



# Weekly News



## POLITE NOTICE

**PLEASE PARK  
CONSIDERATELY  
IN**

**HALCOT AVENUE**

**Thank You**

## Message from the Headteacher

"The Lord created me at the beginning of His work, the first of His acts of long ago. Ages ago I was set up, at the first, before the beginning of the earth."

It is Trinity Sunday this weekend and these wonderful words from Proverbs start the readings. Acts of Worship next week will give boys time to reflect on the mystery of God's love for us; as city dwellers we don't regularly see the awe and wonder of God's

creation in terms of the beauty of nature. Our Acts of Worship will give boys the space to breathe and reflect on this next week.

This week we received notification from FFT that we are in the Top 10% of schools nationwide for attendance. This is an incredible achievement and shows how much St Columba's Boys want to be in school. The DfE also produced a report which showed us to be the leading school

## Weekly Prayer

God, our healer,

When we are frozen by fear, rescue us.

When we can't act because of indecision, guide us.

When we are weak with illness, heal us.

We ask this through Christ our Lord. Amen

attendance-wise when compared to twenty similar schools. Our community really is something very special indeed.

On Page 2 is a report on the senior Panathalon team who secured a great victory in the National Panathalon football finals at Wembley. Ms Ponder has worked very hard with the boys over the past year running the football club on Friday afternoons and this is

testament to that input. Next week there will be a report on the Under-13 team – watch this space!

Elsewhere in this issue, Mr Phebey reports on a visit from Little Fish Theatre (Page 2) and Chaplain Peter reports on the St Columba's Day Mass on Page 4 (and pictured below)



God Bless

**D Evans**  
Headteacher



**St Columba's Day Mass**

**More on page 4**

## Connie's Quote



"When things feels overwhelming remember - one thought at a time, one task at a time, one day at a time."



## Tectonic Plates!

On Tuesday, our provision students' Under-16 football team were invited back to the Panathlon Plate Finals held at Goals in Wembley. Four schools played from Surrey, Kent, Essex and London. The team had finished second in the regional tournament in March 2025 and this time they were victorious bringing home the winning trophy! The boys showed great sportsmanship and won six games out of seven scoring seventeen goals overall!

They came first to be the final winners of the tournament. Also, pleasingly, all the other coaches commented on how well St Columba's played.

Our Captain was Hayden, who led the team exceptionally but all the boys played brilliantly, with passion and dedication. Lots of hard work and training has paid off. It has been a great way to end the season.

I am immensely proud of them all.

Mrs Ponder  
Sensory/Physical Enrichment Lead Football Coach



The victorious team with Coach Mrs Ponder



## What does it mean to be a young man today?

For many young men, navigating identity, masculinity, and self-expression can feel like a challenge - especially when their voices aren't always heard or taken seriously. But what happens when we create space for them to share their experiences, on their own terms?

Voicing Masculinities is a powerful outreach project in Bexley that gives young men aged 12-18 the opportunity to explore masculinity, identity, and social justice through creative workshops, live performance, and real-world impact. At St Columba's a group of ten Yr 9 students on Tuesday mornings over the next six weeks will work with Little Fish Theatre to express their voice on what it is to be a young man today.

The voices from these workshops will be woven into a verbatim theatre production, performed in community spaces and youth venues across Bexley. Young people, professionals, and policymakers will come together to watch, reflect, and discuss real-world solutions to the challenges facing young men today.

[www.littlefishtheatre.co.uk](http://www.littlefishtheatre.co.uk)



Mr Phebey  
Assistant Headteacher/ DSL

# LITERACY CORNER



## The Truth is Out There...

There are times in my life when I feel genuinely old. Every now and then I realise that I had finished university by the time the internet was invented, and that I remember a time when nobody I knew had any kind of mobile phone, let alone a smartphone. The fact that I've sat and written about fifty thousand words of an essay without stepping inside a library even once shocked me the other day – I've downloaded everything I've referred to, or used e-books instead of having to search through shelves or stacks in libraries. It's been great for me, as it means I don't have to go to my nearest university library – which is in Chatham! Sometimes, the internet is just great.

The problem is, though, that not everything that is on the internet can be trusted – lots of websites that say they're news websites really aren't, and anyone with a green-screen and a bit of technology can make something that looks quite convincing in terms of looking like a news studio, or a news site. That got me thinking (AGAIN, I know) all about literacy, and the need for critical reading. This is where we don't just read something to get the sense of what the words mean – we think about how it's put together, what it's trying to do to the reader, and why the writer wants this reaction. It's a good way to help figure out what someone is trying to do with a piece of writing – and once you can spot the tricks, you learn not to fall for them!

## Three Top Tips for Critical Reading

### 1. Ask yourself "Who is writing this?"

Strangely enough, not everybody is neutral. People have their points of view, and this influences what they write and how they view the world. The political, religious or social views of the writer will often impact on how they describe events – so make sure that you know their biases!

