



Holy Cross Catholic Primary School

Charles Street, St. Helens, WA10 1LN

10/01/2025

Happy Feast of the Epiphany

The feast of the Epiphany is celebrated 12 days after Christmas, on 6 January. It is designated as a solemnity. This marks it as a feast of great importance within the Catholic Church. The feast of the Epiphany reveals Jesus as King and Saviour of the world. The wise men represent peoples of all nations who did not know the God of Israel, but whom God called to the manger to share the new life of Christ. God leads the wise men with a great light - the star - by which God reveals hope and love for all people.

A blessing of the home is often done on the Feast of Epiphany, a tradition that invites God into the home and places the family under his protection.



EPIPHANY BLESSING 20+C+M+B+25

The numbers represent the year (2025).
The letters represent both the names of the
Magi (Caspar, Melchior, and Balthasar) and
the phrase
"Christus Mansionem Benedicat,"
which is Latin for
"May Christ Bless the House."



Lord God of heaven and earth, you revealed your only begotten Son to every nation by the guidance of a star. Bless this house and all who inhabit it. May we be blessed with health, goodness of heart, gentleness and the keeping of your law. Fill us with the light of Christ, that our love for each other may go out to all. We ask this through Christ our Lord.

We Care, We Share, We Value.


Habits of Mind

Habits of Mind, created by Arthur L. Costa and Bena Kallick, are an identified set of sixteen problem solving, life related skills that are important for effective learning.

At Holy Cross we are implementing a selection of these learning behaviours from July 2024.

