



Thomas's

ACADEMY

November 2025
Newsletter

Contacts

www.academy.thomas-s.co.uk

General and office:

info@academy.thomas-s.co.uk

Safeguarding team:

tacsafeguarding@thomas-s.co.uk

Reporting pupil absence:

absent@academy.thomas-s.co.uk

SENDCo:

sendco@academy.thomas-s.co.uk

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

Facebook: [Thomas's Academy](#)

TikTok: [thomassacademy](#)

Instagram: [thomassacademy](#)

X: [@ThomassAcademy](#)

Phone: 0207 736 2318

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Head Teacher's Update



Dear Thomas's Academy Community,

The newsletter is a wonderful opportunity for us to showcase all the wonderful things going on at Thomas's Academy. I see evidence of this everyday as I go around the school but seeing it pulled together and shared in this way provides a great sense of pride. I hope you enjoy this month's newsletter as much as I do.

Thank you to all parents who met with staff in the recent parents meetings. We firmly believe that working together benefits the children in our community. We are looking forward to upcoming events that are shared with families including the International Food Festival and our phonics presentation for parents (more information available later in this newsletter).

Our INSET day was a busy one for staff. Teachers, along with our Quality First Education colleagues, had input from Dr Tim Mills on the new writing framework. This was the second instalment of high quality input that will enable us to continually improve our writing offer at Thomas's Academy. Teachers were introduced to a new scheme for spelling also which we are excited about. This, in combination with our renewed focus on handwriting, provides a really strong writing curriculum. I have included a page on handwriting in this newsletter to provide you with more information. The day also provided our staff with an opportunity to carry out some more professional development related to safeguarding and health and safety. Finally, our wonderful support staff also took the opportunity to make improvements to the environments which is always nice at the start of term.

If you have any concerns about your child, the class teacher is always a good place to start a conversation. If you have questions about clubs or payments, then Karen in the office will be able to help with this. In addition, I always enjoy speaking with parents so please do not hesitate to approach me in the playground.

Miss Kelly



Upcoming Dates

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

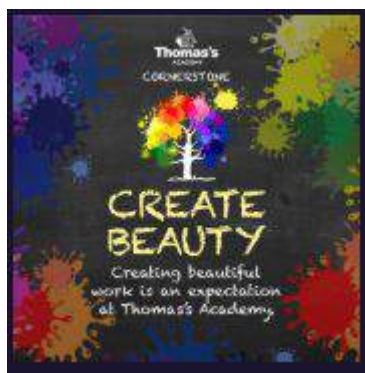
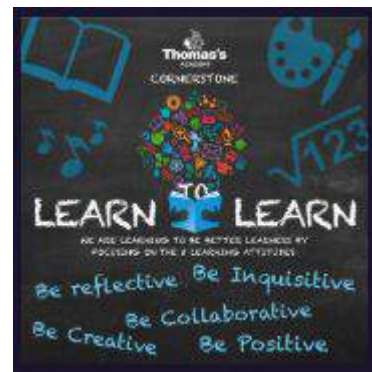


November 2025

3rd	INSET Day - school closed to children
4th	Swimming for Y4
5th	B-Better Hip Hop Assembly
7th	Y3 to Saatchi Gallery (school uniform please) International Food Festival after school Children may wear international clothes
10th - 14th	Kindness and anti-bullying week - This week includes Positive Noticing Day on 12th and Children in Need Day on 14th.
10th	AlienZoo Rhythmic Gymnastics Assembly and Rhythmic Gym workshops Y1-6
11th	Swimming for Y4 Y5&Y6 Girls 'Inspire Her' foundation project
13th	Metropolitan Police talk to Y6
14th	Children in Need Day - Children may wear a Child in Need accessory Mayor's Cup Football - Y6 Y5/6 presentation about the school residential
17th	Road Safety Week
18th	England Rocks TTRS Competition (3 days)
19th	Year 4 Firework Maker's Daughter Trip at Polka Theatre Year 6 Class Assembly
20th	Phonics Presentation for parents and carers led by Ms Pownall and Ms Kelly
25th	Swimming for Y4 Y5&Y6 Girls 'Inspire Her' foundation project
26th	Y3 to Fulham Library Y5 class assembly
27th	Y2 WWT London Trip

December 2025 (so far)

2nd	Swimming for Y4
5th	Y6 to Fulham Library EY Show - SAVE THE DATE
9th	Swimming for Y4 Y5&Y6 Girls 'Inspire Her' foundation project
11th	Nativity Show for parents Christmas Lunch Day Christmas Jumper Day
12th	Winter Fair
15th - 20th	DT and RE week
16th	Swimming for Y4
19th	Last day of term - 2pm finish.

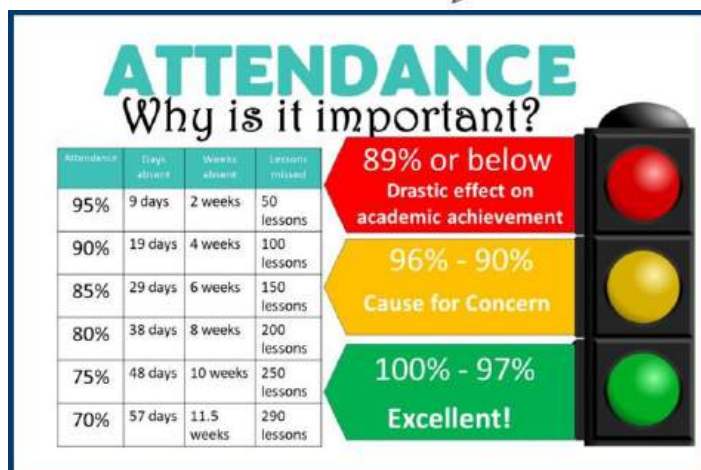


October Attendance

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

Overall attendance for statutory age children in October was **93.8%**.



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.

Absence request forms must be completed by a parent/carers for ANY child, no matter their age.

What's been happening in Nursery?

October has been a wonderful and busy month in Nursery! The children have continued to settle fantastically into our daily routines and are becoming more confident and independent each day.