### 2. Check your reactions.

If you are getting angry reading something, or starting to think about changing your behaviours because of an article, stop. Ask yourself why. Why does the writer of this want you to do this? Is it genuinely in your best interests, or in theirs? For example, if you read a piece about how modern food is unhealthy, made by companies that only care about profit and bad for climate change, you may well end up feeling angry, and wanting to change your diet. If, however, there's an advert for their book at the bottom, you'll end up questioning whether the writer cares about you, or is trying to make money out of the books. (*HINT – it's always about making money.*)

### 3. Double check.

If you read something on one site, check to see if it's on another – and that they both refer to different sources. Sometimes, 'news' websites end up just quoting other 'news' websites without anyone having any evidence for anything! Check where information comes from. Experts? Good. Salesmen or politically-motivated people? Less so.

More next time!

Mr Dennis  
Associate Assistant Headteacher  
Literacy Coordinator







# PETER'S PLACE

**Hello everyone,**

**Welcome back to another week at St Columba's!**

This week in our Act of Worship, we've been thinking about a really important question: "What does it mean to love?"

At first, it might sound like a simple question but when you stop and really think about it, love isn't just something we feel or say. It's something we do. In the Gospel we heard this week, Jesus told his disciples: "Anyone who loves me will obey my teaching."

That means that real love is shown in our actions like being kind to someone who's having a bad day, forgiving someone who's upset you, including someone who's feeling left out, or standing up for someone being treated unfairly. It might even mean doing the right thing when no one is watching.

Jesus also told his friends something amazing. He said God would send the Holy Spirit, a helper who would stay with them, remind them of what Jesus taught, and give them the strength to keep going. That's what we celebrate at Pentecost, which happened last Sunday. It's the moment when the disciples received the Holy Spirit and became brave enough to go out and share Jesus' message with the world even in different languages!

**So this week, let us ask ourselves:**

- How can you show love in your actions?
- How can you be someone who brings peace, hope and joy to the people around you?
- Can you be kind, even when it's hard?
- Can you forgive someone who's made a mistake?
- Can you include someone who's usually left out?

These are all ways we show real love, the kind of love that Jesus showed us.

**Let's all try to live that out this week.**

**Our prayer this week:**

"Loving God, Thank you for showing us what true love looks like through Jesus.

Help us to love others in the way we act, speak, and think. Give us the courage to be kind, to forgive, and to include others. Fill us with your Holy Spirit, so we can love like Jesus every day. Amen."

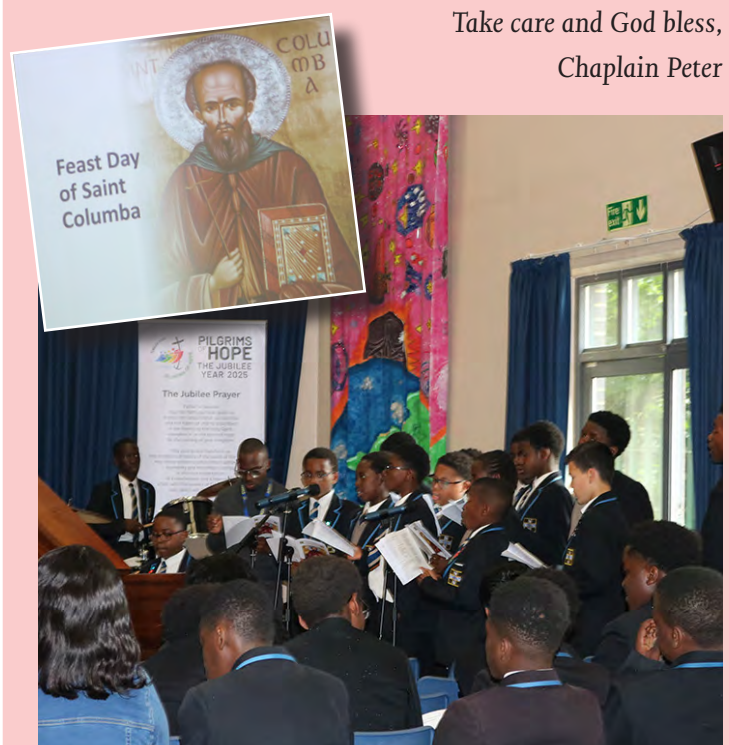
**St Columba's Day Mass**

On Monday after school, we held a very special Mass to celebrate the Feast of St Columba, the patron saint of our school. We were delighted to welcome Fr Francis Lynch who came to celebrate the Mass with us. It was lovely to see so many people come together — students, staff, families, and friends of the school, all taking time to pray and reflect together as one school community.

A big thank you to everyone who helped prepare and took part in the Mass. These moments are a reminder of what makes our school so special.

**Let's carry the spirit of St Columba with us as we move through the final weeks of term with kindness, courage, and care for one another.**