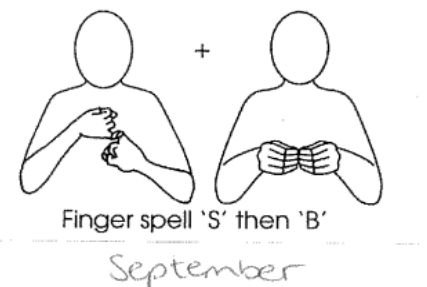
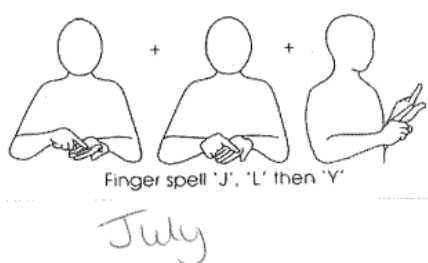
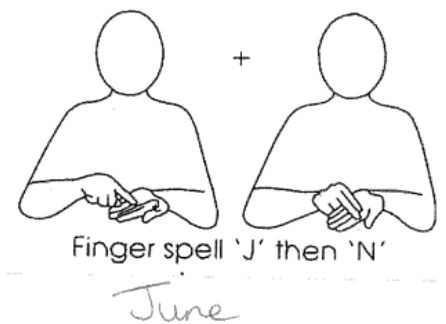
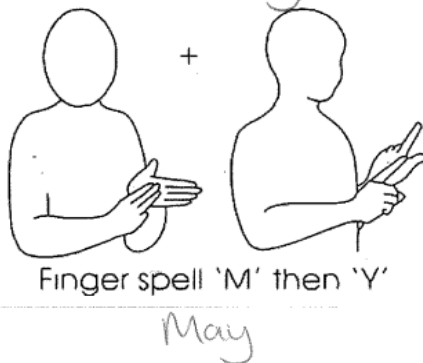
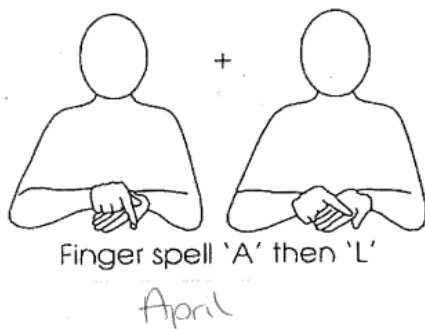
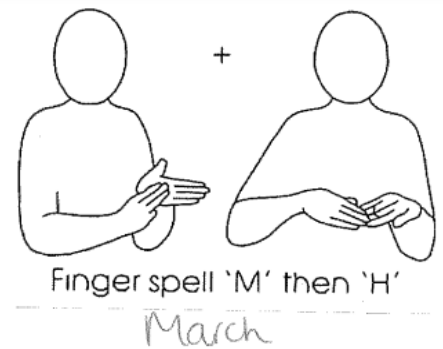
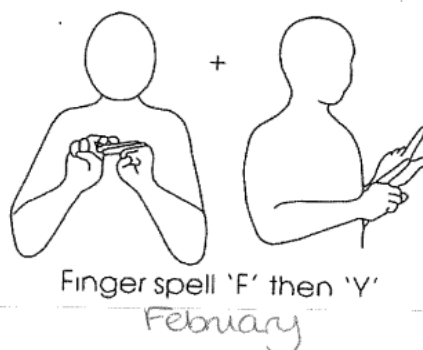
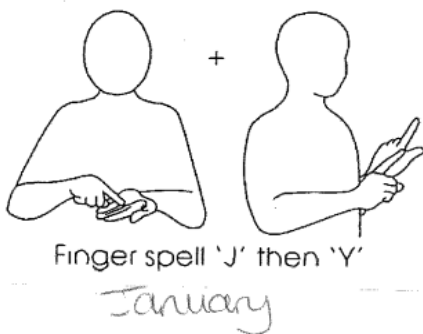
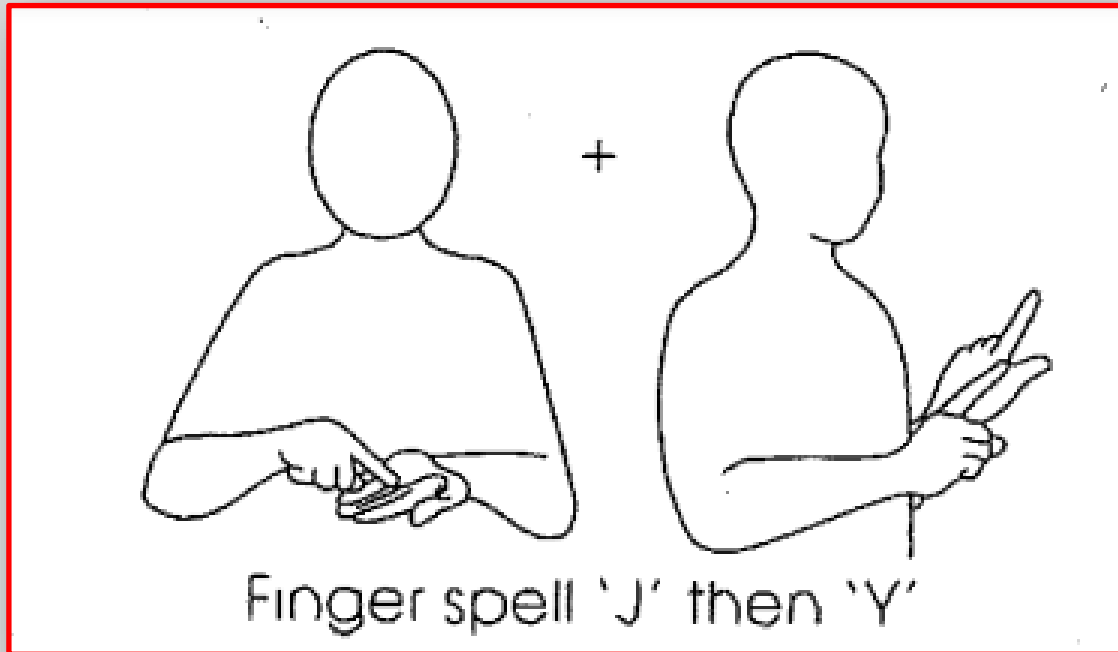
Each Habit is introduced and embedded over a half term or term using a similar structure:

- Introducing the Habit and what it means
- Understanding why it is important and outlining strategies to support the Habit
- Working towards gaining rewards for demonstrating the learning behaviour.
- Each Habit has an associated animal logo and motto that the pupils will recognise.

