



Thomas's ACADEMY

December 2024
Newsletter

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Requests for pupil absence - [click here](#)

Facebook: [Thomas's Academy](#)

TikTok: [thomassacademy](#)

Instagram: [thomassacademy](#)

X (formerly known as Twitter)

:[@ThomassAcademy](#)

Contents

[Head's Report](#)

[Attendance and Punctuality](#)

[School Notices](#)

[Lunch Menu](#)

[Wrap-Around Care](#)

[Safeguarding and medical information](#)

[Learn to Learn Update](#)

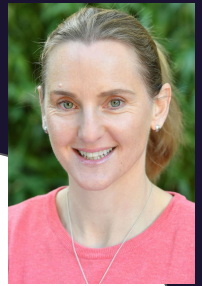
[Digital Learning](#)

[Community Notices](#)

[Upcoming Dates](#)



Head Teacher's Report



Dear Thomas's Academy Community,

It's been a very busy November with trips including to the Science Museum and The Lyric Theatre, dressing up opportunities and visitors to the school including our MP, Ben Coleman, and a theatre group called The Riot Act. We had a whole school focus on kindness and anti-bullying and were impressed at children's attention to this matter. This annual focus was centred around 'Choosing Respect'. As respect is a value at Thomas's Academy, children were already well-informed about what Respect is. To find out more about this national event, please click [here](#).

I am delighted to share that we have been successful in a grant application to the Elizabethan Schools Foundation (ESF). They found our application for funding to improve our outdoors compelling enough to grant their maximum amount of £5000. We thank them for their support to our school. You will notice gradual improvements to the outdoor areas. Thank you to all the volunteers who came to school on Saturday 30 December including staff, governors and parents to help with this project. We are working on further applications and would welcome any support from parents who have contacts which may be beneficial to our school community.

It is with a heavy heart that I announce that Miss Gigi will be leaving us on 10th December to return home to Australia. Her time at the Academy has had a huge impact on the whole community - an amazing accomplishment given her age. She has transformed the school social media presence and added fun and positivity all around. We thank her for her contribution to the school and wish her the very best in her next adventure. Ms Vontese will be taking on the role. Miss Ali will also be moving on at the end of December. We thank her for all her hard work and passion and wish her the best.

*I am delighted to announce the Governors have recently agreed an **IT upgrade for the school**. We will now look to purchase new interactive screens for the classrooms (nursery to Year 6) with new linked PCs and new ipads for the children to use. This upgrade is very exciting for our staff and children and we can't wait to have this up and running. Thanks in advance to Thomas's IT team for installing everything for us.*

It has been suggested, on many occasions, that we should follow the lead of other local schools by requesting regular voluntary contributions to support in purchasing resources and providing children with wonderful experiences. Please look out for this on the payment app and do contribute if you can.

In January, we warmly welcome 14 new nursery children adding to our thriving nursery. We are busily ensuring a smooth induction for these children and families. Please be reminded that the closing date for reception application is 15th January.

Finally, a huge thanks to the active members of the PTA who have been working very hard behind the scenes to organise events for this academic year. We are all looking forward to the Winter Fair.

Best wishes

Miss Kelly



November Attendance

Reception to Year 6 average attendance in November was 91.8% (95.8% in October), **which is below expected attendance.** We look forward to December's attendance being a lot better.

Please check the [website](#) for our term dates to ensure that you can plan family holidays without interrupting your child's education.

MOMENTS MATTER, ATTENDANCE COUNTS

Reception	Y1	Y2	Y3	Y4	Y5	Y6	Average attendance
83.9%	93.1%	88.9%	95.3%	97.2%	94.9%	87.5%	91.8%

Class attendance for the month of November 2024. Nursery is not statutory, therefore data is not included here.

Please note that we are obliged to contact the Local Authority if a pupil has unauthorised absences that equate to more than 10% within a ten-week period. This route will result in a Penalty Notice (PN) being issued or a referral to Family Services.

If there is a reason for your child to be absent, for example sickness or medical appointments, please email absent@academy.thomas-s.co.uk. For absence requests, a form can be collected from the school office for Miss Kelly to consider.

Punctuality is also incredibly important. The classrooms open at 8.45am at which point children enter and engage with learning activities - these tend to be maths revision and challenges to support children's retention of maths learning. The register is taken at 8.55am after which point children are marked late. School doors close at this time and children will only be able to enter via the front office.

Late children should be brought into the school (not left at the gate) so parents/carers can sign children in late. This is to ensure that children are safely handed over.

Children should be collected promptly at the end of their school day. Any parent collecting after being 10 minutes late, their child will be sent to Shine Bright Club and parents/carers may be charged a minimum fee of £10.

School Notices

Social Media

Did you know you can subscribe to the school blog to be notified when the school posts about something that is happening? To subscribe to the blog, either follow the link:

<https://thomassacademy.wordpress.com/>

or click on the subscribe button on the top right corner of our blog homepage.

Did you know we are also on TikTok, X (formerly Twitter), Facebook and Instagram!

Please follow us if you don't already!

Instrumental Lessons

If you would like your child to learn an instrument whilst at Thomas's Academy, please do let us know. We currently offer piano, cello and violin.



