St. Thomas of Canterbury Catholic Primary School

NEWSLETTER

Friday, 6th November 2026

A message from Mrs. Rawlinson

The newly appointed school councillors have been busy this week in selling poppies and poppy related items to help raise money for the Royal British Legion. Thankyou once again for your support for such a worthy cause.

We will be telling the children about the significance of Remembrance Sunday and Armistice Day in the days leading up to the 11th day of the 11th month.



This week's Gospel Value

Saints

In this week's Celebration of the Word, we heard the Sermon on the Mount and made links between the Gospel, our school values and how these help bring us closer to God.

Upcoming Events

Cinema trips

The children will be visiting the cinema during next half term. Mrs Rawsthorne has secured free tickets as part of the Intu Film Festival which runs during November.

Y1, Y2, Y3 will watch Hoppers on 17th November

Y4, Y5 & Y6 will watch Super Mario on 18th November

Thank you to the PTFA for making this trip possible by paying for the coach transport, meaning there is no cost to parents.

History

Our Foundation Subject focus this week has been History, with children exploring the past, developing their historical skills and learning about an important period in history. We have loved seeing their curiosity and enthusiasm as they have discovered new facts! Our History learning will continue next week, so ask your child which period of history they have been learning about and what they would like to find out more about.

PJ day for Alder Hey

Before half term, Phoebe and Evie planned and organised a very successful PJ day in order to raise money for Alder Hey. The children loved wearing their PJs in school and in the process managed to raise a staggering £262 for Alder Hey. Totally amazing. Thank you for your kindness and generosity, and a massive well done to Phoebe and Evie.

🎄 Christmas Fayre Raffle Prizes Needed 🎄

We will have a raffle during the Christmas Fayre and are currently sourcing raffle prizes. If any parents, family or friends are able to offer a prize, or know of any businesses who could, we'd be really grateful. Ideally, prizes would be products or vouchers that can be raffled, or businesses could donate vouchers for shops, restaurants, cafés or pubs.

Any prizes can be left at the school office. Thank you for your support. 🎁✨

Year 4 Sacraments

The children in Year 4 (and two children in Year 5) should now have brought home their Sacramental workbooks in preparation for receiving the Sacraments of First Confession and First Holy Communion.

We encourage you to work through the activities together at home, taking time to talk, share thoughts and reflect on what these special Sacraments mean. We hope this will be a meaningful and enjoyable opportunity for you to share in your child's faith journey and help them grow in their relationship with God.

Please ensure that completed workbooks are returned to school by Friday, 16th April 2027.

If you have any questions, please do not hesitate to email Mrs Rawlinson.

Non-Uniform Day Friday 13th November

A reminder that our next non-uniform day is on 13th November!

In exchange for wearing non-uniform, we are asking for donations of new toys & gift bags for our Christmas Fayre!

Every donation is much appreciated!

After School Club Friday 29th Novmeber

There will be no after school club on Friday, 29th November due to the Christmas Fayre taking place.

Letter from Chair of Governors
sent by email 3rd November 2026

Dear Parents and Guardians,

I am writing to you in my role as Chair of the Governing Body of St Thomas of Canterbury.

As you know, since 2019 the school has been fortunate to have the services of Mrs Rawlinson as Head Teacher. I am sure that you will agree that under her leadership the pupils and the staff have together enjoyed great success.

She has decided that at the end of the current school year the time is right for her to move on to new challenges and opportunities. Obviously, we will be sad to see her leave. She will be missed by everyone in the school community. However, we wish her all the best in the future.

Although she will remain Head until the end of August 2027 the Governing Body has decided to advertise the vacancy this term so that we can attract the best possible candidates. We are confident that we will be able to appoint an excellent replacement, someone who can continue the tremendous work that goes on at St Thomas's. The post is being advertised this week, and we are aiming to make an appointment in the new year. I will keep you informed when we have completed the process.

There will be time before Mrs Rawlinson leaves for me to express our appreciation of everything she has done for the pupils. In the meantime, I know she will continue to lead the school and to make certain that our young people receive a great education.

Yours Sincerely
Rob Peacock
Chair of Governors.

