# ST THOMAS OF CANTERBURY CATHOLIC PRIMARY SCHOOL
## WEEKLY NEWSLETTER

Friday 20th November 2026

**Anti-Bullying Week - Break the Silence**

This week, we proudly marked Anti-Bullying Week with the theme "Break the Silence."

Throughout the week, children took part in a range of activities and discussions, exploring the importance of speaking up, showing kindness, and ensuring that everyone feels safe, included, and respected.

A special thank you goes to our Pupil Leadership Team, who led a thoughtful and engaging assembly to introduce this year's theme. They did a fantastic job encouraging children to recognise the importance of using their voices to support others and stand up against bullying.

Across the school, pupils completed activities linked to the theme, reflecting on how they can contribute to a positive and caring school community.

We would also like to thank everyone who supported the Peer Mentors' non-uniform day. Thanks to your generosity, we raised an amazing £157.05 towards the purchase of a Buddy Bench for our playground. The Buddy Bench will provide a welcoming place for children who may be feeling lonely or looking for someone to play with, helping to foster friendship and inclusion at playtimes.
The Peer Mentors are still working hard to raise the remaining funds needed, so please keep an eye out for upcoming fundraising events. We are incredibly grateful for your continued support and look forward to reaching our goal together.

Thank you for helping us make St Thomas of Canterbury a place where we all have the confidence to Break the Silence and support one another.




## SAFEGUARDING AND WELLBEING

If you are ever worried about your child or another child, please come and talk to us.
We are always here to listen, support and help.

Designated Safeguarding Leads
Mrs VL. Gallagher
Mrs S. Thomas
Mrs J. Copperwheat

St Thomas of Canterbury
Catholic Primary School

# HEADTEACHER SPOTLIGHT



KINDNESS & HELPING OTHERS



HAPPINESS & JOY



INDEPENDANCE & SELF-RELIANCE



Thomas and Rosie have demonstrated our school value of Inquisitive through the fantastic volcano homework they created. They showed a real curiosity for learning, taking the initiative to explore the topic in greater depth and presenting their findings in creative and engaging ways. Their hard work, enthusiasm and attention to detail were evident in the high quality of their projects, and they should be very proud of what they achieved.
Well done, Thomas and Rosie!



RESILIENCE & PERSEVERANCE



BEING INQUISITIVE & CURIOUS



PRIDE IN OUR SCHOOL

# SCHOOL NEWS

## OPEN MORNINGS RECEPTION SEPTEMBER 2027

We are delighted to invite parents and carers who are considering a Reception place for September 2027 to come and visit our school.
A visit is a wonderful opportunity to see our learning environment, meet our dedicated staff, and find out more about the exciting experiences we offer our youngest learners. We are proud of our caring and nurturing community and would love the chance to show you what makes our school special.

- Thursday 3rd December 2026 at 09:30
- Thursday 7th January 2027 at 09:30

If you are unable to attend one of our open mornings and would like to arrange a visit, please contact the school office on 01634 234 677. We look forward to welcoming you and answering any questions you may have.

Come and discover how your child's learning journey could begin with us!

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**ST THOMAS OF CANTERBURY**

**XMAS CAKE OFF**

### Calling all bakers – big and little!

As part of this year's Christmas Fayre, we are running a Christmas Cake Competition!

We want to see your best iced or festive bakes. It's just £2 to enter and there will be a prize for the best judged cake. All cakes entered will be raffled at the Fayre.

Remember: **no nuts please!**

Please drop off cakes to the School Office on **Friday 27th November** with the form attached and your entry fee.

Thanks, The PTA.

ST THOMAS OF CANTERBURY
XMAS CAKE OFF

### Cake Competition Entry Form

Baker's Name: _____

Age (if child): _____

**Ingredients**

Please list below all the ingredients used in this cake. **No nuts please.**

Don't forget to include your £2 entry fee.