 <p>1. Persisting <i>Stick to it!</i> Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p>2. Managing Impulsivity <i>Take your time!</i> Thinking before acting; remaining calm, thoughtful and deliberative.</p>	 <p>3. Listening with understanding and empathy <i>Understand others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.</p>	 <p>4. Thinking flexibly <i>Look at it another way!</i> Being able to change perspectives, generate alternatives, consider options.</p>
 <p>5. Thinking about your thinking (Metacognition) <i>Know your knowing!</i> Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p>6. Striving for accuracy <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly.</p>	 <p>7. Questioning and problem posing <i>How do you know?</i> Having a questioning attitude; knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p>8. Applying past knowledge to new situations <i>Use what you learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p>9. Thinking & communicating with clarity and precision <i>Be clear!</i> Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.</p>	 <p>10. Gather data through all senses <i>Use your natural pathways!</i> Pay attention to the world around you. Gather data through all the senses. taste, touch, smell, hearing and sight.</p>	 <p>11. Creating, imagining, and innovating <i>Try a different way!</i> Generating new and novel ideas, fluency, originality</p>	 <p>12. Responding with wonderment and awe <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
 <p>13. Taking responsible risks <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly.</p>	 <p>14. Finding humor <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.</p>	 <p>15. Thinking interdependently <i>Work together!</i> Being able to work in and learn from others in reciprocal situations. Team work.</p>	 <p>16. Remaining open to continuous learning <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>

Sign with us!

Each week children develop their basic sign language skills so that as a school family we can all communicate with members of our school who use BSL and Makaton.



Attendance

School Matters!



Attend Today, Achieve Tomorrow

Our whole school attendance this week is

91.9%

The Government set target is 97%.

Well done to

Year 6

for having the best attendance this week with

94%

Attendance this week

Nursery	94%
Reception	92%
Year 1	92%
Year 2	91%
Year 3	90%
Year 4	90%
Year 5	92%
Year 6	94%

Getting Your Child to School Really Matters



Did You Know... ?

In a School Year, If Your Child is Late Every Day By...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

Happy Birthday!

On this special day,
we celebrate how blessed the world
became when God gave us you.



©WishesMsg.com

Jackson Hoskinson

John Olonade

Grace Lloyd

Adriana Lopez

Mrs Gillespie

We Care, We Share, We Value.

Swimming—Wednesday's

Y5 need their swimming kit in school every Wednesday—the coach leaves at 9.00am

Lunch Clubs

Rosary Club—Monday 12.30-1.00
 Minnie Vinnies—Tuesday 12.30-1.00
 Rota Kids—Thursday 12.30-1.00
 Young Carers—Friday 12.30-1.00

School clubs

KS2 Dodgeball—Monday 3.30-4.15pm
 Y1-Y6 Mindfulness—Tuesday 3.30-4.00pm
 Choir Y3-Y6—Wednesday 3.30-4.00pm
 Multi-Skills Y1—Wednesday 8.00-8.40am
 KS2 Books on film—Wednesday 3.30-4.00pm

SCHOOL TERMS AND HOLIDAY DATES 2024/2025

Term	School opens on:	School closes on:
Autumn term 2023	3rd September	25th October
	4th November	20th December
Spring term 2024	6th January	14th February
	24th February	4th April
Summer term 2024	22nd April	23rd May
	2nd June	16th July
Inset days	2nd September 17th & 18th July 21st & 22nd July <u>Bank Holidays</u> 18th April 21st April 5th May	

Year Group	Homework
N	Library book read to them (each night) Talking task – phase one phonics (weekly) Practical maths (weekly)
R	Reading (each night) Reading & spelling tricky words practice (weekly) Number (weekly)
KS1	Reading (each night) Times Tables (each night) Reading & spelling tricky words practice (weekly) Maths (weekly) English comprehension (weekly)
KS2	Reading (each night) Times Tables (each night) Reading & spelling tricky words practice (weekly) Maths (weekly) English comprehension (weekly)

CYPMHS Crisis Response service as they have had some updates.