Take care and God bless,  
Chaplain Peter



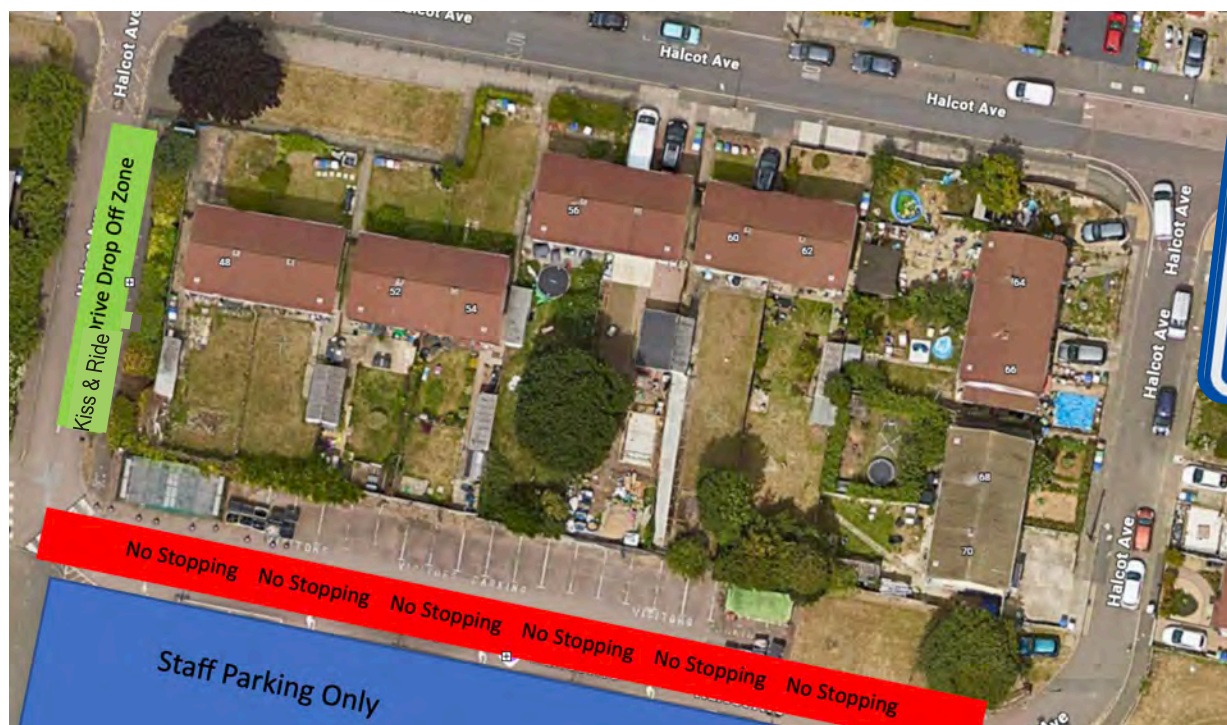
## Road Safety - No dropping-off in the car park

There has been a number of near-misses in the car park of late, where moving vehicles have come close to striking both children and adults. From now on, parents are prohibited from stopping in the car park to let their children out. This includes parking in a space.

Instead, parents should drive through the car park, turn right at the end and pull up at the right-hand side of the road before the exit gate. Children should then exit on the right-hand side of the vehicle, onto the foot path. This will be known as the **"Kiss & Ride"** area.

Should we continue to experience incidents that endanger children and staff, we may close the gate during drop-off times. We recommend that your child makes their way to school via foot/bicycle or public transport.

Alternatively, please consider dropping your child off further away from the school, ideally not on Halcot Avenue.



## Lunch Menu: Week commencing Monday 16 June

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>STAR DISH</b>	Chilli BBQ Beef & Bean Ragu with Penne	Chicken & Lentil Korma	Pork Sausage & Mash with red onion Gravy	Jerk Chicken Stew with Rice & Peas	Sustainably Sourced Battered Fish & Chips
<b>MEAT FREE</b>	Crispy Onion Mac & Cheese (V)	Roasted Cauliflower & Chickpea Korma	Veggie Sausages with Gravy & Mash	Tray Baked Jerk Spiced vegetables with Rice & Peas	Cheese & Tomato Pizza  & Chips
<b>GRAB &amp; GO</b>	Vegan Sausage Roll (Ve)	Sweet & Sour Chicken & Rice Pot	Chicken Tikka & Steamed Rice Pot	Loaded Wedges with BBQ Pork, Beans & Roasted Sweetcorn	Pasta Arrabbiata Pot
<b>SIDES</b>	Broccoli, Baked Beans , Mixed Salad	Fajita Roasted Sweetcorn & Peppers, Persian Slaw, Baked Beans , Mixed Salad	Country Mixed Vegetables, Baked Beans , Mixed Salad	Baked Beans , Garden Salad, Broccoli	Peas, Baked Beans , Mixed Salad
<b>TODAY'S DESSERTS</b>	Marble Cake	Iced Sponge	Ginger Cake & Custard	Giant Chocolate Cookie	Apple Crumble & Custard



V - Vegetarian VE - Vegan





Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

# ARTSTRAIN ACADEMIES

Our free songwriting programme for young artists,  
songwriters and instrumentalists



## What we offer

- Write and develop songs in a relaxed, creative space
- Develop skills in songwriting and performance
- Meet and collaborate with like-minded musicians / singers
- Advice and guidance from our professional industry music leaders
- Access to performance opportunities and recording studio time

## Who can apply?

Passionate young creatives who are:

- Musicians or singers aged 13–17 in Bromley and Bexley able to commit to weekly sessions
- Serious about your potential as an musician / artist
- Open to stepping outside your comfort zone and exploring new genres and styles

mytimeactive  
**artstrain**

### Roblox Launches New Parental Controls

Roblox is a very popular online gaming platform amongst 6 - 14 year olds. If your child uses the platform, it is essential that you are up-to-date with the recent Parental Controls update.