Parent Governor

We are pleased to have two of our parents join our Governing Board. These two parents are bringing significant expertise and passion to support the school in its continuous growth and success. Please see the links below for the supporting statements from our two new Governors.

[Jenny Yang](#)

[William Carlson](#)



Thank you to **'Pines and Needles'** who are again donating a Christmas Tree to Thomas's Academy.

They are selling trees at St John's Church at the Southern end of North End Road. **Use code School10 to receive a discount.**

We are looking for a set of willing parents to decorate our tree when it arrives. Please let Karen Carpenter in the office know if you can help.

Green Unicorns

Two pupils from each year group will soon be chosen for our 'Green Unicorns' team. This group of young environmentalists will meet each half term to collaborate on sustainability efforts at Thomas's Academy.



School Notices

What have we been up to in November?

Year 3's visit to the Science Museum

On 14th November, Y3 went to the Science Museum.

We visited the wonderful Wonderlab and we saw

amazing science experiments using fire and dry ice!

We had fun using the friction slides and trying to lift

each other as high as we could on the weighted chairs.

After this, we explored the 'Flight' exhibition, where there

were lots of old planes and interesting people to read

about. We even saw 'Lucky Jim' who was the first toy cat

to fly over the Atlantic Ocean!

We then had our delicious lunch (the best bit was the

chocolate cookie) then we got back on the tube and

returned to our super school.

It was the best trip ever!

By Delina and Zaki

SCHOOL COUNCIL

The school council met with Miss Kelly on 29 November. They voted on the winning Road Safety Posters and discussed issues around the school. Well done to this wonderful team of school ambassadors.

Hot Chocolate with Miss Kelly



At Thomas's Academy, children from Reception to Year 6 are awarded with house points for extra effort with their learning or behaviour. We operate a house points shop which has resulted in many children enjoying a hot chocolate with the head teacher. A very exciting event!

House Points Shop R-Y3	
 10	 20
 40	 60
 80	 100

House Points Shop Y4-Y6	
 20	 40
 60	 80
 100	 120

School Notices

What have we been up to in November?

Year 5 and 6 trip to see Aladdin Pantomime

Aladdin Panto

On the 20th November, Year five and Year six went to watch Aladdin at the Lyric Theatre in Hammersmith. When we got there we had to go up tons of flights of stairs, then we sat down on the first level. Whilst we waited for it to start, they played songs and some schools below were singing.

When it finally started, the lights went out and everyone started getting really excited, it was so loud. Then, this genie appeared out of nowhere, it was magical. The panto was about a boy called Aladdin and a princess called Jasmine, and her evil stepfather who wanted a magical lamp. But only Aladdin could open the secret door to find it, so he forced Aladdin to get it for him, but Aladdin took so long to get it that he left him. Then we had a break for 20 minutes (the interval).

Aladdin found the lamp and used it to become rich so Jasmine would like him but she liked him when he was himself. After that, Jasmine's dad scammed Aladdin for his lamp then he locked Jasmine and Aladdin in the place he had found the lamp but they escaped on a magic carpet. Then they freed the genie which was locked up by the evil stepdad and they lived happily ever after. Finally, we went back to school and had lunch.

YS Iphig



School Notices

What have we been up to in November?

Year 5 & 6 CWIZZ Competition

CWIZZ Competition

At the competition, there were 5 quizzes to do. Everyone was in a group of 4. (2 year 5's and 2 year 6's) in the middle of each quiz an author would read a bit of their books and they would ask questions. If you got it right you would get their books as a prize! After 3 quizzes we got a break with snacks. (We got to eat KitKats and juice) then we did 2 more quizzes. Sadly, Thomas's Academy didn't win anything even when we did a raffle for an author visit. 😞 They did do a raffle for individual children and some people from Thomas's Academy won!

After we got to keep our raffle tickets so I kept mine. We got taken out of class to go to the reading quiz. So we missed the rest of school. Everyone got back around 5 so we missed our clubs too then our parents picked us up. Also, at the reading quiz, everyone knew so much about all of the books there. We were allowed to buy books if we brought money and get them signed! It was so fun! I hope we go again next year.

by Violet, Year 5



School Notices

What have we been up to in November?

Year 5 Healthy Friendships Workshops

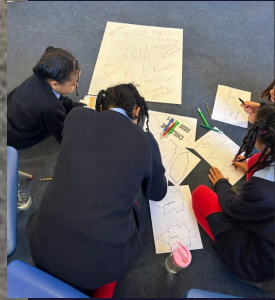
Healthy Friendships and relationships workshops

On Monday, Year 5 worked with Tender, a charity which acts for healthy and positive relationships. Tender taught Year 5 what makes a happy and unhappy relationships. One reason for an unhealthy relationship is there is an unequal balance of power between the people in the relationship. In a happy relationship, there is an equal balance of power. Tender also played games with Year 5. One of the games was Chinese Whispers, where someone whispers a word or phrase to another person, and then that person whispers that word to another person and the cycle repeats. This goes on until the word/phrase reaches the last person. Then the last person shouts what he or she heard to see if that was the original word/phrase the first person said. After that Year 5 put careers where they thought were most powerful or least powerful. Towards the end of the day, Tender said goodbye to Year 5, but Year 5 were going to see them on Tuesday.