This month, we celebrated Black History Month, exploring inspiring stories and learning about important figures through books, music and art. The children enjoyed hands-on activities that helped them understand and appreciate diversity and inclusion.

We also learnt about Diwali, the festival of lights! The children created colourful artwork, listened to stories about the celebration and learnt about kindness, light, and togetherness. Special thanks to Emily who shared her experiences celebrating this special festival.

A big thank you to our parent volunteers who came in to read stories to the class. The children absolutely loved having you join us and share special reading moments.

In our specialist lessons, the children have really settled into PE and Art sessions. They've been developing their coordination and movement skills in PE, and exploring colours, shapes and textures creatively in Art.

We're so proud of how much everyone has grown this half term both in confidence and curiosity. We can't wait to see what next month brings!



What's been happening in Reception?

What a wonderful and busy term it has been in Reception! The children have settled beautifully into school life and have shown great enthusiasm for learning across all areas of the curriculum.

In Maths, the Reception children have been developing their early mathematical understanding through a range of fun and engaging activities. They have explored numbers and patterns, learning to count, sort, and match objects, and to recognize simple repeating patterns. The children have also investigated shape, space, and measure, comparing and ordering different items by size, length, or quantity. Through hands-on exploration, they have begun to understand the composition of numbers up to five, including one more and one fewer, and the relationships between consecutive numbers. The children have particularly enjoyed settling into their maths routines at the tables with their maths books, showing increasing confidence and independence in their learning.

Our topic work this term has been full of excitement and discovery! The children have explored themes such as Families, Pirates, and Transport, which have sparked their curiosity and imagination through creative play, stories, and hands-on experiences. In Literacy, they loved learning and retelling the story of Owl Babies using a story map to help them order and sequence the events. They also extended their learning by finding out interesting facts about real-life owls and comparing them to the characters in the story. These experiences have supported their language development, storytelling skills, and understanding of the world around them.

It has been a fantastic start to the school year, and we are so proud of how much the children have achieved already. We look forward to seeing their confidence and curiosity continue to grow next term!



What's been happening in Year 1?

What a brilliant and exciting month of learning we've had in Year 1! Children have shown great progress in all areas, particularly with their confidence, independence and resilience.

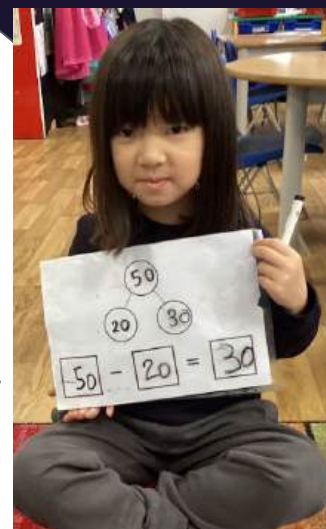
In English, our young readers and writers have been using *The Colour Monster* and colourful semantics to learn how to write simple sentences that make sense. They have enjoyed learning about verbs, nouns and adjectives and how to use these in their speech and writing. The children used their sound mats and blending strategies to have a go at spelling new words and began experimenting with capital letters and full stops. They loved using our story map and actions to retell *The Colour Monster* and were so proud to publish their very own stories, complete with beautiful handwriting and wonderful illustrations!

In Maths, our young mathematicians have been busy exploring numbers in lots of different ways. They enjoyed using manipulatives, pictures, and number bond diagrams to show different number combinations and to create number stories. The children enjoyed learning about addition within 10, using part-whole diagrams to help them understand how numbers fit together. They learned how to write addition equations to solve addition problems and have explored the idea that addition can be done in any order (*commutative property*). More recently, they've been learning about subtraction, using strategies such as crossing out, number bonds and counting back. It's been wonderful to see their confidence grow as they solve mathematical problems and use new mathematical language.

In Geography, our young explorers have been learning all about maps and their local area. They enjoyed spotting features of the school on aerial photographs and finding where they live on a map of the UK. The children created their own classroom map using objects to show distance and direction, and used maps to identify features around the school grounds.

In Science, our young scientists have been learning all about the four seasons and the different kinds of weather we experience throughout the year. They explored how the seasons affect trees, daylight hours and the clothes we choose to wear.

We are so proud of the children for continuing to adapt to their new learning in Year 1 and cannot wait to see their development continue throughout the next half term.



What's been happening in Year 2?

It's been a fantastic month of learning in Year 2!

In Maths, we've been working hard on addition and subtraction of two-digit numbers, including learning how to rename. The children have shown great perseverance and growing confidence in tackling tricky number problems.

In English, we became expert instruction writers! We began by writing instructions on how to plant seeds—and even got to plant our own. It's been so exciting watching them start to grow! Afterwards, the children chose their own “how to” topics, writing creative and detailed instructions on everything from cooking to crafts. We've all learned some new skills and even discovered some delicious new recipes!

In History, we wrapped up our topic on Schools in the Past. The children designed their own dream classrooms, combining the best parts of old-fashioned schools with the things we love about learning today. There were some very imaginative ideas!

In Science, with Ms Ayishat, we've been exploring Habitats. We've learnt all about different environments and the food chains within them. The children now understand what a producer is and how plants make their own food using sunlight.

Our handwriting is also on the up! We've started learning how to join our letters using cursive writing, practising joins like ai, ay, ee, ea, ie, and ide. We're well on our way to becoming handwriting specialists!

We also had an exciting visit from the Fire Brigade. The firefighter taught us how to stay safe if there's ever a fire at school or at home. We learned that every home should have at least one smoke detector on each floor — an important safety tip we all took home!

Year 2 have had such a busy, hands-on month full of creativity, curiosity, and growing independence. We can't wait to see what next month brings!



What's been happening in Year 3?

