



St Teresa's Primary School is attended by Emelia and Freya, their parents Lois and Phillip, believe children are at the heart of everything school does

Lois and her husband Phillip have Emelia in Year 6 and Freya in Year 1.

Moving part way through school

Freya, Lois' youngest daughter has been at St Teresa's since pre-school. Emelia joined in Year 4, moving schools part-way through her primary school journey. "The girls are getting on very well. Freya loves school, it has been a hugely positive start to her educational journey. Emelia moved to St Teresa's in Year 4," says Lois.

The right move

"Emelia wasn't getting on massively well at her other school. We wanted her to be in an environment that would build her self-esteem. Since moving, Emelia is doing amazingly. Her anxiety and self-esteem have improved so much and school have been brilliant at helping with that. Pastoral support and developing coping strategies have just been some of the ways school have helped her. Emelia went on the school residential trip just recently from Monday to Friday and that was an amazing achievement for her and a wonderful experience. That wouldn't have happened two years ago. Her confidence has soared and she's made lots of friends, she's doing well academically thanks to the support of school," says Lois.

Enjoying school and the extra opportunities

"Emelia loves art, RE and PHSE. Freya loves everything. Freya has joined computing club this term which is a new skill for her to learn, she would also like to join Lego club next term.

She enjoys phonics and writing. Emelia has been to a local outdoor climbing centre to help build her confidence which she enjoyed and set her up well for her residential. She's played in the netball team and football team. Emelia is in the chamber choir and gets lots of opportunities to sing in the local community including at Portsmouth Cathedral and local care homes. "Emelia has thrown herself into that side of school. She's found her place in school thanks to her involvement with the choir," says Lois.

Children are at the heart of everything

"St Teresa's has a community feel, it's a very warm and welcoming school, the children are at the heart of everything they do. The staff are consistent and they're always on the playground at the end of the day. They are approachable and we've had regular meetings and communication," says Lois.

Moving to high school

"We're looking at secondary schools now. It is a daunting process, but Emelia knows now, having made the change before, she can do it again. School make Year 6 a very special time for the children and that helps to build them up before the transition process. They have a head girl and head boy and their deputies, as well as sports, music and house captains and these roles are all for Year 6s so that sense of responsibility for the older ones is lovely.

When they return from their residential, they are given a special tie which the head teacher presents to them and again, it's just little things like that; it makes it a special time for the Year 6s and helps prepare them for moving on," says Lois.

St Teresa's welcomes everyone

"There is a Catholic element to life at school, but the school has grown and diversified massively in terms of all the different faiths and cultures that attend. Everyone needs to be embracing of the overarching Catholic values, but these are no different to what most people want for their children in terms of caring for each other and making school a happy place to be, it gives school a sense of heart," says Lois.

Advice for new parents

"I'd say to any parent thinking of St Teresa's to go and visit, the opportunities they afford children are fantastic and there's a wonderful vibe to school. I'd recommend it one hundred percent," says Lois.

Children say:

Emelia says: "Everyone at the school is very kind, I am pleased I came here, I have settled in really well."

Freya says: "I get to see my friends every day. Learning is fun!"