# SCHOOL UPDATES




## NEXT WEEK

**Tuesday 24th November**

- **Lost property Search (all lost property will be set out in the hall after school to be claimed, 15:35-16:00)**

**Wednesday 25th November**

- **Bring a bottle Tag day (Bottles are to be handed into the school office)**

**Friday 27th November**

- **Bake sale deadline (To be handed in at the school office)**

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**CHRISTMAS DINNER & JUMPER DAY**
**THURSDAY 17TH DECEMBER 2026**

**Must be Pre Ordered via Arbor "Clubs" section before 7th December**

Please be advised on this day we will not offer jacket potatoes or sandwiches/baguettes.




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**On Tuesday 8th and Wednesday 9th December 2026 at 2:00pm, our KS1 children will perform their Nativity. Families are warmly invited to attend and celebrate this special occasion with us.**

**On Wednesday 16th December, the KS2 children will have their Carol Service at the church. The service will take place from 1:30pm to 2:30pm, and families are invited to attend. Following the service, everyone is invited back to the school for mince pies and refreshments.**

NHS
North East London
NHS Foundation Trust

OSI Online Support and Intervention for Child Anxiety

Being away from caregivers

General worries

School worries

## DOES YOUR CHILD HAVE PROBLEMS WITH ANXIETY?

Bedtime fears

Social worries

Phobias (e.g. spiders, dogs, injections)

& more

## OSI COULD HELP YOU

OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!





## HOW TO ACCESS OSI

If your child attends one of our schools and you feel OSI would be helpful for you and your child, please scan the QR code which will take you to our website and the OSI self-referral form.

Alternatively, if you would like to discuss this further with someone or would like to consider alternative support, please speak with the Senior Mental Health Lead in your child's school.

We are kind. We are respectful. We work together with our communities.

# Medway Parent Carer Forum Child Health Conference

medway parents & carers forum

Registered Charity 1183572

23rd November

Lordswood Leisure Centre

9:45am – 2pm



Families book via Eventbrite.
https://mpcfsendhealth.eventbrite.co.uk

# ATTENDANCE

## Whole School Attendance:

| Year | Percentage |
|---|---|
| Reception | 99.6% |
| Year 1 | 96.7% |
| Year 2 | 99.6% |
| Year 3 | 99.3% |
| Year 4 | 99% |
| Year 5 | 98.5% |
| Year 6 | 98.4% |




At St Thomas of Canterbury Catholic Primary School, we believe every school day
is a step towards success.

Regular attendance helps children learn more, build friendships, and grow in confidence.

Even missing a few days can add up to lost learning time – and we want every child to have the best chance to shine!

## PRAYER AND LITURGY

### First Holy Communions

Registration forms for children wishing to make their First Holy Communion are available from the school office. Please collect a form and return it as soon as possible.

### Parish Priest: Fr Emmanuel Onwu

Please see the link to St Thomas of Canterbury RC Church below



**St. Thomas of Canterbury Church, Rainham, Kent**

St Thomas of Canterbury

St Thomas of Canterbury

The link to the parish newsletter is included below. Inside, you'll find all the latest parish news along with up-to-date Mass times.

https://www.rcrainham.co.uk/weekly-parish-newsletter.html

### CAFOD Children's Liturgy



**Children's Liturgy**

Prayers and resources for children's liturgy catechists.

cafod.org.uk



**Thirty-third Sunday in Ordinary Time**

Gospel: Matthew 25:14-30

CAFOD A better world needs all of us

CAFOD is the overseas aid agency for the Catholic Church in England and Wales. A better world needs all of us. Get involved at **cafod.org.uk**

Charity no 1160384 and a company limited by guarantee no 09387398. Illustration: Erika Pál.