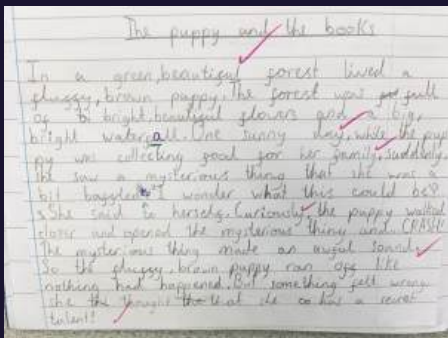
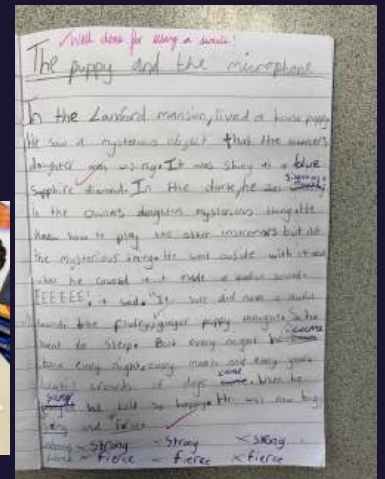
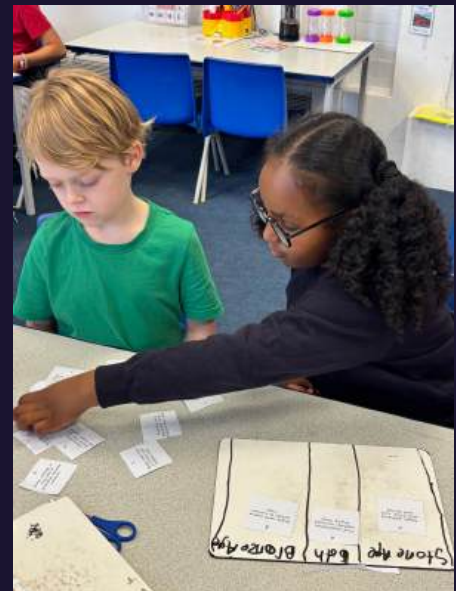
Year 3 have had another fantastic month of learning!

In Maths, the children have been exploring addition and subtraction with three digit numbers. Although they found renaming a little tricky at first, they persevered and showed great resilience, always remembering that "mistakes make us great!"

In Writing, the children have produced some amazing pieces of work, culminating in their very own stories inspired by The Bear and the Piano. They worked incredibly hard to include tools such as fronted adverbials, similes and expanded noun phrases.

Our History lessons have taken us back in time to the Stone Age, Bronze Age and Iron Age. The children particularly enjoyed learning how trade increased during the Iron Age and taking part in a fun trading game, which helped them understand the bartering process and what Iron Age people needed to survive.

In Science, we've been learning about movement and nutrition. The children have explored the roles of skeletons and muscles, how the body uses energy and what makes up a balanced diet. They were especially fascinated to learn about prosthetics!



What's been happening in Year 4?

Year 4 have had such an exciting month of learning, showing huge determination across all their subjects!

In Maths, we have been diving into addition and subtraction with 4-digit numbers. The children were learning to use column addition and subtraction and showed great determination in applying these skills to solve some very tricky two-step word problems! They approached the challenges with a brilliant, resilient attitude!

In Writing, the children have been working incredibly hard at creating their own balanced arguments on a change they would like to make at school. They focused on making sure they gave both sides of their arguments and produced some powerful pieces of work, including tools such as fronted adverbials, exclamation marks, and commas in a list.

In Science, we've been learning about diet, digestion, and teeth. The children explored the different types of human and animal teeth and their connection to an animal's diet. They were particularly excited when we looked at pictures of animal poo to try and figure out what animal it was linked to, depending on their digestion and teeth!

Our History lessons have taken us on a journey through time as we learned how childhood has changed from the Tudors and Victorians to now, contrasting the aspects of daily life, education, and play across these periods.

This month, Year 4 had a bake sale to raise money for our upcoming trip. This was a huge success due to the PTA and all of the Year 4 parents who helped out!



What's been happening in Year 5?

What an amazing month of learning in Year 5!

In **Maths**, we've been deepening our understanding of written methods for addition and subtraction. Furthermore, the children have been learning how to find multiples, common factors and prime numbers - demonstrating excellent determination towards each challenge!

In **English**, we have been exploring persuasive writing. After analysing powerful examples, the children planned and wrote their own persuasive pieces on topics they feel passionate about. I was so impressed by their thoughtful arguments, emotive language and growing confidence in writing for a purpose.

Our **Science** topic this half term was **Materials**. Through hands-on investigations, we've explored filtering as well as reversing processes through evaporation. The children have really enjoyed becoming scientists and making predictions based on their understanding.

In **History**, we learnt about the **Tudors**, in particular Henry VIII's wives and how monarchs used propaganda through their paintings and Royal Progresses. Everyone enjoyed our end of unit Kahoot quiz and produced some fantastic posters (now on display) summarising our learning.

It has been a brilliant, active and inspiring month in Year 5. The children's independence, teamwork and resilience continue to shine. I am already excited to see what new challenges and achievements next month will bring!



What's been happening in Year 6?

What a great half term Year Six have had!

In **Maths**, we've been working on fractions. We have been finding common factors and multiples and learning to find common denominators to help us add and subtract fractions.

In **English**, we have been looking at the book **Can We Save The Tiger** and using it to help us write non-chronological reports and persuasive letters. We are going to post our letters to our MP, Ben Coleman (he has promised to write back!).

Our **Science** topic this half term was **Classification**. We went on a school trip to the Natural History Museum to see all the different animals. We saw fossils of dinosaurs, skeletons of enormous whales, and even got to meet a T Rex.

In **History**, we learnt about the **Census**, and how we can use it to build histories of the lives of people in our local area from the past. We also looked at historic maps and researched some forgotten features of our town.

It has been an absolute joy to start the year with such enthusiasm and positivity. Year Six have set the example at playtime, during assembly, and in our recent football competition. We are all very excited about the weeks ahead!



Art in October

What a wonderful October we have all had in Art.

Reception and Year 1 explored the beauty of spirals, inspired by artist Molly Haslund's outdoor drawings. They then experimented with water-soluble pens to create stunning shell designs, combining creativity with careful observation.

