still small. If pupils hear adults belittling or talking about other pupils openly, it damages trust and they are likely to assume their worries will also be handled this way.

7 DO NOT CARRY IT ON YOUR OWN

Hearing something difficult can stay with you. When informing your designated safeguarding lead, share with them how it left you feeling and whether you feel you need further support. Your role as a trusted adult is what makes all of the above possible, and just as you have a responsibility to protect pupils' welfare, your school has a responsibility to protect yours.

HELPFUL OPENERS

- I've noticed you've been quieter. How's your week been?
- You don't seem your usual self, when might be a good time to catch up today?
- Sometimes it's hard to know what to say, but I'd like to understand?
- You don't have to talk now. I'll check in with you later?

Meet Our Expert

Anna Bateman is a mental health and wellbeing specialist with nearly thirty years in education. She is a multi-academy trust director, special adviser, and a former adviser to the Department for Education on its mental health green paper.



#WakeUpWednesday

The National College



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