# LUNCH MENU

23.11.2026
14.12.2026
18.01.2027
08.02.2027
08.03.2027

## WEEK ONE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Tomato Pasta with Garlic Bread** Homemade Tomato Pasta Sauce with Mixed Beans & Wholemeal Pasta, Oven Baked & served with Homemade 50/50 Wholemeal Garlic Bread | **Pork Hot Dog with Potato Wedges & Tomato Sauce** Red Tractor Accredited Pork Sausage, served with Homemade Oven Baked Potato Wedges & Tomato Ketchup | **Roast Chicken, Stuffing, Roast Potatoes & Gravy** Red Tractor Accredited Chicken served with Sage & Onion Stuffing, Homemade Roasted Potatoes and Gravy | **Beef Tortilla Stack with Rice** Red Tractor Accredited Beef & Red Kidney Beans Cooked in a Homemade Tomato-Based Sauce. Stacked Within Tortilla Layers, Topped with Cheddar Cheese & Oven Baked. Served with 50/50 Wholemeal Rice | **Fish Fingers or Salmon Fish Fingers, Chips & Tomato Sauce** Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup |
| **Autumn Vegetable Lasagna** A layered Lasagna made with Lentils in a Tomato Sauce, Topped with Cheese Sauce & served with Homemade 50/50 Wholemeal Garlic Bread | **Veggie Hot Dog with Potato Wedges & Tomato Sauce** Quorn Vegan Sausage in a Hot Dog Bun served with Homemade Oven Baked Potato Wedges & Tomato Ketchup | **Vegetarian Wellington, Roast Potatoes & Gravy** Homemade Wellington with Brown Lentils, Aubergine & Potato Wrapped in Vegan Pastry served with Roast Potatoes and Gravy | **Vegetable Pasta Bake** A Homemade Tomato Pasta Sauce with Mixed Beans & Wholemeal Pasta, Oven Baked. | **Cheese Whirl with Chips & Tomato Sauce** Cheese, Pepper, Lentil & Tomato Sauce in a Puff Pastry Swirl, with Oven Baked Chips & Tomato Ketchup |
| Each day we serve a choice of two vegetables such as carrots, broccoli, cauliflower, sweetcorn, peas, baked beans, green beans, cabbage, peppers. We also serve a daily salad selection for pupils to help themselves to. | | | | |
| **Cheese & Crackers** Cheddar Cheese Wedges with Cream Crackers | **Apple Crumble with Cream** Homemade Apple Crumble with an Oaty Topping, served with Double Cream | **Fruit Medley** A selection of Pineapple, Mandarin, Peach, Apple & Orange | **Syrup Sponge with Custard** Homemade Vanilla Sponge Drizzled with Golden Syrup & served with Custard | **Jelly with Mandarins** Strawberry Jelly served with Mandarins |

30.11.2026
04.01.2027
25.01.2027
22.02.2027
15.03.2027

## WEEK TWO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Classic Cheese & Tomato Pizza with New Potatoes** Homemade 50/50 Wholemeal Bread Base topped with Cheddar Cheese & a Homemade Tomato Sauce. Served with New Potatoes | **Spaghetti Bolognaise** Red Tractor Accredited Beef Mince & Brown Lentil Bolognaise Sauce served with Spaghetti | **Roast Gammon with Roast Potatoes & Gravy** Red Tractor Accredited Gammon Joint served with Homemade Roast Potatoes & Gravy | **Chicken & Sweetcorn Meatballs in Tomato Sauce with Rice** Red Tractor Accredited Chicken & Sweetcorn Meatballs in a Homemade Herby Tomato Sauce with 50/50 Wholemeal Rice | **Breaded Fish or Fishfingers with Chips & Tomato Sauce** Oven Baked Youngs MSC Accredited Breaded Pollock Fillet with oven baked Chips & Tomato Ketchup |
| **Mild Mexican Chilli with Rice** Homemade Mild Chilli Tomato Base with Mixed Beans & 50/50 Wholemeal Rice | **Vegan Spaghetti Bolognaise** Vegan Soya Mince in a Homemade Tomato Bolognaise Sauce with Spaghetti | **Roast Quorn with Roast Potatoes & Gravy** Vegan Roast Quorn Fillet, served with Homemade Roast Potatoes & Gravy | **Creamy Chickpea & Coconut Curry with Rice** A Mild Creamy Coconut Curry with Chickpeas served with 50/50 Wholemeal Rice | **Vegan Sausage with Chips & Tomato Sauce** Quorn Vegan Cumberland Sausage with Oven Baked Chips & Tomato Ketchup |
| Each day we serve a choice of two vegetables such as carrots, broccoli, cauliflower, sweetcorn, peas, baked beans, green beans, cabbage, peppers. We also serve a daily salad selection for pupils to help themselves to. | | | | |
| **Gingerbread Cookie** A Homemade Vanilla Cookie Flavoured with Ginger | **Chocolate Brownie with Chocolate Sauce** Homemade Chocolate Brownie made with Cocoa Powder, served with Chocolate Sauce made of Custard & Cocoa Powder | **Freshly Chopped Fruit Salad** A selection of Apple, Orange, Melon, Mandarin & Pear | **Sticky Toffee Apple Crumble with Custard** Homemade Sticky Toffee Apple Crumble with an Oaty Topping, served with Custard | **Golden Syrup Snap** Homemade Vanilla Biscuit Flavoured with Golden Syrup |

