



# Holy Cross Catholic Primary School

24/01/2025

Charles Street, St. Helens, WA10 1LN

 **holycross@sthelens**  
@holycrosssthel1

What an incredible Learn and Share we had yesterday with our wonderful Year 1 families. Thank you for joining us for a special Collective Worship and Caritas session. We thoroughly enjoyed it! 🙏❤️



 **holycross@sthelens**  
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✚ Reception had a lovely learn and share this morning. Our parents and carers joined in with a collective worship and then helped us with our activities, which focussed on Caritas in Action and how we love and look after each other. 🙏



We Care, We Share, We Value.



# Virtues to Live by: Faith

## FAITHFULNESS –

**you are loyal to your beliefs or to a person. You are reliable and have integrity. You are trustworthy.**

"His master said to him, 'Well done, good and faithful servant. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.'" (Matthew 25:23)

*"Give Thanks to the Lord, for  
He is good. His faithful love  
endures forever" (Psalm  
136:1).*

Nursery have been learning  
about Faith, we have  
discovered that it means  
having trust and confidence,  
in God, our family, friends and adults in school.

We believe that having Faith will protect us and keep  
us safe.

Our Virtue to Live by:

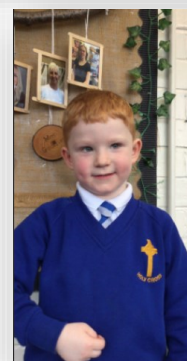
## Faith

I know that faith is a gift from God.

Faith helps me grow in friendship with Jesus.

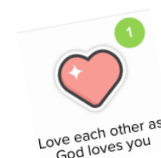
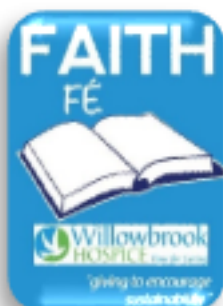
I show my faith by living my life filled with hope  
and love.

*"For we walk by faith, not by sight." (2 Corinthians 5:7)*





# House Teams Weekly Points



16,034

15,989

16,377

15,736

## Leader Board Totals

Charity

Hope

Faith

Peace

661

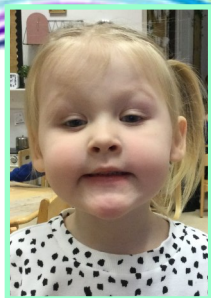
616

599

682



## STARS OF THE WEEK



# Attendance

School Matters!



Attend Today, Achieve Tomorrow

Our whole school attendance this week is

**95.1%**

The Government set target is 97%.

Well done to

**Year 5**

for having the best attendance this week with

**97%**

## Attendance this week

Nursery	89%
Reception	97%
Year 1	95%
Year 2	95%
Year 3	93%
Year 4	96%
<b>Year 5</b>	<b>97%</b>
Year 6	96%

## 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...

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

**Please Encourage Punctuality to Maintain Attendance**

*Happy Birthday!*

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



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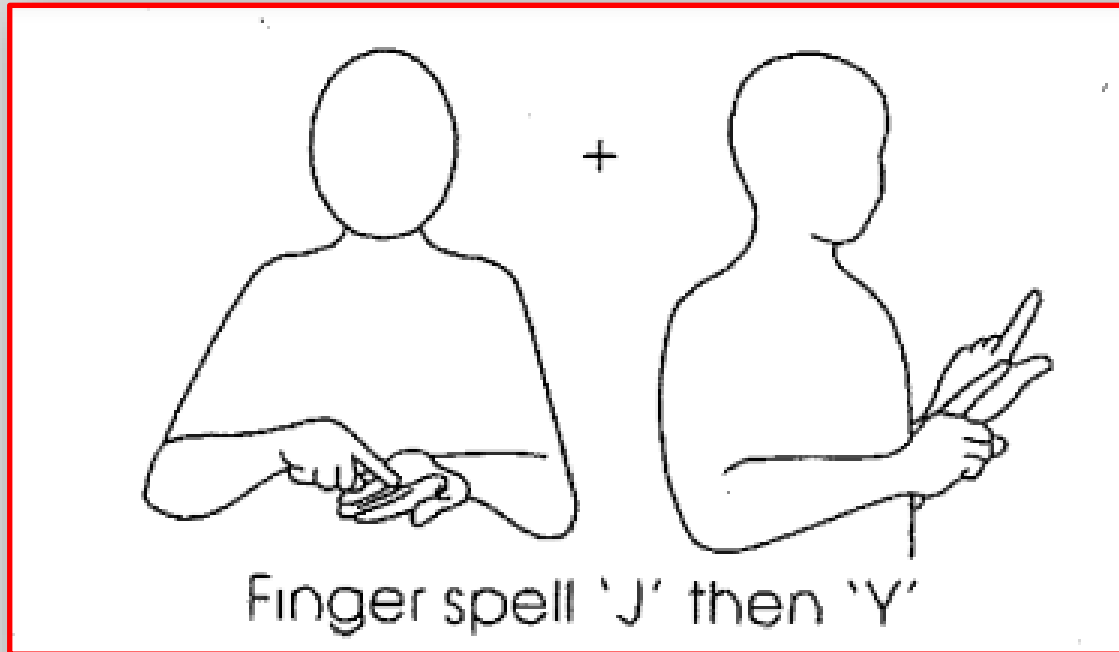
Leonidas Santa  
Harssanth Prabakar  
Curtis Symonds  
Theo Jones

*We Care, We Share, We Value.*



# 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.



## Language of the Month: Malayalam

We have 17 languages spoken amongst our school family. Each month we explore a different language from our diverse school community.

English Words	Pronunciation	Malayalam Words
Yes!	ate	അതെ
Sure!	uṛappāṇ	ഉറപ്പാണ്
Here you go!	iviṭe ārambhikkunnu	ഇവിടെ ആരംഭിക്കുന്നു
You got it!	ninakk manas'silāyi.	നിനക്ക് മനസ്സിലായി.
Ok!	śari	ശരി
No, thanks.	vēṇṭa, nandi	വേണ്ട, നന്ദി
No, but thank you.	illa, pakṣē nandi	ഇല്ല, പക്ഷേ നന്ദി
No way.	oru vajiyumilla	ഒരു വഴിയുമില്ല

## 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	<del>3rd September</del>	<del>25th October</del>
	<del>4th November</del>	<del>20th December</del>
Spring term 2024	<del>6th January</del>	14th February
	24th February	4th April
Summer term 2024	22nd April	23rd May
	2nd June	16th July
Inset days	<del>2nd September</del> 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->





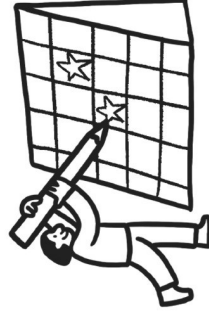
# Happier January 2025



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

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

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

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

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

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

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

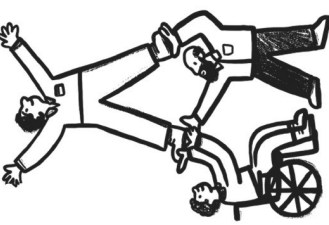
27 Challenge your negative thoughts and look for the upside

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





# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



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@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024



# 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](http://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 urgent treatment / 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 / croup / 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.

- Persistent coughs
- Skin 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



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?

yes *until...*

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.
WHOOPIING 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



@sthelensmusic

**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](http://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](mailto:Enquiry@foster4.co.uk)



**FOSTER**

St Helens  
Borough Council

[sthelens.gov.uk/fostering](http://sthelens.gov.uk/fostering)

**ST HELENS**  
BOROUGH COUNCIL