Year 2 wrapped up their *Artists as Explorers* unit by making meticulous observational drawings of natural artefacts, which they then transformed into striking wax-resist paintings and water soluble masterpieces!

Year 3 have enjoyed studying the painting *Penelope with the Suitors* by Pintoricchio. They explored printing techniques using polystyrene tiles and inks, and added a personal touch by overlaying their own handmade paper characters from the painting.

Years 4 and 5 have worked tirelessly on layered self-portraits inspired by artist Mike Barrett. By combining a variety of media, they created deeply personal and thought-provoking pieces that will make a fantastic display.

Year 6 have been diving into the concept of perspective. Their finished skyscraper artworks demonstrate both mathematical precision and artistic creativity — a truly brilliant combination!

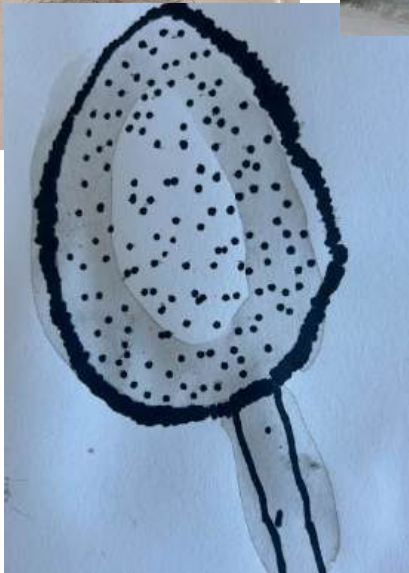
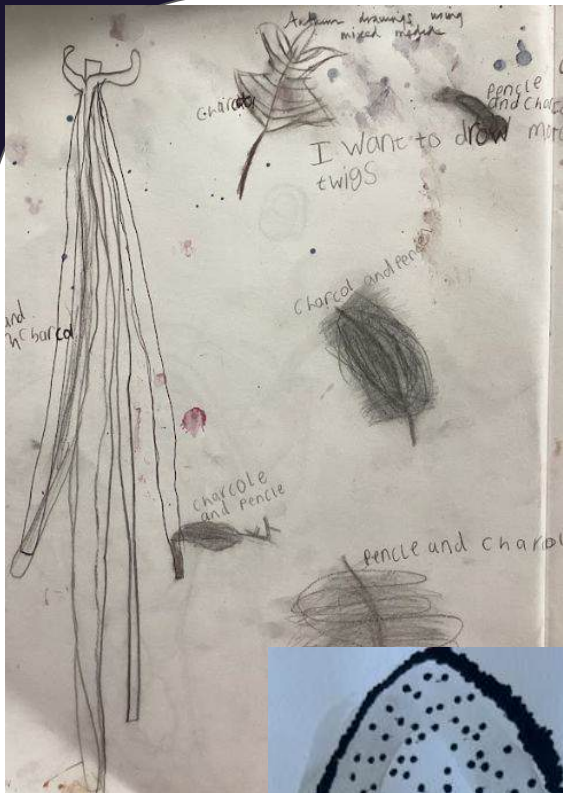
To add to all of the amazing creative work completed in school, I have had so much Art from home brought in to display in the Art Studio. Thank you to all of you who contributed and keep it coming- it makes me so happy!