On Tuesday, Tender asked Year 5 to do a presentation to show what they had learnt to Year 4 and Year 6. Year 5 performed brilliantly. Our presentations were split into six groups: Introducers, Types of Relationships, Can I have a go? (A drama), Waiting (Another drama) and the Support Tree. After the presentation ended, Tender said goodbye and said they were a wonderful class to teach.

Overall, I really enjoyed the workshop and recommend it to other children. I hope we have another workshop like this.

Bao Bao, Year 5



School Notices

School Trips

At Thomas's Academy, the pupils are very fortunate to have a number of trips every year. It is important that when out in public, we represent the school well. It is very important that children wear full school uniform on trips unless it is specified otherwise such as for outdoor learning. Being in full school uniform on trips supports with behaviour and it is important for keeping children safe.



Parents and carers are invited to a

Phonics Workshop

(nursery, reception and Year 1)

9am on 5th December at Thomas's Academy

Sign up [here](#)

What is phonics?

Is my child making good progress?

How can I support my child to learn to read?

How is phonics taught?

How can I prepare my child for phonics screening in Year 1?



School Notices

December's Mind Parent Bulletin

Disability History Month

Parent & Carer Bulletin no. 4 – December 2024



14th NOVEMBER – 20th DECEMBER IS DISABILITY HISTORY MONTH!

Disabilities can affect us physically, mentally, and in the way we learn and communicate.

Having a disability does not mean we're 'less than' or that we're 'suffering'. But life can be more challenging at times – so it helps if we feel included and understood.

Watch videos with your child to increase understanding and empathy, and to normalise disabilities.

Click the pictures to hear the experiences of children, TV presenters, and TikTok creators whose disabilities include Down's Syndrome, blindness, cerebral palsy, and dyslexia.



Advocating for a child with disabilities...

Know your child's rights: familiarise yourself with the school's Special Educational Needs (SEN) Information Report and disability policies, as well as Government guidance [HERE](#).

Schools have a duty to make 'reasonable adjustments' to ensure students with disabilities are not discriminated against. These can include providing extra support such as specialist teachers or equipment. Share your child's strengths and support needs with your school so they make the right adjustment.

If your child's support needs go beyond what a school can typically deliver you can apply for an Education, Health and Care Plan (EHCP) via your Local Authority. It is a legally binding document outlining the child's special educational needs and the specific provision the school will deliver to meet each of the needs.

Build relationships with teachers and/or the special educational needs coordinator (SENCo) and request regular check-ins to resolve any issues swiftly.

Involve your child in decision-making to build their self-advocacy skills and confidence.



Useful Links

- [Help if you have a disabled child: Overview - GOV.UK](#)
- [MENCAP learning disability charity](#)
- [SCOPE disability charity](#)
- Council SEND Local Offers:
 - [Hammersmith & Fulham](#)
 - [Ealing](#)
 - [Hounslow](#)
 - [Kensington & Chelsea](#)



School Notices

Gardening

At Thomas's Academy, all children participate in regular gardening activities with our gardener, Pascale. In order to cover the costs, we will be asking families to contribute £5 per child per term. Please arrange these payments over the School Money App. This will commence from January 2025. Thank you for your continued support.

'100 Club' trip to The Hurlingham Club- 6/12/24

The top attenders in the school have been invited to go to The Hurlingham Club on Friday 6th December for a play on the Adventure Playground and a walk around the club to see the Christmas lights. The staff at the Club have shown great hospitality and we are looking forward to developing this new partnership further over the year.

Anger Awareness Week 1st- 7th December

HFEH Mind have created a resource for children to help them understand what anger is, how they can recognise it and simple ways that may help them manage it. Please see the resource on the following page.



Anger Awareness Week

1st - 7th December 2024



Hammersmith,
Fulham, Ealing
and Hounslow

What is Anger and when might I feel it?

Anger can be understood to be a very strong feeling of being upset, annoyed or frustrated. It is one of your body's secondary emotions - and this means that, despite it being an emotion that often feels very powerful, other emotions are typically behind it.

The two main emotions behind anger include fear and sadness. Think of the last time you were angry, did something happen beforehand that may have made you feel hurt or worried? We are much more likely to shift into a more angered state, often without knowing, when we are in a situation that causes these emotions to appear. However, we are less likely to recognise these due to the way anger makes us respond.

Bullying, friendship worries, struggling with school work and changes to your hormones are common causes that can make you feel angry more often.

Why are some anger responses bad?

When we feel angry, the way we act can often be negative. We may hurt someone else or do something that puts ourself in danger and then regret it later - but we might not really understand why we acted that way.

This can cause us to get in trouble more at school or at home - and may make us think more negatively about ourselves. We may then worry about the way we will act - causing us to be fearful of the consequences and therefore be more likely to experience anger.



It is important to remember that you are not the problem, the response to anger is!

What are some of the signs that I'm getting angry?

Behavioural

- You may notice that you want to shout more at other people. This is a very common sign that your body is feeling emotions that needs to be released.
- You may notice that you feel more agitated and might say something hurtful to people you care about.