I have two young sons who use the platform regularly, and my main concern is always around communications from other platform users. I recently implemented the changes for my two sons, and the process is a little convoluted. You will have to create a parental Roblox account and link it to

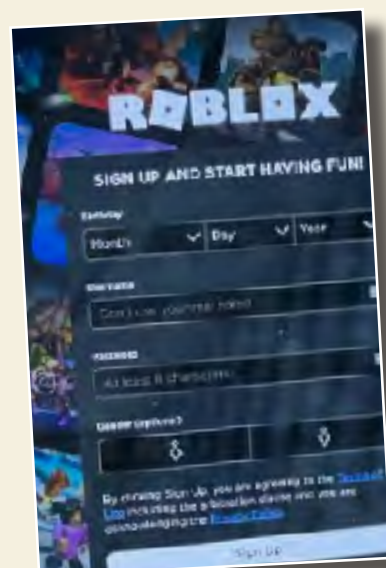
your child's account. As a parent, you must ensure only your child's friends can communicate with them whilst using the platform.

To access the extensive Roblox Parental Controls help page please visit:  
[tinyurl.com/y6md7s4x](https://tinyurl.com/y6md7s4x)

For an overview of the recent changes, please visit:  
[tinyurl.com/z347h2dy](https://tinyurl.com/z347h2dy)

Happy and safe gaming!

Mr Williams  
Online Safety Lead





**Hi, I am Sharon I am a Mental Health Practitioner from Place2Be. I am new in post and am based here at St Columba's three days a week on a Wednesday, Thursday and Friday. Some of you may have seen me in school already.**

**Place2Be at St Columba's supports the mental health and wellbeing of young people – it is a charity that helps children and young people understand their feelings and emotions and it provides a safe place with no judgement.**

### **What do we do?**

At Place2Be, we offer a calm, safe space in school where students can come and talk about anything that's worrying them. I'm here to listen and support young people in a friendly and caring way.

Students can come and speak with me during Place2Talk, a short appointment where they can talk or use special resources to help them explore their feelings.

### **How can students book an appointment?**

- Email me at [Place2Be@st-columbas.co.uk](mailto:Place2Be@st-columbas.co.uk)
- Or visit Student Welfare to fill in a paper slip and post it in the red post-box nearby

### **What about support for adults?**

We also support parents, carers, teachers, and school staff by offering advice and guidance on children's mental health and wellbeing.

### **Extra support**

Some students may need longer-term, one-to-one counselling. We can arrange this if we feel it would help. Students can speak to the school mental health champions, school staff or the Student Welfare team if they feel they would benefit from longer term support. Parents and Carers can also contact school staff if they feel that additional longer-term support is needed.

**To learn more about Place2Be, visit:**  
**[www.place2be.org.uk](http://www.place2be.org.uk)**

### **Contact us:**

- Sharon Graham Mental Health Practitioner
- [sharon.graham@place2be.org.uk](mailto:sharon.graham@place2be.org.uk)

- [www.st-columbas.bexley.sch.uk](http://www.st-columbas.bexley.sch.uk)
- Tel: 01322 553236
- Follow us: [@stcolumbasCBS](https://twitter.com/stcolumbasCBS)



# WEST STREET ERITH FAMILY HUB

105 WEST STREET, ERITH,  
DA8 1AW  
Tel: 020 3045 5480  
Opening hours: 9am - 5pm  
Monday - Friday



We're here for you

"REAL HELP. REAL PEOPLE.  
RIGHT HERE IN OUR COMMUNITY"

The Erith Family Hub is here to support you and your family from pregnancy through to your child's 18th birthday. Whether you're a new parent, a growing family, or just looking for advice, we're here for you.



Whether you need a quick chat, practical help, or a safe place to connect with other parents, the Family Hub is your local starting point.

No judgement, no pressure — just support, right when you need it. Feel free to walk in or drop us a call, we're here to help.

## We offer:

- Friendly, one-to-one support and guidance
- Parenting, relationship and family advice, workshops and play sessions
- Connections to local services – all in one place
- Help with Health, development, Education and Well-being.



## Your School Library NEEDS YOU



### We Want YOUR Input: Help Us Choose Books for the School Library!

We're excited to announce that St Columba's is looking to expand its library collection, and we need your help in choosing the best books! Whether it's the latest fiction, exciting non-fiction, or something to boost your studies, we want to know which books **YOU** would love to see on our shelves.

#### Here's how you can get involved:

1. Think about the types of books you enjoy most.
2. Create a list of your favourite titles or genres.
3. Let us know your suggestions by:
  - Emailing your book choices to: [lbe@st-columbas.bexley.sch.uk](mailto:lbe@st-columbas.bexley.sch.uk)
  - Or, popping into the library to have a chat with me!

We're looking for books that are not only entertaining but will also help **YOU** grow academically and personally. Whether it's for pleasure or for school projects, we want our library to have books that matter to **YOU**!

**DON'T MISS THE CHANCE TO SHAPE THE LIBRARY'S COLLECTION!**



## Warhammer 40k / Strategy Club

Warhammer 40k / Strategy Club will be an opportunity for students to develop their strategic and tactical thinking while enjoying table-top boardgames.