16.11.2026
07.12.2026
11.01.2027
01.02.2027
01.03.2027
22.03.2027

## WEEK THREE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Macaroni Cheese** Homemade Classic Macaroni Cheese, made with Cheddar Cheese. | **Chicken & Bean Fajita with Paprika Wedges** Homemade Fajitas made with 50% Red Tractor Accredited Chicken & 50% Kidney Beans served with Homemade Paprika Wedges | **Sausage with Roast Potatoes and Gravy** Red Tractor Accredited Pork or Chicken Sausages, served with Homemade Roasted Potatoes & Gravy | **Chicken & Sweetcorn Pie with Crushed Potatoes & Gravy** Homemade Pie with Red Tractor Accredited Chicken & Sweetcorn in a creamy sauce. Served with homemade Crushed Potatoes & Gravy | **Fishfingers, Chips & Tomato Sauce** Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup |
| **Sweet Potato & Lentil Curry with Rice** Homemade Tomato-Based Vegan Curry made with Sweet Potato & Brown Lentils & served with 50/50 Wholemeal Rice | **Vegetable Fajita with Paprika Wedges** Homemade Fajitas made with Red Kidney Beans served with Homemade Paprika Wedges | **Vegan Sausage with Roast Potatoes & Gravy** Quorn Vegan Cumberland Sausage, served with Homemade Roasted Potatoes & Gravy | **Tomato Pasta** Homemade Vegan Tomato Arrabbiata & Butterbean Pasta Sauce served with Wholemeal Pasta | **Cheese & Bean Puff with Chips & Tomato Sauce** Homemade Cheddar Cheese & Reduced Sugar & Salt Baked Bean Puff Pastry Pasty served with Oven Baked Chips & Tomato Ketchup |
| Each day we serve a choice of two vegetables such as carrots, broccoli, cauliflower, sweetcorn, peas, baked beans, green beans, cabbage, peppers. We also serve a daily salad selection for pupils to help themselves to. | | | | |
| **Oaty Cookie** An Oaty Cookie made from Oats, Wholemeal Flour & Self- Raising Flour | **Pear Crumble with Custard** Homemade Pear Crumble with an Oaty Topping, served with Custard | **Freshly Chopped Fruit Salad** A selection of Apple, Orange, Melon & Pineapple | **Jamaican Ginger Cake with Custard** Homemade Sponge Cake Flavoured with Ginger & Raisins, served with Custard | **Strawberry Mousse** Wibble Strawberry Mousse |

# OUR WEEK AT SCHOOL

## NURSERY

**Nursery used  story language to act out  Little Red Riding Hood. We talked about Stranger Danger and had great fun drawing maps to Grandma's house. We also made plans to trap and trick the Wolf.**





## RECEPTION

This week in reception we have been talking about celebrations like Remembrance Day and Diwali. We painted our very own paper plate poppies to help us to remember our fallen heroes and we then celebrated Diwali with the nursery by trying Indian food and having a dance party. What wonderful week celebrating.







# OUR WEEK AT SCHOOL

## Year 1 PE

## Shapes and Balances

In PE, we have been exploring how to make different shapes with our bodies. We have created long, small and pointed shapes, practised our balancing skills and worked together to make shapes with our friends.

We have also had great fun putting our shapes into sequences to music, keeping in time with a beat of eight.



Look at our amazing shapes and balances!

## YEAR 2



In Science, Year 2 have been investigating which materials are best for protecting an egg from breaking. The children explored different materials, including bubble wrap, cotton wool, fabric and newspaper, and made predictions about which would provide the best protection. They then put their ideas to the test by wrapping their eggs and dropping them to see if they would crack. The children enjoyed this exciting investigation and discussed whether their predictions were correct!