Bodily

- You may notice that your heartbeat speeds up as you begin to feel more and more angry.
- Your stomach may begin to feel different as your body responds to changes (flight or fight responses) that prepare you to act out of anger.

Emotional

- For some, when they feel very angry, they begin to feel tearful. This is a common response and signals that another emotion, such as sadness (which we discussed above), may be the cause.
- You may feel yourself becoming overwhelmed before you get angry. Your senses might be overloaded, or your mind might be full with worries or thoughts. This can trigger our flight or fight response as well as the underlying emotions.



Is anger always bad?

Anger is a natural emotion that we will all feel at some point in our lives. As an emotion, although often seen as negative, it still serves a function for us. It can signal that there is something wrong or that something has hurt us - and allows our body to enter the flight or fight mode. As mentioned above, it is only when we lose control of our anger and respond in a negative way that it can become a problem.

How can I manage my anger?

Movement

- Movement can be an excellent way to release some of the pent up feelings that you may have. Movement releases chemicals into our brain that can make us feel happier and more calm - making it easier to spot when you are getting angry and reducing the responses. You can try:

1. Making movement a part of your daily life, such as with regular walks or runs - or even try out a new sport.



2. Kinaesthetic techniques.

These techniques can bring you out of moments of intense emotion and back into the present - making it easier for you to not act out of anger. Try squeezing your fists as tight as you can and then releasing them when you feel yourself getting angry. Focus on the feeling of relief when you relax your muscles.



Mindfulness

- Sometimes it can be difficult to pinpoint exactly what we are feeling - but we know that other emotions can sometimes be behind our feelings of anger. When you notice signs that you are getting angry, take a moment to really focus on what it is you are feeling. Remember it is a natural reaction. Are you feeling sad? Are you feeling worried? By recognising what we are actually feeling, it can be easier to process and makes us less likely to act negatively. Recognising that you are angry can also make it easier for you to control your responses.
- When you notice that some of your signs are appearing, take a moment to try breathing exercises. These can reduce the amount of anger we are feeling by bringing our body out of the flight or fight response. Count while you inhale for three seconds, hold your breathe for three seconds and exhale for three seconds.



Talk

- It can be very difficult to talk to people about anger. Many times, we may think that the other person may get annoyed at us for feeling angry. However, being able to communicate that you are angry (and might need support) can really help.
- If something has hurt or annoyed you, try talking to someone you trust. This could be a friend, a family member or a teacher. By talking about it, you can release some of the feelings instead of allowing them to build up to an anger response.
- Sometimes, movement and mindfulness might not fully reduce how you feel in the moment - and that is okay. When this happens, continue to try the techniques and talk to someone you trust (a teacher or parent). Tell them you are struggling to control your feelings and might need to leave the situation. By communicating how you feel, it can stop you from acting in a way that you might later regret and allow others to understand better.



Remember that managing anger is not easy. You might not always get it right, but over time, it can become easier.

**To learn more about the support we offer, visit our website:
www.hfehmind.org.uk**



School Notices

CHRISTMAS LUNCH



THURSDAY 12th DECEMBER 2024

Traditional Roast Turkey & Sausage

or

**Festive Leek Wellington & Veggie Sausage
Served with Roast Potatoes, Roasted Carrots,
Peas & Brussels Sprouts,
Yorkshire Pudding and Gravy**

**Followed By
Christmas Festive Desserts
or Fresh Fruit**

LUNCHTIME CO[®]

The 12th
December is
also Christmas
jumper day!



School Notices

FREE books for your school when you buy at the Book Fair!

SCHOLASTIC TRAVELLING BOOKS

COME to the BOOK FAIR

A pop-up book-store with hundreds of books from just £2.99

DOG MAN The Worst Street Story EVER! **DAVE PILMEER**
Save £3
£12.99 £9.99

Jonty Gentoo The Adventures of a Penguin. **From the creators of Zog**
Save £5
£12.99 £7.99

WIGGY JELLY AND A Wobble
JUST £2.99

MY BIG FAT POO DIARY
£8.99

COBWEB **MICHAEL MORPURGO**
Paperback perfect for the weather!
£7.99

TOM GATES **FIVE STAR STORIES** **Julia Picken**
£7.99

A work of staggering importance.

Date: 2nd - 5th December 2024

Scan the QR code to pay online!



School Notices

OUTDOOR LEARNING!

To celebrate the end of term and enjoy the outdoors, children from Reception to Year 6 will participate in sessions with Thomas's Outdoors Department.

Morning trips will be leaving school at 8.45 and returning at 12.30pm.

Afternoon trips will be leaving school at 11.45pm and returning at 3pm. We will be travelling by coach.

- Please ensure your child brings a water bottle in a backpack that allows hands-free carrying.
- Send your child in PE kit, a warm coat, shoes that can get dirty, and any other weather-appropriate clothing.

MONDAY 9 DECEMBER: AM Y5 PM Y2

TUESDAY 10 DECEMBER: AM YR PM Y3

WEDNESDAY 11 DECEMBER: AM Y6 PM Y1

THURSDAY 12 DECEMBER: PM Y4



School Notices

What's happening in Design and Technology?