Students are welcome to bring their own to share, which can be stored at the start of the day in RE4 until the club starts after school. There will be further opportunities to take part in terrain building and army construction as the term goes on.

## COLUMBA'S CLUBS

Mr Osborne  
RE Teacher



Overcome obstacles  
Make decisions as a group.  
Learn to work together.

Dungeons and Dragons  
Thursday  
3pm - 4pm



**WHERE: RE4**

**WHEN: WEDNESDAYS 3:00-4:30PM**

**FOR: ALL YEARS!**

### BIBLE CLUB

**TUESDAY LUNCHTIME**

**12:50 - 1:30PM**

**ROOM RE1**

**RUN BY: MR OLOWOFOYEKU**



### POOL CLUB

**MONDAY**

**3:05 - 3:40PM**

**SAS2 BY INVITATION ONLY**

**RUN BY: MRS PONDER**



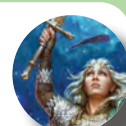
### SEN FOOTBALL CLUB

**FRIDAY**

**3:05 - 4:00PM**

**FIELD BY INVITATION ONLY**

**RUN BY: MRS PONDER**



### FILM CLUB

**THURSDAY LUNCHTIME**

**12:50 - 1:30PM**

**ROOM RE2**

**RUN BY: CGT**



### AFTER SCHOOL CINEMA

**WEDNESDAY**

**3:00 - 3:45PM**

**ROOM GG3**

**RUN BY: CHAPLAIN PETER**



### DUNGEONS & DRAGONS

**TUESDAY & THURSDAY**

**3:30 - 4:30PM**

**SAS12 ALL STUDENTS ARE WELCOME**

**RUN BY: CHAPLAIN PETER**



### BASKETBALL

**KS 4**

**WEDNESDAY**

**3:00 - 4:15PM**

**SPORTS HALL**

**RUN BY: MR ELDRIDGE**



### COMPUTER SCIENCE CODING CLUB

**WEDNESDAY 3:15 - 4PM**

**CS1**

**RUN BY: MR WILLIAMS**



### 'BACK TO BUSINESS'

**KS4**

**WEDNESDAY 3 - 4PM**

**CS2**

**RUN BY: MR DAVIES**



### FOOTBALL

**YR 9 TEAM**

**WEDNESDAY**

**3:00 - 4:15PM**

**RUN BY: MR CREIGHTON**



### FOOTBALL

**YR 8 TEAM**

**THURSDAY**

**3:00 - 4:15PM**

**RUN BY: MR VIRGO**



### BASKETBALL

**YR7/YR8**

**FRIDAY 7:20 - 8:20AM**

**SPORTS HALL**



### FOOTBALL

**YR 11 TEAM**

**FRIDAY**



### FOOTBALL

**YR 7**

**WEDNESDAY**

**12:45 - 1:30PM**

**SPORTS HALL**

**RUN BY: 4XSPORTS PREFECTS**



### FOOTBALL

**YR 10 TEAM**

**THURSDAY**

**3:00 - 4:15PM**

**RUN BY: MR ELDRIDGE**



### DODGEBALL/HANDBALL

**FRIDAY**

**3PM - 4:15PM**



### FRENCH CLUB

**YR 7**

**FRIDAY 12:45 - 1:15PM**

**ML2 RUN BY: MISS ATTEH**



### RUGBY

**YR 7 YR 8**

**THURSDAY**

**3:00 - 4:15PM**

**RUN BY: MR POLLARD**



### BADMINTON CLUB

**THURSDAY**

**3:00 - 4:15PM**

**SPORTS HALL**



### TABLE TENNIS

**THURSDAY**

**3:00 - 4:15PM**

**SPORTS HALL**

**RUN BY: MR CREIGHTON**



### CRICKET CLUB & YR 9 FOOTBALL FIXTURES

**THURSDAY**

**3:00 - 4:00PM**

**SPORTS HALL**

**RUN BY: MR CREIGHTON**



Below is a flyer from the London Borough of Bexley regarding what they could offer some of our students who have Special Educational Needs or their families.

A **SEND Youth Group** needs students' voices in Welling – free snacks are on offer!

If this sounds interesting and helpful do get in contact using the details provided on the flyer.

Ms Stockman  
SENDCo


The flyer is for a youth group called 'YOUR VOICE MATTERS' in Bexley. It features a purple background with a yellow banner at the top containing the title in large, bold, black letters. Below the banner, white text describes the group's purpose: to create a new SEND youth group for 12-25 year olds with special educational needs. A black and white illustration of a hand holding a megaphone is on the left. To the right, under the heading 'INFO:', a bulleted list provides details about the group's schedule and location. At the bottom, a yellow box contains contact information for Becca, and a pink box provides an email and phone number.

**LONDON BOROUGH OF BEXLEY**

[www.bexleylocaloffer.uk](http://www.bexleylocaloffer.uk)

# YOUR VOICE MATTERS

We are creating a new SEND youth group and we need your voice! If you're 12-25 years old (Year 8 and up) and have special educational needs and/or disabilities, this is your space to connect, share and shape change.