This service is for Children & Young People who are in need of immediate assistance for their **mental health or behaviour.**

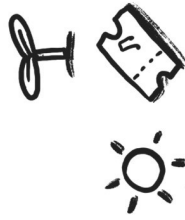
<https://www.merseycare.nhs.uk/our-services/warrington/child-and-adolescent-mental-health-service-crisis-response->



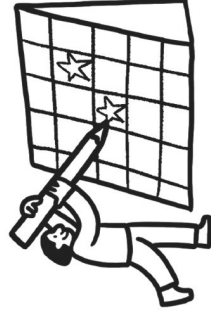
Happier January 2025



MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

2 Make time today to do something kind for yourself

1 Find three things to look forward to this year

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

11 Switch off all your tech at least an hour before bedtime

10 Thank someone you're grateful to and tell them why

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

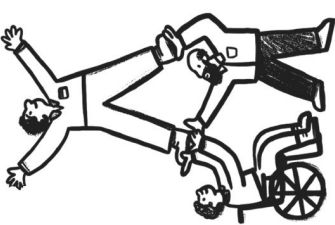
27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

SCARE! Hoaxes, online challenges & 'bad apps'

What parents and schools need to know to keep children safe from the latest dares, scares, threats & challenges

There are always stories going round about nasty things online and you may be asked to share warnings about them. The ones with clever names and funny pictures are usually fakes and hoaxes, but of course bad things happen online too and we all want to keep young people safe from them.

Whether a scare is real or not, we would advise against sharing warnings about specific challenges or even 'bad apps', sites or games. Read on to find out why...and what to do instead.



Why shouldn't we share specific warnings?

Scare-shares can cause:

1. A false sense of security
2. Free publicity
3. Unproductive panic

What can we do instead?

1. Talk about **GENERAL** risks and what can go wrong online wherever you are
2. Use **NON-SCARY EXAMPLES** to talk about how to respond to dares, challenges, scares and threats
3. Make sure children and young people know who to talk to and where to get **HELP** from different sources
4. Focus on the **POSITIVES** – after all, if we say it's all bad, they won't listen to us

Top tips



Still not sure? Have a look at what the experts at CEOP say about online scares or how the Samaritans advise us to talk about challenges.



SafeguardED

Find out more at scare.lgfl.net



&



@LGfLSafeguardED

Is my child too ill for school?

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a high temperature, keep them off school until it goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Does your child need care this winter?

If your child is ill it can be a worrying time, but lots of childhood illnesses can be treated quickly and effectively at home or by accessing the right healthcare service. Here is our handy guide to services available in your area. By choosing the right service you can help your little one feel better, quicker.

Online symptom checker

Our friends at Alder Hey have created an online symptom checker with lots of useful advice on common symptoms in children. Visit the website: www.alderhey.nhs.uk/symptom-checker

You can then decide where best to get the right care for your child.

When to go to a pharmacy

Your local pharmacy can offer advice and has a wide range of over-the-counter medicines that can help treat common illnesses. Make the pharmacy your first stop to help with:

- Coughs and colds
- Upset tummy
- Minor cuts, bumps and bruises
- Minor stings and bites

When to go to walk-in centres

If your GP surgery is closed, or your child's condition is more urgent, but not life-threatening, then your local Urgent Treatment / Walk-in Centre has specialist nurses and doctors that can help. Many local centres have x-ray equipment too, which means you don't always need to attend A&E. Common conditions that can be treated here include:

- Cuts and scrapes
- Minor burns
- Minor breathing difficulties (asthma / group / bronchiolitis)
- Suspected fractures
- Uncontrolled fever

When to go to a doctor

If you are worried about your child's health, then you should speak to your GP first. Out of hours, you can call 111 who will help to decide whether your child needs to be seen right away or if the issue can wait to be treated the next day by your own family doctor.

Common illnesses that can be treated by your GP are:

- Persistent coughs
- Skin infections
- Minor infections
- Eye infections
- Ear pain

When to go to A&E

Accident and Emergency is for people with life-threatening illness or injury, so if you think your child needs immediate attention, then you should attend A&E. Conditions that require immediate attention include:

- Shortness of breath or working hard to breathe
- Resulting in drawing in of the chest when breathing or making a grunting noise
- Seizures
- Severe bleeding or burns
- Head or eye injuries
- Allergic reactions causing swelling of the face, lips, eyes or tongue, fainting or trouble breathing
- Serious animal bites
- Infants under 2 months of age with a fever
- Blue or purple lips, skin or fingernails
- Uncontrolled pain

If your child is struggling to breathe or loses consciousness, you should call 999

Urgent Treatment & Walk-in Centres

Your local centre is closer than you think.