Autumn 2024 16th - 18th December



YEAR 1

Food and Nutrition: Smoothies

Children will have opportunities to develop food preparation skills with an increased focus on taste testing and ingredient choices.



YEAR 2

Mechanisms: Moving monster

Children will design and make a moving monster with working linkages and pivots.



YEAR 3

Textiles: Cushions

Children will learn how to use cross-stitch and appliqué when designing and making a cushion.



YEAR 4

Mechanical Systems: Slingshot car

Children will design and make a car with a working slingshot mechanism and housing the mechanism using a range of nets.



YEAR 5

Food and Nutrition: Developing a Recipe

Children will learn a simple bolognese recipe and adapt it to improve nutritional content.



YEAR 6

Structures: Playgrounds

Children will design and build a playground with various structures, considering the use, effectiveness and aesthetics of each piece of equipment.



School Notices

RE Days

18-20th December 2024



Year 1 - Gifts and Giving

This 'Gifts and Giving' unit will encourage the class to think about different types of gifts we can give and why giving is important. It will also teach your class about the Christian celebration Christmas and the Islamic festival Eid al-Fitr. Children will learn why Christmas can be important to many Christians and why Eid al-Fitr can be important to many Muslims. Children will learn how they are both celebrated and will then go on to explore the importance of giving and gifts in both celebrations.



Year 2 - Light and Dark

This 'Light and Dark' unit will teach the class about the importance of light to many in Christianity, Hinduism and Judaism through learning about Advent, Christmas, Diwali and Hanukkah. Children learn how and why light can be important to each festival through participating in lots of practical and creative activities. Children then go on to think about what light and darkness can represent and symbolise in each religion. Towards the end of the unit children will begin to make simple links and comparisons between the different religions.



Year 3 - The Nativity Story

This unit will teach the class about the key parts of the Nativity story. The children will work creatively to enhance their learning experience. They will find out how the Nativity story began, the journey undertaken (relating it to the children's own understanding of journeys and distance), where Jesus was born and why, the visitors who came after the birth and how baby Jesus' life was at risk. The unit will conclude with the children thinking through the different parts of the Nativity story to decide what they feel is the most significant part of the story for Christians today.



Year 4 - People of Faith

Children will learn about the lives of people of faith from different religions. They will identify key events in their lives, how their faith and beliefs have influenced them to overcome challenging circumstances, and how it has inspired their lives and work. They will compare and contrast these experiences throughout the unit. Children will explore their stories before examining the role of beliefs and/or faith in their own lives.



Year 5- The True Meaning of Christmas

This Christianity unit will teach the class about the true meaning of Christmas for Christians. The children will work creatively to enhance their learning experience. They will start by questioning the meaning of Christmas to them and then learn about the Christian meaning of Christmas. The children will question if the true meaning of Christmas is still present today and question if the meaning has changed for some.



Year 6 - Creation Stories

Children will learn a range of creation stories from world religions, less known or extinct religions as well as different cultures. They will sequence, compare and contrast the stories throughout the unit. In addition, they will be choosing a variety of ways to present their work which will enable them to reinforce key literacy and computing skills.



School Lunches

School Catering - Autumn Menu (November - March)

LUNCHTIME CO®

WEEK 1 MENU

WEEKS: 04/11, 25/11, 16/12, 20/01, 10/02, 10/03, 31/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted Vegetable, Tomato & Chickpea Pasta Bake & Mixed Vegetable	Thai Chicken Curry Served with Fragrant Rice & Medley of Green Vegetables	Roast Chicken served with Roast Potatoes, Carrots, Broccoli, and Gravy	Beef Bolognese served with Spaghetti, Homemade Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad	Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans
MEAT FREE	Cheese & Tomato Pinwheels Served With Wholegrain Rice & Mixed Vegetable	Roasted Butternut Squash & Spinach Thai Curry Served with Fragrant Rice & Medley of Green Vegetables	Quorn Fillet served with Roast Potatoes, Carrots, Cabbage and Gravy	Vegetable & Lentil Bolognese served with Penne Pasta, Homemade Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans
Lunchtime Lunchbox	Cheese or tuna mayo sandwich served with mixed salad	Roasted vegetable wrap served with mixed salad	Chicken salad sandwich served with mixed salad	Cheese sandwich served with mixed salad	Cheese or tuna mayo sandwich served with mixed salad
DESSERTS	Vanilla Shortbread Biscuit Or Fresh Fruit Pot	Natural yogurt served with healthy toppings & fruit compote Or Fresh fruit pot	Apple Flapjack Or Fresh Fruit Pot	Natural yogurt served with healthy toppings & fruit compote Or Fresh fruit pot	Vote for your favourite dessert Or Fresh Fruit Pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 2 MENU