## INFO:

- Last Wednesday of every month
- Lovel Youth Hub, Welling
- 4:30 to 6pm
- Free snacks provided

**INTERESTED? CONTACT BECCA AT**

**REBECCA.GILL@BEXLEY.GOV.UK OR 0203 045 4270**



# Special Educational Need or Disability?

The Local Offer is an online guide to the services  
in Bexley that are available for children and  
young people aged 0-25 with special educational  
needs (SEN) and disabilities  
[www.bexleylocaloffer.uk](http://www.bexleylocaloffer.uk)  
Email: [localoffer@bexley.gov.uk](mailto:localoffer@bexley.gov.uk)  
Telephone: 020 3045 5677

## Talking to your child about

**SHARING  
IMAGES ONLINE**

For children and young people, socialising online is part of normal life. Chatting online and sending messages, photos and videos can be a good way of strengthening friendships. Sometimes, however, they can misjudge boundaries and may not realise the impact of their actions.

They can also be manipulated or pressured by others into sending inappropriate content, such as nude or semi-nude images. These can be sent for reasons including humour, shock-value, revenge or exploring bodies and relationships. Once images are shared, they can't be retrieved, leaving them vulnerable in many ways.

Having conversations with your child at an early age about what is and isn't ok to create and share can help keep them safe.



MORE TRUST | LESS CRIME | HIGH STANDARDS

**Penalty Notice Fines for School Attendance is Changing****1****FIRST OFFENCE**

The first time a Penalty Notice is issued for Term Time Leave or irregular Attendance the amount will be:

£160 per parent, per child if paid within 28 days  
Reduced to £80 per parent, per child if paid within 21 days.

**2****SECOND OFFENCE  
(WITHIN 3 YEARS)**

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:

£160 per parent, per child to be paid within 28 days. No reduced rate will be offered.

**3****THIRD OFFENCE AND ANY FURTHER OFFENCES (WITHIN 3 YEARS)**

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child. Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

The following changes will come into force for Penalty Notice Fines issued after 19th August 2024.

**10 SESSIONS (5 DAYS) OF UNAUTHORISED ABSENCE IN A 10-WEEK PERIOD**

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10-week period.

**Please follow the link for the Publication that will start from 19 August:**  
[www.gov.uk/government/publications/working-together-to-improve-school-attendance](https://www.gov.uk/government/publications/working-together-to-improve-school-attendance)



Joyful June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good
8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you
15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people
29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS

Happier · Kinder · Together

## Family Lives



People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support.

We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home,

bullying, teenage risky behaviour and mental health concerns of both parents and their children.

If you need support or advice, you can call us on our helpline on:

0808 800 2222 (Mon - Fri 1.30-9pm)

email us at :[askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Chat to us online or alternatively visit our forums or online advice.

**WE BUILD BETTER FAMILY LIVES TOGETHER**

## Bexley Voice Virtual Red Bag

The Special Education Needs Department are keen to reconnect with parents after the pandemic and let them know what advice and support we can offer.

We have had a variety of guest speakers come in to share their expertise with parents.

This includes Bexley's Education Psychologists sharing information about ADHD, specialists from the ASD Advisory Team who shared pearls of wisdom about living with teenagers with Autism and most recently, our guest speakers were from Bexley Voice, a valuable organisation run by

volunteers, who offer support and advice to parents of children with SEN.

The most important feature of these coffee mornings is that it offers all parties a chance to connect and build strong relationships, which put our young people and

their families and carers at the heart of what we do.

Look out for information and an invitation to our next coffee morning.

Mrs Loveday-Jones  
Assistant Headteacher and  
SENDCo

**Here are some useful website addresses and contact numbers.  
Click on a panel to be taken straight to that site.**



**BEXLEY VOICE**

<https://www.bexleyvoice.org.uk/>



**BEXLEY NAS**

<https://www.bexleynas.co.uk/>



**BEXLEY LOCAL  
OFFER**

<https://www.bexleylocaloffer.uk/>



**BEXLEY IASS**

<https://www.bexleyiass.co.uk/>



**CONTACT**

<https://contact.org.uk/>



**BEXLEY VOICE FULL CONTACT LIST**

<https://sccbs-my.sharepoint.com>



## Places to get help....

# SAMARITANS

Maybe you can't quite put your finger on it, but you're not feeling okay. You might be feeling tired more often, be feeling emotional, and you might not want to do the things that you usually enjoy right now.

Struggling to cope with everyday life doesn't look or feel the same in everyone. We can't generalise about how it'll make you feel or act.

Samaritans are here to listen. You can call us on 116 123, email us at [jo@samaritans.org](mailto:jo@samaritans.org) or write us a letter.

You don't have to feel suicidal to get in touch. Only 1 person in 5 who calls Samaritans says that they feel suicidal.

- Signs to look out for
- Lacking energy or feeling tired
- Feeling exhausted all the time

- Experiencing 'brain fog', find it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Feeling tearful, wanting to cry all the time
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things and tasks.

And if you do think these symptoms sound like you, or someone you know, please still get in touch on 116 123, at [jo@samaritans.org](mailto:jo@samaritans.org) or in another way that suits you.



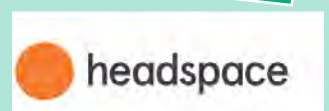
## [www.childline.org](http://www.childline.org)

Call us free on 0800 1111



## [www.headspace.com](http://www.headspace.com)

Hundreds of articles for any mind, any mood, any goal.