Mrs James 🥰

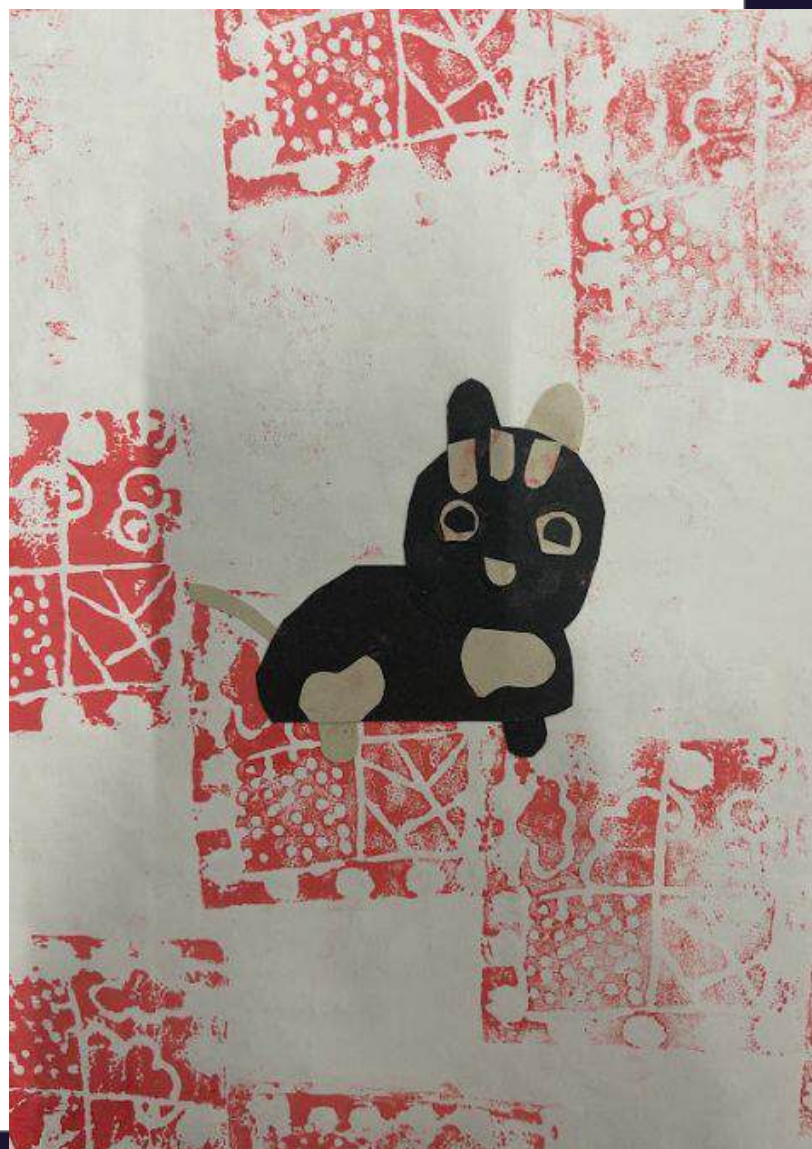
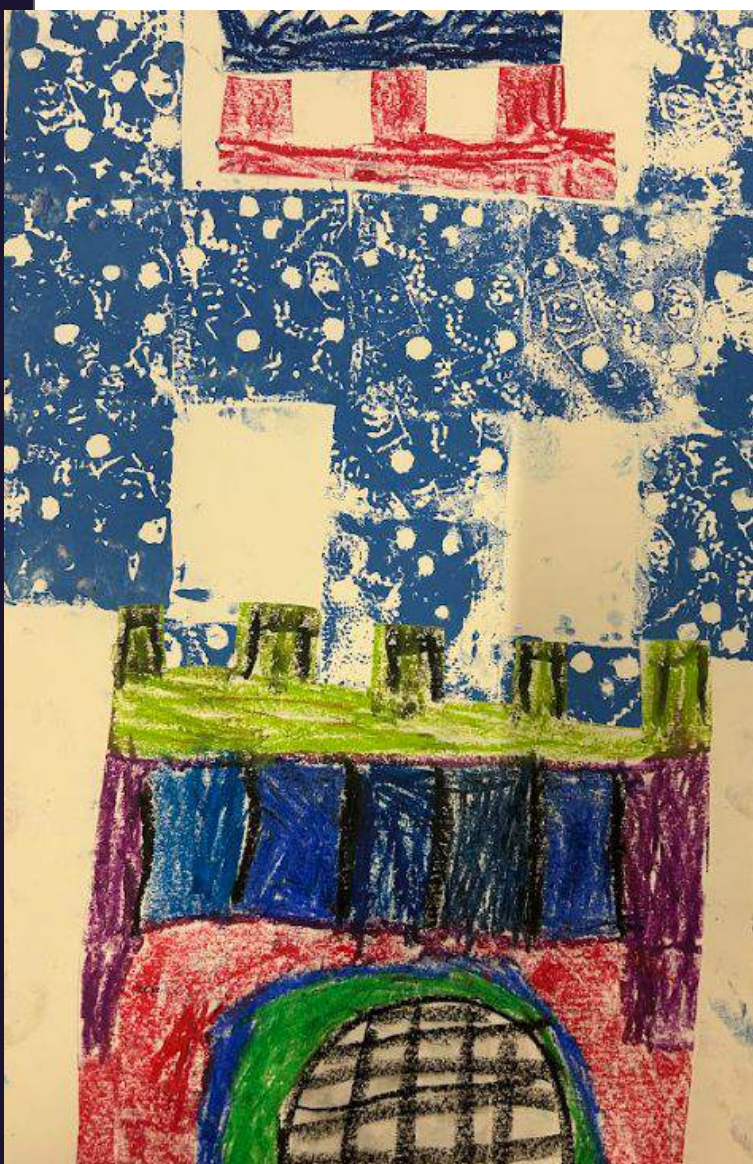
Art in Reception and Y1- spirals and snails



Art Y2- Observational drawings and wax resists and water soluble pens.



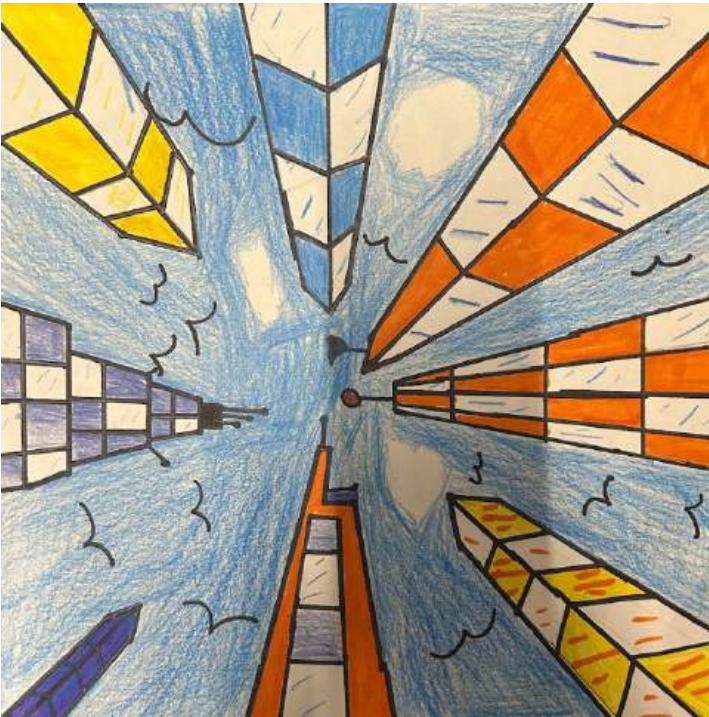
Art- Y3 printing



Art - Y4/5 self portraits



Art- Y6 'Perspective' and clay invertebrates



Handwriting Information

Handwriting needs to be taught in a consistent way. From the earliest stages, children will be developing their fine motor skills when they pick up writing tools and make marks on paper. This should be encouraged, and opportunities provided for children to scribble, draw, colour and develop other early writing skills. However, it is important for children to develop good habits with writing, and pencil hold, and formation are important parts of this process. When your child starts to write, we would encourage you to reinforce the 'tripod' grip through modelling and correction where necessary. This pencil grip gives children the most control over the movement of their writing tool. When children are beginning to form letters, we encourage children to follow set formation. Once a child can form their letters correctly, joined writing is introduced. When starting to join, we encourage clear joins, which aid fluency and accuracy in writing.

Children at Thomas's Academy develop handwriting using two schemes. The first is our phonics programme: Read Write Inc. Here children are taught correct letter formation and have a helpful phrase to make this memorable.