WEEKS: 11/11, 02/12, 04/01, 27/01, 24/02, 17/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margarita Pizza Served with Baked Potato Wedges, Peas & Sweetcorn	Marinated Jerk Chicken Served With Rice & Peas, Mixed Vegetable	Roast Turkey served with Roast Potatoes, Carrots, Broccoli and Gravy	Italian Meatball in a Rich Tomato Sauce Served with Pasta & Mixed Vegetables	Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans
MEAT FREE	Rainbow Pizza Served with Baked Potato Wedges, Peas & Sweetcorn	Sweet Potato & Black Bean Jerk Curry Served With Rice & Peas, Mixed Vegetable	Cauliflower, Broccoli Lentil Cheese Bake Served with Roast Potatoes, Carrots, Broccoli and Gravy	Italian Vegan Meatball in a Rich Tomato Sauce Served with Pasta & Mixed Vegetables	Vegan Sausage Roll served with Chips, Garden Peas or Baked Beans
Lunchtime Lunchbox	Roasted vegetable wrap served with mixed salad	Tuna or egg sandwich served with mixed salad	Chicken salad sandwich served with mixed salad	Cheese baguette served with mixed salad	Chicken wrap served with mixed salad
DESSERTS	Chocolate Shortbread with Orange Wedge Or Fresh Fruit Pot	Natural yogurt served with healthy toppings & fruit compote Or Fresh fruit pot	Oat & Raisin Cookie Or Fresh Fruit Pot	Natural yogurt served with healthy toppings & fruit compote Or Fresh fruit pot	Vote for your favourite dessert Or Fresh Fruit Pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 3 MENU

WEEKS: 18/11, 09/12, 13/01, 03/02, 03/03, 24/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Traditional Macaroni Cheese Served with Homemade Garlic & Herb Bread, Seasonal Vegetables	Turkey Tikka Served with Rice, Naan Bread Finger and Mixed vegetable	Chicken Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy	Beef Lasagna Served with Homemade Garlic Bread & Mixed Vegetables Or Fresh Salad	Fish Fingers Served with Chips, Garden Peas or Baked Beans
MEAT FREE	Moroccan Vegetable & Chickpea Tagine Served with Crusty Whole meal Bread	Vegetable Tikka Served with Rice, Naan Bread Finger and Mixed vegetable	Quorn Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy	Tex Mex Vegan Mince & Cheese Burrito Served With Mixed Vegetables Or Fresh Salad	Fishless Fish Fingers served with Chips, Garden Peas or Baked Beans
Lunchtime Lunchbox	Cheese or tuna mayo sandwich served with mixed salad	Turkey wrap served with mixed salad	Egg mayo baguette served with mixed salad	Cheese sandwich served with mixed salad	Chicken salad sandwich served with mixed salad
DESSERTS	Chocolate Brownie Or Fresh Fruit Pot	Natural yogurt served with healthy toppings & fruit compote Or Fresh fruit pot	Banana & Orange Sponge Or Fresh Fruit Pot	Natural yogurt served with healthy toppings & fruit compote Or Fresh fruit pot	Vote for your favourite dessert Or Fresh Fruit Pot

Making lunchtime the highlight of your day



Wrap-Around Care at Thomas's Academy

Please book in advance



Running from 3:15 - 6:00 pm
Monday - Friday

£10 from home time - 4:30pm per day
£15 from home time 3:30pm - 5:30pm per day
£18 from home time 3:30pm - 6:00pm per day

SHINE BRIGHT

AFTER SCHOOL CARE CLUB

CHILD-LED ACTIVITIES
OUTDOOR GAMES
ART/CRAFTS
MUSIC/SPORT
SEASONAL ACTIVITIES
BRING YOUR OWN SNACKS
NO NUTS OF ANY KIND

For more information contact
afterschoolclub@academy.thomas-s.co.uk

Thomas's ACADEMY

WELCOME !



Breakfast Club

Thomas's ACADEMY

Food	Activities
Monday Cereals, toast, and fruit	Monday Games and Small World
Tuesday Cereals, scrambled eggs with soldiers and fruit	Tuesday Colouring and Crafts
Wednesday Cereals, bagels and fruit	Wednesday Games and Small World Puzzles and Lego
Thursday Cereals, beans on toast and fruit	Thursday Train Set and Games
Friday Coco pops or toast and chocolate spread/jam (Friday only) and fruit	Friday iPads (Friday only)

When 8am
Lower Hall

For further information email info@academy.thomas-s.co.uk
£3.50 per day - to be booked via the school payment app



Safeguarding

Miss Kelly, Head Teacher, is our Designated Safeguarding Lead (DSL). Deputies (DDSL) are Mrs James, Miss Wood, Miss Dairo and Miss Shen.

To find out more about our approach to Safeguarding, you can read the Safeguarding policy, plus others, on our website:

<https://www.academy.thomas-s.co.uk/policies-outcomes/school-policies>

We have a Safeguarding email address should you wish to contact the Safeguarding Team at school. It's tacsafeguarding@academy.thomas-s.co.uk.

At Thomas's Academy, Safeguarding is our top priority. Please let one of the safeguarding leads know if you have any safeguarding concerns. Confidentiality is important so we encourage speaking to these adults directly or to Children's Services directly.