Open 365 days a year, including bank holidays, to treat all sorts of urgent illnesses and injuries.

St Helens Urgent Treatment Centre

Monday to Saturday 7am-10pm
Sunday & Bank Holidays 9am-10pm

Widnes Urgent Treatment Centre

Monday to Sunday 8am-9pm

Huyton NHS Walk-in Centre

Monday to Saturday 8am-8.30pm
Sunday & Bank Holidays 10am-8.30pm

Runcorn Urgent Treatment Centre

Monday to Sunday 8am-9pm

Kirkby NHS Walk-in Centre

Monday to Saturday 8am-8.30pm
Sunday & Bank Holidays 10am-8.30pm

Halewood NHS Walk-in Centre

Monday to Saturday 8am-8.30pm
Sunday & Bank Holidays 10am-8.30pm

IS MY CHILD TOO ILL FOR SCHOOL?



CHICKENPOX	At least 5 days from the onset of the rash and until all blisters have crusted over.
DIARRHOEA AND VOMITING	48 hours after their last episode.
HIGH TEMPERATURE	If your child has a high temperature, keep them off school until it goes away.
IMPETIGO	Their sores have crusted and healed, or 48 hours after they started antibiotics.
MEASLES	4 days after the rash first appeared.
MUMPS	5 days after their swelling started.
SCABIES	They've had their first treatment.
SCARLET FEVER	24 hours after they started taking antibiotics.
WHOOPING COUGH	48 hours after they started taking antibiotics.

NO



CONJUNCTIVITIS	You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.
COUGHS & COLDS	It's fine to send your child to school with a minor cough or common cold.
HAND, FOOT & MOUTH	If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
HEAD LICE	There's no need to keep your child off school. You can treat head lice and nits without seeing your GP.
THREADWORMS	Speak to your pharmacist, who can recommend treatment.
SORE THROAT TONSILLITIS	You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.
SLAPPED CHEEK	You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious.

ASDA Cashpot for schools

If you shop at ASDA, please consider selecting us as your chosen school as this will help our school cashpot to grow.

**you scan,
we donate
££s TO
SCHOOLS.**



Asda Rewards Cashpot for Schools

[Cashpot for Schools Terms & Conditions](#)

[Asda Rewards terms & Conditions](#)

1

Download and sign up to the Asda Rewards app

Opt into the Cashpot for Schools campaign and select a specific primary school or select 'Schools in Need'.

2

Shop in store across Asda and George, or online at Asda.com

Asda will donate a percentage of your shop to your chosen school each time you shop and scan.

3

Asda does the rest

The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.

Each school will get an additional £50 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.



MUSIC SERVICE ENSEMBLES AT ST HELENS TOWN HALL 2024 - 25 FREE!

TUESDAY...

ROCK & POP BAND

4.30PM - 5.50PM

WEDNESDAY

WIDER OPPORTUNITIES BAND

4PM - 5PM

WEDNESDAY

INTERMEDIATE WIND BAND

4PM - 5PM

WEDNESDAY

INTERMEDIATE STRINGS

4PM - 5PM

WEDNESDAY

MUSIC THEORY CLUB

4PM - 5PM

WEDNESDAY

YOUTH WIND ORCHESTRA

5.15PM - 6.30PM

WEDNESDAY

SINFONIA

5.15PM - 6.30PM

WEDNESDAY

MUSIC THEORY CLUB

5.15PM - 6.30PM



**ST HELENS
COUNCIL
MUSIC
SERVICE**

INSPIRING MUSICAL CREATIVITY

FOR EVERY CHILD AND YOUNG PERSON WE WORK WITH



@sthelensmusic



@sthelensmusicervice

**01744
677946**

music.service@sthelens.gov.uk

**SCAN THE QR CODE
BELOW TO JOIN AND
REGISTER TODAY**





See Miss Davies for more information on main meals for the family for £4 per week.