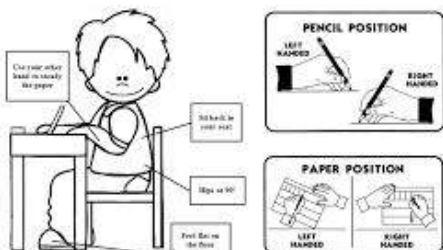
Children are then taught to join their letters through a carefully structured programme called Nelson Handwriting. Here's some information you might find useful.

m Maisie, mountain, mountain	m	b down the laces to the heel, round the toe	b
a round the apple, down the leaf	a	f down the stem and draw the leaves	f
s slither down the snake	s	e lift off the top and scoop out the egg	e
d round the dinosaur's bottom, up its tall neck and down to the feet	d	l down the long leg	l
t down the tower, across the tower	t	h down the head to the hooves and over its back	h
i down the body, dot for the head	i	r down its back and then curl over its arm	r
n down Nobby, over his net	n	j down its body, curl and dot	j
p down the plait and over the pirate's face	p	v down a wing, up a wing	v
g round her face, down her hair and give her a curl	g	y down a horn, up a horn and under its head	y
o all around the orange	o	w down, up, down, up	w
c curl around the caterpillar	c	z zig-zag-zig	z
k down the kangaroo's body, tail and leg	k	q round her head, up past her earrings and down her hair	q
u down and under, up to the top and draw the puddle	u	x down the arm and leg and repeat the other side	x

abcdefghijklmnopqrstuvwxyz	
Join 1	Diagonal upwards join from letters than finish with upstrokes to letters without ascenders e.g. a to n / l to i <i>an am ar li li</i>
Join 2	Diagonal upwards join from letters than finish with upstrokes to letters with ascenders (to b, f, h, k, l, t) <i>ab ah al ab</i>
Join 3	Horizontal join across the top of letters to letters without ascenders (o v and w). <i>on va wa</i>
Join 4	Horizontal join to letters with ascenders (to l, h, t etc.) <i>ol, wh, ot</i>
Break Letters	Joins are not make from these letters. Appropriate joins are made to these letters: <i>bgjpqxy</i>
Mean Letter	The only mean letter is z. Children should not join to or from this letter.

Children receive a 'pen licence' when they achieve the Thomas's Academy handwriting standard.

BODY POSTURE FOR WRITING



Road Safety Theatre Show

On 1st October, we were so honoured to host the wonderful Peli and Zebe Roadtastic Adventures Theatre Group. They entertained and informed our Year 1-3 classes about road safety.

The actors were amazing and put huge smiles on all of our faces!

It was such a positive way for these pupils and their staff to start the month.



Ben Coleman Visit

On Friday 17th October 2025, we were delighted to welcome Ben Coleman, our local Member of Parliament for Chelsea and Fulham, to our school. He delivered an inspiring assembly on kindness through service, sharing how he has tried to demonstrate kindness through his work as an MP. Ben also spoke about the Hammersmith and Fulham Council's aim to build a "stronger, safer, and kinder borough for everyone" reminding us all of the importance of working together to support our community. His visit also linked perfectly the British value of democracy, as pupils learned more about the role of an MP and how the democratic process allows everyone to have a voice and make a difference.

After the assembly, Ben took part in a Q&A session with the children, who impressed him with their thoughtful and insightful questions. It was wonderful to see how engaged and curious everyone was about his experiences!

Following the assembly, the School Council led Ben on a tour of the school. He was particularly impressed with our music, Spanish, and art classrooms, praising the creativity and enthusiasm he saw in each area.



Online Safety- Fake News

This November, our parent focus is 'Fake News'.

Fake news can be false information, photos or videos that are purposefully created to confuse or misinform. It could also be genuine information that has been manipulated to deceive. It's important that children learn how to distinguish between real news and fake news, so that they don't inadvertently share something which isn't true or believe something which could be misleading.

In this guide from the National College, you'll find tips on helping young people avoid potential risks the potential risks of fake news - such as embarrassment, harmful influences on behaviour and negative emotions.

Click on the image to read the full poster.

What you need to know about ...

FAKE NEWS

est. 2017

£FREE - TODAY ONLY

Brought to you by
National Online Safety
www.nationalonlinesafety.com

WHAT IS FAKE NEWS

Perma Goor, Aids N' Clicks Founder

KNOW THE RISKS

SHOCK VALUE

Fake news can cause upset or shock to readers or viewers. Many fake news stories are written with sensational headlines and have

SPOT THE SIGNS

HOROSCOPES
New to page 18...
Find out what's in your future!

CONSIDER THE SOURCE

Fake news stories can sometimes be identified simply because they are too ridiculous or

School Notices

School Residential for Y5 and Y6

We are delighted to announce that we have a presentation from the Bushcraft Residential Team. This will be followed by a Q&A session. This is the same organisation used last academic year and was great fun. The presentation will take place on **Friday November 14th at 5pm** via teams.

Here is the link: [Join the meeting now](#)

Meeting ID: 390 083 200 006 4

Passcode: vf3oL2hU

The price for the residential will be £250. £50 deposit will be due by 30th November and then 2 instalments of £100 in January and March. Any questions, please see Karen in the office.



Harvest Collection

Thank you to all of our generous families who donated to the Foodbank last month.

We received this lovely poster from staff at the Foodbank to say thank you!

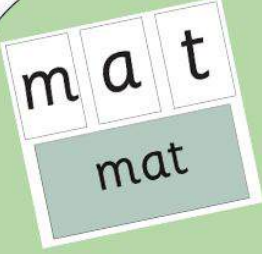


School Notices

Parent Volunteer Storytime

As part of our ongoing mission to foster a love of reading amongst our pupils, we ask that you, our parents and carers, support us. Listening to a story being read is a wonderful experience for children of ALL ages. We would like to encourage you to come into school and read a story to your child's class. If you are interested and able to help us during school hours, please follow this [link](#) to express your interest and availability. Thanks in advance.