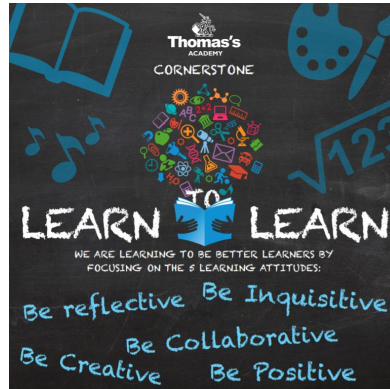
Contacts and Collection

Please let the office know on info@academy.thomas-s.co.uk if you change any personal details such as your email address or phone number in order that you receive all our communications. **We require at least two contacts for all children.** Also, please let us know if someone different is collecting your child or after school arrangements have changed. These are important measures to keep your children safe. For your information, only children in Year 6 are permitted to leave school at 3.30pm unaccompanied. All children should be collected from after-school clubs.

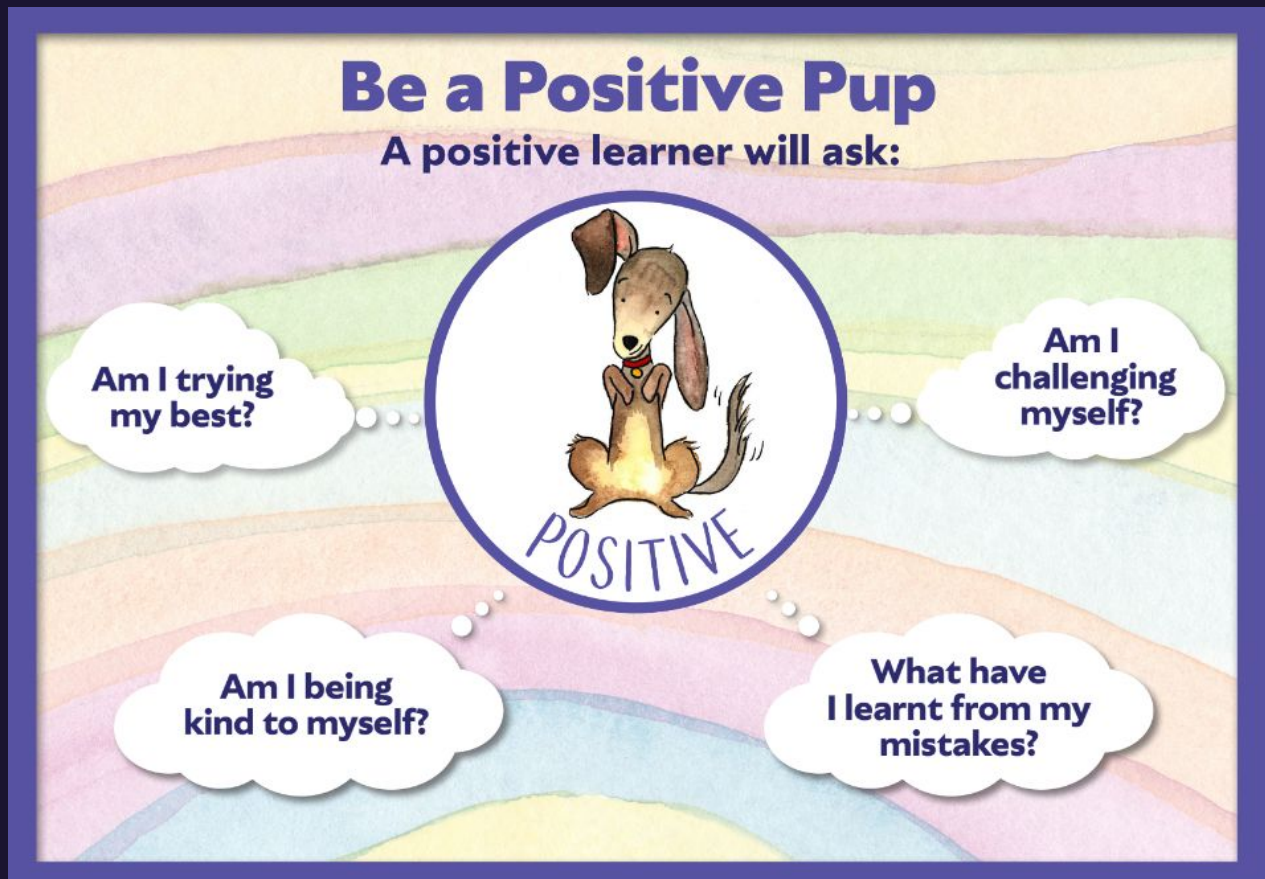


Learn to Learn

Our focus for this half term is **BE POSITIVE**.



Pupils need to be confident enough to attempt a difficult task, resilient enough to persevere and willing to fail to learn effectively. This learning behaviour is fundamental to the success of all of the others.



Digital Learning

We are committed to keeping children safe online and supporting parents with ways to embed these strategies at home. Our PSHE and computing curriculum teaches children how to use the internet safely and what to do if things go wrong. If you are concerned about anything related to this, please speak to a member of staff.

Please use the links below for any necessary support.

Technology at Thomas's Academy

We have subscriptions designed to support children's learning in school and at home:

- Tapestry (Early Years)
- EdShed (Y1 - Y6) (*Spelling Shed is the winner of the Teach Primary Awards 2024 in the Apps category*)
- Times Tables Rock Stars (Y3 - Y6)
- Lexia (selected children in Years' 1 - 6)
- Seesaw (Y1 - Y6)

If you need support with any of the above, please send us an email so we can help.