Mindfulness for your everyday life

Stress less. Move more. Sleep soundly.



## [www.mind.org](http://www.mind.org)

What we do:

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

[https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm\\_source=Workplace+Updates&utm\\_campaign=387d089585-EMAIL\\_CAMPAIGN\\_2019\\_06\\_24\\_03\\_49\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_ef4a7868f3-387d089585-74819051](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_source=Workplace+Updates&utm_campaign=387d089585-EMAIL_CAMPAIGN_2019_06_24_03_49_COPY_01&utm_medium=email&utm_term=0_ef4a7868f3-387d089585-74819051)

## [www.ineqe.com](http://www.ineqe.com)

The virus has brought monumental change to how we teach and care for children and young people. The virus presents a particular challenge for a lot of younger children as they adapt to new social distancing measures and forms of learning.

To support different forms of learning, Jim Gamble's team at Inqueue have prepared a short animation, a story book and an activity to support teachers and parents tackle misinformation and help children understand Coronavirus.

<https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/>

## Food Banks

### BEXLEY

#### AVERY HILL CHRISTIAN FELLOWSHIP

Southspring  
Sidcup DA15 8EA

Tuesday 10am - 12midday  
Thursday 12midday - 3pm

For Vouchers and Contact  
07385 921627 or  
0808 208 2138



#### NEW COMMUNITY CHURCH

24 Station Road  
Sidcup DA15 7DU

Monday 11am - 1pm  
Tuesday 12.30pm - 3pm

For Vouchers and Contact  
07385 921627 or  
0808 208 2138



#### QUEEN STREET BAPTIST CHURCH

Queen Street  
Erith DA8 1RP

Wednesday 10am - 3pm  
Saturday 10am - 1pm

For Vouchers and Contact  
07385 921627 or  
0808 208 2138



#### TRINITY BAPTIST CHURCH

Broadway  
Bexleyheath DA6 7AY

Monday 1pm - 3pm  
Friday 10.30am - 12.30pm

For Vouchers and Contact  
07385 921627 or  
0808 208 2138



### GREENWICH

#### BLACKHEATH WELCOME CENTRE

Blackheath & Charlton  
Baptist Church  
Marlborough Lane  
Charlton SE7 7DF

Thursday 12.30pm - 2.30pm

<http://greenwich.foodbank.org.uk/>

#### PLUMSTEAD WELCOME CENTRE

St John's Church  
Earl Rise  
Plumstead SE18 7NH

Monday 4.30pm - 6.30pm

<http://greenwich.foodbank.org.uk/>

#### EAST GREENWICH WELCOME CENTRE

Christ Church  
Forum @ Greenwich  
Trafalgar Road  
Greenwich SE10 9EQ

Thursday 6.30pm - 8pm

<http://greenwich.foodbank.org.uk/>

#### THAMESMEAD WELCOME CENTRE

Emmanuel Baptist Church  
St Katherines Street  
Erith DA18 4DS

Tuesday 10am - 1pm  
Thursday 10am - 1pm

<http://greenwich.foodbank.org.uk/>

#### ELTHAM WELCOME CENTRE

57 Well Hall Road  
Eltham SE9 6SZ

Friday 11am - 1pm

<http://greenwich.foodbank.org.uk/>

#### WOOLWICH WELCOME CENTRE

St Peter's Catholic Church  
Woolwich New Road SE18 6EF

Wednesday 5pm - 7pm

<http://greenwich.foodbank.org.uk/>

#### KIDBROOKE WELCOME CENTRE

St James' Church Hall  
62 Kidbrooke Park Road  
SE3 0DU

Thursday 11am - 1pm

<http://greenwich.foodbank.org.uk/>

### DARTFORD

#### TRINITY BAPTIST CHURCH

46 Lowfield Street  
Dartford DA1 1HJ

Tuesday Morning  
Thursday Afternoon

01322 225850

### GRAVESHAM

#### GRAVESHAM FOODBANK

Riverside Centre, Dickens Road  
Gravesend DA12 2JY

Tuesday 10am - 12.30pm  
Wednesday 10am - 12.30pm  
Thursday 10am - 12.30pm  
Friday 10am - 12.30pm

<http://gravesham.foodbank.org.uk>



<https://www.trusselltrust.org/get-help/find-a-foodbank/>





# Encountering Christ

## The Wednesday Prayer Custom for Homes, Schools & Parishes

*Prayerfully preparing for Sunday Mass with special prayers for our school families*



**Set aside 10-15 minutes and create a suitable environment by removing any distractions.** Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross and remain still for a minute of settling silence.



**Remember that through this scripture our Lord is truly present.** Read the Gospel, aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.

# 1

## Read

### The Gospel for Sunday 15<sup>th</sup> June 2025

#### FATHER, SON AND SPIRIT

Jesus said to his disciples: "I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: 'All he tells you will be taken from what is mine'."