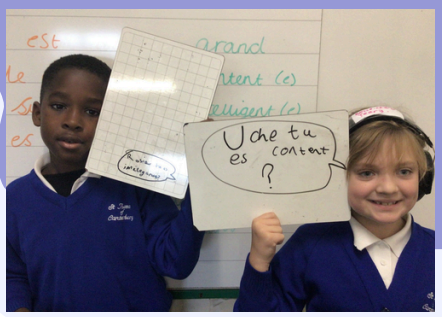




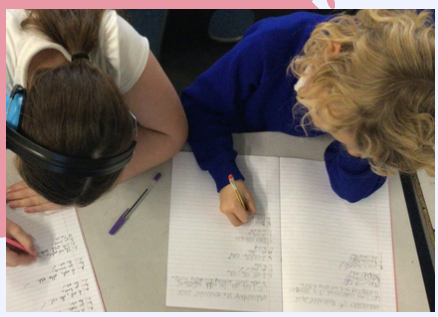
# OUR WEEK AT SCHOOL

## YEAR 3

This term in French, Year 3 have been learning the verb être (to be). We have practised using simple sentences such as Je suis (I am), Tu es (You are) and Il/Elle est (He/She is) to describe ourselves and others. To celebrate all of their hard work, we finished the topic by performing the popular Bonjour Song, enthusiastically singing and joining in with the actions. The children showed fantastic confidence and energy, and it was wonderful to see how much French vocabulary they had remembered. Bravo, Year 3!

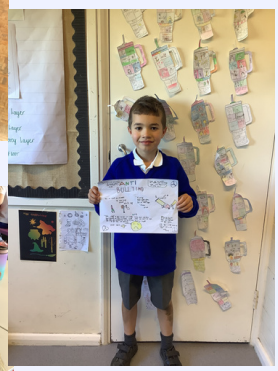




## YEAR 4







Year 4 have worked well this week and have been helping us to put together a fantastic science display to show our current learning all about States of Matter! In English, we have been publishing our leaflets all abouot Rainforests and have been using our handwriting pens with growing confidence to work on our letter formation. We cannot wait to perform our assembly this week as we have been working hard to make our own anti-bullying posters!

## YEAR 5

To support our RE work, we had a visit from Deacon Arthur this week who came into talk to year 5 about the scripture we are currently learning in class. We are learning about leaders in the Bible who have been chosen by God who have good values in their heart and show commitment to God. Deacon Arthur spoke to the children about Moses, King David, Samuel and Saul and how they are all good shepherds.




## YEAR 6







During Anti-Bullying Week, Year 6 explored the importance of kindness, respect and standing up against bullying. The children created thoughtful posters and powerful pieces of writing to raise awareness of the impact bullying can have on others. Through their work, pupils reflected on how everyone can play a part in creating a safe, welcoming and inclusive school community. We were incredibly impressed by the maturity, creativity and empathy demonstrated by the children throughout the week.

# IMPORTANT DATES

| New Dates in Red<br><br>Wider Curriculum Theme - Our Heritage | |
|---|---|
| Monday 16th November 2026 | Anti-bullying week |
| Thursday 19th November 2026 | 09:30 Reception 2027 open morning |
| Monday 30th November 2026 | Flu Vaccines – School nurse |
| Tuesday 1st December 2026 | MMA Carol Concert - KS2 - Rochester Cathedral |
| Thursday 3rd December 2026 | 09:30 Reception 2027 open morning |
| Tuesday 8th December 2026 | AM Nursery Nativity to parents |
| Tuesday 8th December 2026 | PM Reception and KS1 Nativity to parents |
| Wednesday 9th December 2026 | PM Reception and KS1 Nativity to parents |
| Tuesday 15th December 2026 | Rocksteady Chrsitmas Concert |
| Wednesday 16th December 2026 | KS2 Christmas Carol Service |
| Thursday 17th December 2026 | Christmas dinner and Christmas jumper day |
| Friday 18th December 2026 | Last day term – 14:00 finish |
| Christmas Holiday Saturday 19th December to Sunday 3rd January | |
| Monday 4th January 2027 | INSET Day – Staff only at school |
| Tuesday 5th January 2027 | Children return to school |