Parental Support

Talking to children about life online:

- “Digital family agreement”
- The digital 5 a day
- “Talking to your child about online safety”



Community Notices

**The Fulham Palace
Festive Light Display**

28th November to 22nd December.
5.00pm - 9.00pm
FULHAM PALACE

www.londonilluminatedlights.co.uk



Premium Christmas Trees
For Sale Here

Free local delivery - Call now
07930 441 452



Click
below for
other
Growing
Space
events


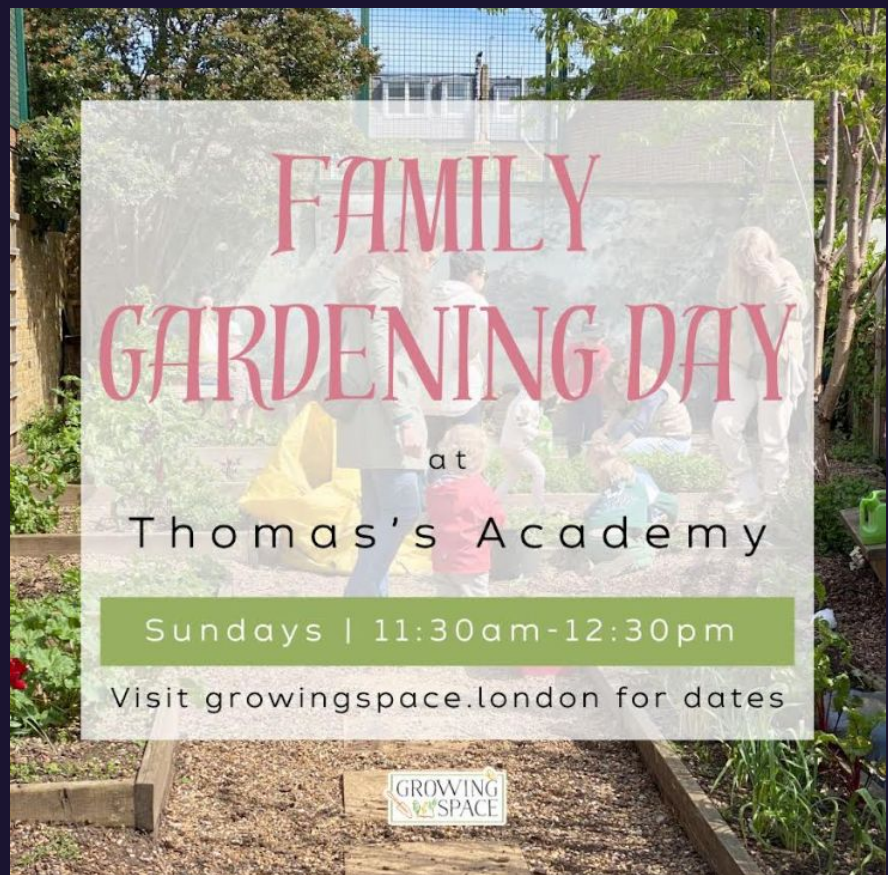


**FAMILY
GARDENING DAY**

at
Thomas's Academy

Sundays | 11:30am-12:30pm

Visit growingspace.london for dates



Upcoming Dates

(live version available on [the website](#))



December 2024

2nd	Adam from CFC working with various classes. Church Visits (Christianity) Book Fair, after school Y4 to Fulham Palace
3rd	Year 4 swimming Church Visits (Christianity) Book Fair, after school
4th	Year 2 to watch Nativity in Thomas's Fulham Advent Assembly led by local Pastor School tour Book Fair, after school
5th	Phonics workshop for parents - sign up here Book Fair, after school
6th	Parents Workshop 'Triple P' Programme
9th	Adam from CFC working with various classes Year 2 and 5 outdoor learning
10th	Year 4 swimming Gardening for Year 6 Reception and Year 3 outdoor learning
11th	School Tour Year 5 class assembly at 9am Year 6 and 1 outdoor learning
12th	Christmas lunch and jumper day Last day of extra-curricular clubs for this term Thomas's Academy pupils to watch the KS1 nativity Year 4 outdoor learning
13th	Parents Workshop 'Triple P' Programme KS1 Nativity to parents - 9.30am Year 5 to St Paul's Junior School Winter Wonderland School Fayre
16th	Adam from CFC working with various classes. Design Technology focus day
17th	Early Years Christmas Songs - 2pm Design Technology focus day
18th	School Tour RE focus day
19th	RE focus day
20th	Last Day of Autumn Term - Children Finish at 2pm (No Shine Bright Club)

**Please
ensure no
holidays are
booked
during
term-time!**



**Y3 trip to
the
Science
Museum**



Upcoming Dates

(live version available on [the website](#))



January 2025 (so far)

6th	INSET day - no pupils
7th	Children return to school
8th	School tour
9th	Year 4 to the Science Museum
13th	Extra curricular clubs begin today
15th	Deadline for reception class applications School tour
20th	Adam from CFC working with classes Visit from The English Hub
22nd	School tour
27th	Adam from CFC working with classes
29th	School tour

Please ensure no holidays are booked during term-time!

Cooking club!



Ben Coleman, our local MP.

Positive Noticing Day