EYFS Appeal for Resources

We would be really grateful for any of the following items you may have finished with at home:

- Whisks
- Wooden spoons
- Wicker baskets
- Wooden bowls
- Metal bowls
- Metal/ Plastic cups and plates
- Weighing scales
- Old fabric/material
- Old hats, scarves, ties, handbags, purses, wallets, etc
- Old costume jewellery such as bracelets, beads, watches, rings
- Old technology such as cameras, clocks, torches, remote controls, mobile telephones, etc
- Children's umbrellas
- Dress up costumes
- Old suitcases
- Tape measures
- Tarpaulin
- Tin cans (please make sure there are no sharp edges)
- Log slices
- Battery operated fairy lights, torches, battery operated candles
- Plastic storage boxes with lids
- Cable reels
- Garden stones or gravel
- Carpet tubes
- Rolls of wallpaper
- Toy garage

Many thanks for all your help!
Mrs Horrocks and Mrs Woodward

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, 17th November at 4pm
Wednesday, 18th November at 4.30pm

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, 6th November 2026 the whole school attendance is 96.3%

Reception = 92.7%
Year 1 = 94.6%
Year 2 = 98.1%
Year 3 = 95.5%
Year 4 = 98.2%
Year 5 = 99%
Year 6 = 96%

PTFA NEWS: TOGETHER WE SHINE!

Thank you, Evelyn!

A huge thank you to **Evelyn Taylor in Year 6**, who raised **£100 for the PTFA** by selling her Halloween bags!

We really appreciate your thoughtfulness and the time and effort you put into supporting our school community.

Thank you, Evelyn — your support means so much!

Non-uniform day reminder

A reminder that our next **non-uniform day is on 13th November**!

In exchange for wearing non-uniform, please bring a donation of **new toys & gift bags** for our **Christmas Fayre**.

Thank you for your generosity and support — every donation is much appreciated!

Christmas Fayre — volunteers needed!

Parents, friends and family — we'd love your help!

We're looking for volunteers to help with our **Christmas Fayre**, whether that's **helping on donation days, sourcing items or manning a stall**. Any time you can spare would be much appreciated!

If you'd like to get involved, please **leave your name and contact details with the school office**. Thank you for your support!

Important dates for Your Diary

November

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)
3rd - Christmas Sing at Parish Church
4th - Choir to visit Dementia Cafe for Carols (9.30am)
7th - KS1 Nativity (2.30pm)
8th - EYFS Nativity (Reception & Nursery) 9.15am
9th - KS1 Nativity (9.30am)
9th - EYFS Nativity (Reception & Nursery) 2pm
10th - Christmas Dinner Day (Christmas jumpers)
11th - EYFS Polar Express Day
14th - Altru Drama - Alice in Wonderland Performance
15th - KS2 Christmas Service (time TBC)
16th - Breakfast with Santa (8am)
18th - End of Autumn term 2 (1.30pm finish)

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

SPOT THE SUBTLE SIGNS



k out for changes in mood, behaviour, energy levels, such as irritability, withdrawal, nginess, or frequent headaches. These may icate that a child is feeling overwhelmed. By ing into these cues early and offering a calm, n-judgemental space to talk, adults can help ldren feel heard and supported before issues calate.

2 KEEP CONVERSATIONS FLOWING

ke time for open, informal ck-ins – whether it's during car rneys, over dinner, or in quiet classroom oments. Let children know it's okay to talk out what's bothering them. Regular, w-pressure conversations create a safe space ere emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

ysical activity can dramatically reduce stress rmones while improving mood and focus. courage movement through activities ldren genuinely enjoy – from team sports to ncing around the kitchen. Even light activity stretching or walking the dog can help us all wind.

4 SUPPORT HEALTHY SLEEP PATTERNS



r sleep makes stress harder to nage. Establish a calming evening routine t avoids screens before bedtime and mates winding down, such as reading, ening to music, or chatting quietly. Good p hygiene helps reset mood, enhances ncentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



ndfulness doesn't have to mean g periods of meditation. A few slow breaths ore lessons or short family meditation sions before bed can make a real difference. se simple habits help children ground mselves, reduce emotional reactivity, and ld inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, good friend, ensure children have people around them they can talk to and spend qual time with. Help them build those bonds throu shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to b perfect, stress naturally follows. Celebrate sm wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a pla of action. Practising these steps builds a sens of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calm expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

eet Our Expert



na Bateman is Director of Halcyon Education Ltd, Director for Wellbeing d Family Services at Leigh Trust, and lead expert for mental health at The tional College. Anna specialises in strategic mental health solutions for hools, supporting educators and families to improve resilience, emotional racy, and overall wellbeing for children across the UK.

#WakeUpWednesday®

The Nation Colleg

St. Helens Santa Dash

WILLOWBROOK HOSPICE
Every Contact Counts

Sunday 29th November

11.00am start

At the BrewDog Stadium





Adult €10, Child €5,
Family of 4 €20





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