Parents and carers are invited to a

Phonics Presentation

(intended for nursery, reception and Year 1)

9am on 20th November 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

Term Dates for 2025-26

Autumn term 2025

INSET (1&2)	Monday 1st, Tuesday 2nd September 2025
Children return	Wednesday 3rd September 2025
Half Term	Monday 27th October to Friday 31st October 2025
INSET (3)	Monday 3rd November 2025
Children return	Tuesday 4th November 2025
Ends	Friday 19th December 2025 (2pm finish for children)

Spring term 2026

INSET (4)	Monday 5th January 2026
Children return	Tuesday 6th January 2026
Half Term	Monday 16th February to Friday 20th February 2026
Ends	Friday 27th March 2026 (2pm finish for children)

Summer term 2026

INSET (5)	Monday 13th April 2026
Children return	Tuesday 14th April 2026
Bank Holiday	Monday 4th May 2026 (School Closed)
Half Term	Monday 25 May to Friday 29th May 2026
Ends	Friday 17th July 2026 (2pm finish for children)



**Primary and
Nursery School**

State Funded



PTA Notices



PTA Notices



Use the QR code below to sign up to easyfundraising. When you shop online with over 8,000 retailers, the retailer will give the PTA a free donation as a thank you for shopping with them.



Thomas's Academy Parents is a registered charity for Thomas's Academy. It is a non-profit organisation, raising funds for the school for the benefit of all our children.

Charity number: 1207060



**Primary and
Nursery School**

State Funded



School Lunches

LUNCHTIME CO[®]

WEEK 1 MENU

WEEKS: 03/01, 24/01, 15/02, 19/01, 09/02, 09/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Homemade macaroni cheese served with Homemade tomato bread & roasted Mediterranean vegetables

Homemade beef chilli taco served with savoury vegetable Rice

Roast Chicken served with Potatoes, Yorkshire pudding, carrots, cauliflower And gravy

Minty crispy topped Shepherd's Pie served with Seasonal vegetable

Fish fingers or salmon fish fingers served with chips, garden peas or baked beans & ketchup

MEAT FREE

Cauliflower & chickpea korma served with rice, naan bread fingers & seasonal vegetables

Pasta twists with Homemade tomato and vegetable sauce served with fresh salad

Cheese & potato Pie served with Yorkshire pudding, carrots, cauliflower And gravy

Jacket potato with choice of toppings served with Fresh salad

Vegetable nuggets served with chips, garden peas or baked beans & ketchup

DESSERTS

Choose One of Our Fabulous Desserts Apple & berry crumble Fruity jelly Fresh fruit pot

Choose One of Our Fabulous Desserts Jam & Coconut Sponge Fruit yogurt & coulis Fresh fruit pot

Choose One of Our Fabulous Desserts Out & about cookie Fruity jelly Fresh fruit pot

Choose One of Our Fabulous Desserts Caramel mousse with Bananas Fruit yogurt & coulis Fresh fruit pot

Choose One of Our Fabulous Desserts Vanilla ice cream with fruit sauces Fruity jelly Fresh fruit pot

LUNCHTIME CO[®]

WEEK 2 MENU

WEEKS: 10/01, 01/02, 05/01, 26/01, 23/02, 16/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Margherita wholemeal pizza served with baked potato wedges, peas & sweetcorn

Greek Style chicken shawarma in a pitta bread served with warm cous cous

Roast turkey served with roast Potatoes, carrots, broccoli, Yorkshire pudding and gravy

Sticky Asian meatballs served with egg fried vegetable Rice

Breaded fish fingers served with chips, garden peas or baked beans & ketchup

MEAT FREE

Traffic Light wholemeal pizza served with baked potato wedges, peas & sweetcorn

Pasta twists with Homemade tomato and vegetable sauce served with fresh salad

Jacket potato with choice of toppings served with Fresh salad

Pasta twists with cheddar cheese sauce with fresh salad

Cheese, onion & mixed Pepper roll served with chips, garden peas or baked beans & ketchup

DESSERTS

Choose One of Our Fabulous Desserts Strawberry mousse with Mixed Berry compote Fruity jelly Fresh fruit pot

Choose One of Our Fabulous Desserts Jam roly poly Fruit yogurt & coulis Fresh fruit pot

Choose One of Our Fabulous Desserts Sticky pineapple Cake Fruity jelly Fresh fruit pot

Choose One of Our Fabulous Desserts Lemon Cake Fruit yogurt & coulis Fresh fruit pot

Choose One of Our Fabulous Desserts Chocolate Brownie Fruity jelly Fresh fruit pot

LUNCHTIME CO[®]

WEEK 3 MENU

WEEKS: 17/01, 08/02, 12/01, 02/02, 02/03, 23/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Cheese & tomato Swirl served with savoury vegetable Rice

Jerk marinated chicken thigh served with rice & beans

Chicken Sausage roast served with mashed Potatoes, carrots, cabbage, Yorkshire pudding and gravy

Beef Bolognese Served with Spaghetti, Whole Meal Garlic & Herb bread, Seasonal Vegetable

Breaded Fish fillet served with chips, garden peas or Baked beans & ketchup

MEAT FREE

Jacket potato with choice of toppings served with Fresh salad

Pasta twists with Homemade tomato and vegetable sauce served with fresh salad

Quorn Sausage roast served with mashed potatoes, carrots, cabbage, Yorkshire pudding and Gravy

Plant Based Bolognese Served with Spaghetti, Whole Meal Garlic & Herb bread, Seasonal Vegetable

Fishless fish fingers served with chips, garden peas or baked beans & ketchup

DESSERTS

Choose One of Our Fabulous Desserts Sprinkle cookies Fruity jelly Fresh fruit pot

Choose One of Our Fabulous Desserts Syrup Sponge Fruit yogurt & coulis Fresh fruit pot

Choose One of Our Fabulous Desserts Chocolate mousse with orange wedge Fruity jelly Fresh fruit pot

Choose One of Our Fabulous Desserts Carrot Cake Fruit yogurt & coulis Fresh fruit pot

Choose One of Our Fabulous Desserts Victoria Sponge Fruity jelly Fresh fruit pot



Wrap-Around Care at Thomas's Academy

Please book in advance so we can staff the wrap-around care appropriately.