Wesley Methodist Church
Vincent Street, St Helens WA10 1LF

For a **small weekly fee** local residents can join up as members and access a whole range of benefits.

Entrance to a weekly shop at the Pantry

Meet new people or volunteer

Free welcome gifts



Pay by cash or standing order

There are no qualifying rules for joining and we also give out tea/coffee and toast while you wait.



Opening times:
Tuesday

 www.yourlocalpantry.co.uk

 @Hopesthelens  @Hopesthelens

You can also call us on 01744 264 14

Could you foster?



Together we can help change the life of a child.

Foster with St Helens Borough council, we are **OFSTED** graded **GOOD** and judged to be **OUTSTANDING** for our care leavers

Tel: 03456460098

Email: Enquiry@foster4.co.uk



F4 FOSTER

St Helens
Borough Council

sthelens.gov.uk/fostering

ST HELENS
BOROUGH COUNCIL

What's on in St Helens

Spring 1 Half Term 2025



ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. Below you will find the learning programmes and workshops for St Helens families. No diagnosis or referral is needed to access ADDvanced Solutions Community Network.

ADDvanced Solutions Community Network
Supporting you to find the answers

Community Network Groups

Delivered weekly during term time, an informal, open access learning opportunity to seek advice and support around challenges you may be facing at all stages of your journey. Drop in, no need to book, to meet the team and visiting professionals.

PAGE 2-4 | [Click for more information](#)

Preparing For Adulthood Learning Programme

A newly commissioned offer of learning opportunities to parents and carers of neurodivergent young people **aged 11+, who are awaiting Autism and LD assessment** to support them as they approach adulthood.

PAGE 6-7 | [Click for more information](#)

Autism Learning Programme

Six-session programme designed to support and empower parents and carers, following their child's diagnosis, in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support you and your family.

PAGE 7 | [Click for more information](#)

Neurodevelopmental Conditions Learning Programme

Six-session learning programme for parents and carers to increase understanding of neurodevelopmental conditions and build skills and confidence to better support their child or young person's presenting needs.

PAGE 5 | [Click for more information](#)

Online Learning Workshop

Difficulties Attending School:
To help you to better understand the reasons why neurodivergent children and young people may have difficulties in accessing education, the impact of not attending and strategies we can use to support our children and young people to support them in accessing school.

PAGE 8 | [Click for more information](#)

Professionals Neurodevelopmental Conditions Awareness Raising Training

Funded training for professionals to increase understanding of neurodevelopmental conditions and the impact on children, young people and their families.

PAGE 8 | [Click for more information](#)

What is the Neurodevelopmental Conditions Learning Programme?

The Neurodevelopmental Conditions (ND) Learning Programme provides an opportunity for parents and carers to gain understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and gain strategies to support the difficulties that may present, including:

- **Neurodevelopmental Conditions - including Autism, ADHD, Sensory Processing Difficulties, Specific Learning Difficulties.**
- **Managing everyday challenges and behaviours - including sleep, toileting and eating difficulties.**
- **Your Local Offer, disability welfare rights and SEND, Early Help and Education Health Care Plans.**

Face to Face Neurodevelopmental Conditions Learning Programme

Our next face-to-face Neurodevelopmental Conditions Learning Programme will be coming up in the Spring 2 half term, please contact us to register your interest.

Call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

No referral or diagnosis is needed.

Online Neurodevelopmental Conditions Learning Programme

**If you would prefer to join us online,
[Please click here to register your details.](#)**

Our ND Learning Programme will be delivered online, once a week, over six weeks - only one registration is required to attend all of the six sessions and you will receive a reminder for each session.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 7th January 6.30pm - 8.30pm	Tuesday 14th January 6.30pm - 8.30pm	Tuesday 21st January 6.30pm - 8.30pm	Tuesday 28th January 6.30pm - 8.30pm	Tuesday 4th February 6.30pm - 8.30pm	Tuesday 11th February 6.30pm - 8.30pm