**Taken from John 16:12-15 Trinity Sunday, Year C**

# 2

## Reflect

**After reading the Gospel, did any words stand out? If they did, ponder or discuss them before proceeding with the reflection.**

**After spending a few minutes considering this Gospel, continue by reading Fr Henry Wansbrough's reflection.**

We can learn a little about the Trinity from this passage. Think of a perfect relationship between a father and a son: complete understanding between them - loving care from the father, loving obedience from the son; complete support from both sides. As soon as one has an idea, the other expresses it, to the perfect satisfaction of the first. As soon as one starts an action, the other has completed it, to the delight of the first. Then the son sends his own spirit, which is not himself, but represents himself fully, makes him present when he is not there and does his work exactly as he would do it. Two other images, perhaps rather cheeky: three men on a bench outside a pub or three women with supermarket trolleys, all three chatting in perfect harmony and understanding, with complete exchange of ideas and plenty of humour, laughter and warmth. Their friendship is so attractive that you would love to join them but don't dare. They are so welcoming that they seem to invite you to join them. They are so loving that you feel you have found happiness as never before. These are rather wretched images, straining to express the unity in diversity of the Trinity, but one must at least try to understand. Read the gospel again! Can you think of an image for the Trinity, three Persons in one Nature?

*Dom Henry Wansbrough OSB*

# 3

## Respond & Request

Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Thank God for any insight you may have received.

Then ask God to bless you with a spiritual gift to help you act on any resolution you have made. Perhaps: love, hope, understanding, wisdom, faithfulness, peace, patience, humility, joy, forgiveness, self-control, courage, generosity, faith or something else.

# 4

## Pray for Families

**This Wednesday's words for our school families are HOLY TRINITY !**

After praying for your loved ones, please remember to pray for our present and future Church, particularly for the families connected to our schools. You may want to conclude this special weekly time with a simple prayer such as:

**St Joseph, Patron Saint of Families and Protector of the Church, pray for us. Mary, Star of Evangelisation, pray for us. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.**

**The Jubilee  
Year of Hope**

**Share the Prayer:** Why not forward a digital copy of this Parish Version to your friends? Also, to see a sample of your primary school's *Family Version*, visit: [wednesdayword.org](http://wednesdayword.org)



# WEDNESDAY WORD PLUS +

Fr Henry's reflections on the first and second readings of **Sunday 15th June 2025**



## 1

**1st Reading: Proverbs 8:22-31**

### **The Wisdom of God**

The Wisdom of God cries aloud: "The Lord created me when his purpose first unfolded, before the oldest of his works. From everlasting I was firmly set, from the beginning, before earth came into being. The deep was not, when I was born; there were no springs to gush with water. Before the mountains were settled, before the hills, I came to birth; before he made the earth, the countryside, or the first grains of the world's dust. When he fixed the heavens firm, I was there, when he drew a ring on the surface of the deep, when he thickened the clouds above, when he fixed fast the springs of the deep, when he assigned the sea its boundaries - and the waters will not invade the shore - when he laid down the foundations of the earth, I was by his side, a master craftsman, delighting him day after day, ever at play in his presence, at play everywhere in his world, delighting to be with the sons of men."

How did we Christians come to see God as a Trinity of Persons? With a noble sense of reverence the Israelites saw God as so infinitely other than the world that it became difficult to understand how God could mix with the world, even how God could 'dirty his fingers' by creating the world. The solution was that God must have created the universe by his Wisdom, the 'master craftsman' by his side in the work of creation. God's Wisdom is in a way the same as God, but yet not exactly the same. But is God's Wisdom itself created? It is not clear whether God 'created' or 'possessed' Wisdom, for the Hebrew word, is given both senses by different ancient translators. So there is in God something which both is God and is not the same as the Creator. The Wisdom of God is also similar to the Word of God by which God created ('He spoke and it came into being,' it says in the Creation Story in Genesis 1). In the New Testament Jesus is known both as the Wisdom of God and as the Word of God. The first thing we know about God is that we cannot fully know God. Nevertheless, texts (like this one from Proverbs) indicate a groping towards the idea that there is diversity within God. Here we find something of the origins of our understanding of the Trinity.

**'God is love.' But if God is totally other, what can this mean?**

## 2

**2nd Reading: Romans 5:1-5**

### **The Three Persons at Work**

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. But that is not all we can boast about; we can boast about our sufferings. These sufferings bring patience, as we know, and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

When Paul wrote his letter to the Romans the theology of the Trinity was still waiting to be worked out. The interrelationship between the three Persons did not begin to be elaborated by theologians for a couple of centuries yet, nor what is meant by calling them 'persons'. Paul does call the Risen Christ 'LORD', using the sacred name which may be used only of God. Moreover, he shows an awareness that three different modes are involved in human salvation, the divine action which brings human beings back to God. He often has a triple formula like the one in this reading, using different language of God, Christ and the Spirit. Through our LORD Jesus Christ we are brought into peace with God, and the love of God is poured into our hearts by the Holy Spirit. Human language is so totally inadequate to express truths about God that it will take a long time before any satisfying formula is found.

**Can we distinguish the function of the three Persons of the Trinity in the work of our salvation?**

**Human language is so totally inadequate to express truths about God.**

**The Wednesday Word** Connecting Home, School & Parish through the Word of God

**The Wednesday Word is under the patronage of St Joseph, Patron Saint of Families and Protector of the Church  
Within the tradition of the Catholic Church, each Wednesday is dedicated to St Joseph**

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