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 and Medical Information

Miss Kelly, Head Teacher, is our Designated Safeguarding Lead (DSL).
Deputies (DDSL) are Mrs James, Miss Dairo and Miss Shen.
We have a new Safeguarding Governor: Jenny Yang-Meslet.

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

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.**

Collection

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.



Medicines

If your child needs to have medication in school, please deliver it to the school office. There are forms that need to be completed for the medication to be administered. For the safety of everyone, please, at no point, should any medication be left in your child's bag. Thank you for your cooperation.



Community Notices

FRESH
DAY BOAT FISH
COFFEE & BREADS
BAKED GOODS & PASTA

ORGANIC
SEASONAL FRUITS
FARM DIRECT VEGETABLES

NATURAL
FREE RANGE &
GRASS FED MEATS

VARIETY
UK & EUROPEAN
CHEESE & CHARCUTERIE
TARTS, QUICHES & SAUCES

VALUE
COMMUNITY VIBES
GREAT QUALITY
YOUR ONE STOP SHOP



WE'RE MOVING...NOW WITH MORE TRADERS

**BIGGER
BETTER
FRESHER
TASTIER!**

FROM **SUN 27 APRIL**

OUR NEW HOME
THOMAS'S ACADEMY
NEW KINGS RD SW6 4LY - FROM SUNDAY 27 APRIL

FULHAMFARMERSMARKET.COM @fulhamfarmersmarket

WITH KIND SUPPORT FROM
lawsons & daughters
lawsonsanddaughters.com

CONFIDENT PARENT
Happy Child

Fear-Less Triple P

Helping Parents Support Their Child Through Anxiety
Is your child aged 6-14 and struggling with anxiety or worry?

This 5-week programme offers simple and practical strategies to support your child through anxious moments and build emotional resilience.

Together, we'll explore:

- How anxiety works and what drives it
- Ways to support your child's emotional wellbeing
- How to respond in ways that build confidence and calm
- Tools to handle everyday parenting challenges with more ease

A safe, supportive space to share experiences and learn with other parents.

THURSDAYS ONLINE VIA ZOOM
13.11.-18.12.2025
17.45 - 19.45



TO BOOK A PLACE USE QR CODE
OR CONTACT MARINA ON 07740752679
OR EMAIL MARINA@UPG.ORG.UK

Confident Parent Happy Child
Registration Form 2025





IRISH DANCING LESSONS
TUESDAYS 5-6:15 PM
£5
ALL AGES AND ABILITY

KOS
academy
of Irish
dance

ALTON HALL
ROEHAMPTON
KATIEOSULL@HOTMAIL.CO.UK



Community Notices



SATURDAY FOOTBALL CLUB

KICKSTART YOUR SATURDAY WITH FUN, FRIENDS AND FOOTBALL!





DBS CHECKED & FIRST AID TRAINED COACHES

ALL SAINTS PRIMARY SCHOOL
 Bishops Avenue, Fulham, SW6 6ED

09:00- 10:00	
Mini Kickers	1- 3 years
09:00- 10:00	
FF4K Beginner	4- 5 years
10:00- 11:30	
FF4K Development	6- 12 years

- ☒ Boost confidence and discipline
- ☒ Master strength, flexibility, coordination and balance
- ☒ Learn new skills, make friends, have fun

FROM

£10

PER SESSION

EVERY SATURDAY
(TERM TIME ONLY)



Scan to book now!

 0330 229 0566

 info@footyfun4kids.com



UPBEAT

music courses

POPKIDS & BAND SESSIONS

Sing, Play, Record, Perform

EMAIL TO BOOK YOUR FREE TRIAL

Year R - Year 12, bespoke Pop & Rock music classes

Saturdays (during term time)

Sulivan School, Parsons Green



Contact us for more info re times/ schedule.



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upbeat-music-courses.classforkids.io
sibling discounts available

Helping you be a

CONFIDENT PARENT

to a

Happy Child

Find the perfect course for you and your family!

NOVEMBER 2025

'Fearless Triple P'

A 6-week programme for parents/carers of children aged 4-16 years old who experience anxiety. The programme supports parents in learning and applying positive parenting and anxiety management skills.

Every Thursday
starting 15.11.25
5.45pm-7.45pm

Online via zoom

'Strengthening Relationships within Families'

A 3-week course exploring conflict as a normal part of a relationship. The programme supports parents/carers to understand the impact conflict has on children and to think about 'constructive' ways to deal with disagreements.

Every Thursday
starting 20.11.25
10am-12pm

Maida Centre
67 Maida Road
W14 0LR
Limited creche spaces available

'Triple P'

A 7-week programme for parents with children between 3-12 years old, exploring ways to raise happy and confident children, parent-child relationships, encourage positive behaviour and explore unwanted behaviours.

Every Wednesday
starting 06.11.25
1pm-3pm

Maida Centre
67 Maida Road
W14 0LR
Limited creche spaces available

'About Boys Course'

A 4-week programme for parents/carers who care for boys aged 8-16 years of age. This course helps in having a better understanding of boys, their development and practical techniques to support boundaries and parenting.

Every Thursday
starting 06.11.25
1pm-3pm

Maida Centre
67 Maida Road
W14 0LR
Limited creche spaces available

Contact Marina:
07740752679
Marina@upg.org.uk
for more information or sign up using the below QR code

'Money Course'

A 6-week programme helping families to improve their financial well-being, explore their emotional relationship with money, budgeting, saving, credit, debt and goal setting.

Every Tuesday
starting 04.11.25
1pm-3pm

Maida Centre
67 Maida Road
W14 0LR
Limited creche spaces available

'Stepping Stones Triple P'

A 6-week programme for parents/carers who have a child with additional needs or disabilities between 0-12 years of age. Exploring positive parenting, parent and child relationships, communication, problem-solving, self-care and self-regulation.

Every Friday
starting 07.11.25
9.30am-12pm

Mike Coverdale Primary School
Coverdale Road
W12 8JJ

For more information visit our website



