



Holy Cross Catholic Primary School

Charles Street, St. Helens, WA10 1LN

28/02/2025



holycross@sthelens
@holycrosssthel1



...

We ask our school community to keep Pope Francis in their prayers as he continues to struggle with his health. 🙏❤️

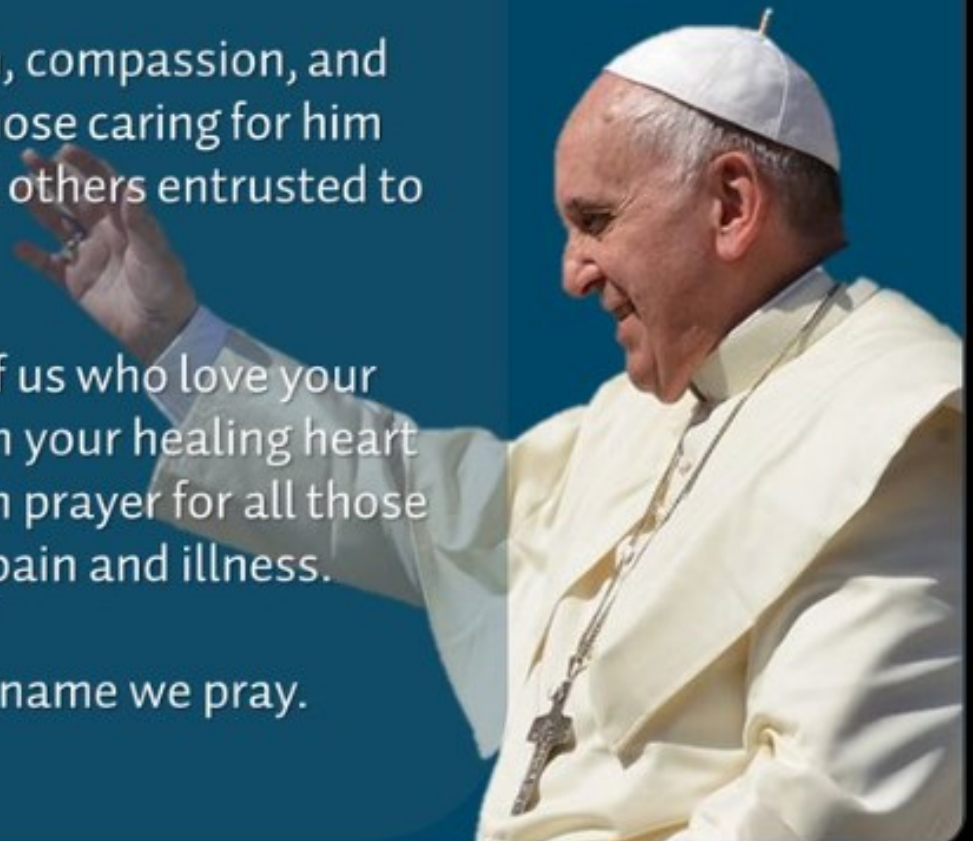
A prayer for Pope Francis

Lord, we ask that you watch over Pope Francis and grant him the courage, strength, and healing he needs.

Grant wisdom, compassion, and empathy to those caring for him and as well as others entrusted to their care.

Grant those of us who love your Church faith in your healing heart and unite us in prayer for all those experiencing pain and illness.

In Jesus' holy name we pray.
AMEN.



We Care, We Share, We Value.



Virtues to Live by: Love—Charity

Charity is love, a virtue through which we love God above all else and we love our neighbour as we love ourselves. You accept someone as they are, you care for them, and care what happens to them. You always think about the other person rather than thinking about yourself. When you love you put into practice the "golden rule", to treat others with the respect and kindness that you want for yourself. You show love for people you do not know by simple acts of kindness and by wanting the best for them.

"This is my commandment, that you love one another as I have loved you." (John 15:9)

Year 6 have explored expressing love through heart, soul, and mind — honouring God's teachings, engaging in prayer and worship, and demonstrating kindness, compassion, and forgiveness in their daily lives. We wrote a class poem to share in assembly:

Charity is love, both strong and true

A gift from God, in all we do.

We love Him first, with heart so wide,

And share that love, on every side.

To love our neighbour, as our own

In kindness, warmth and care we're shown

A helping hand, a gentle word,

Spread love and joy, where it is heard.

No gift too small, no act too light,

Love shines through, so pure and bright

For when we give, with heart so free

We build a world, of unity.



Our Virtue to Live by:

Love

I show my love for God through my loving concern for everyone especially those in need of my help.

I treat others with the respect and kindness that I would want for myself.

"This is my commandment, that you love one another as I have loved you." (John 15:9)

Virtues to Live by

I show love

when

I treat everyone as I would like to be treated.

I do simple acts of kindness to show my love.

I show my love for God by caring for others.

I give my time to help others.

I share what I have with others.



Lent prayer intentions

Use our Lent prayer intentions, and colour in each leaf, as a family everyday from Ash Wednesday to Easter Sunday.

ASH WEDNESDAY

1. Pray for people who are hungry.

2. Pray for people who are sick.

3. Pray for lonely people.

4. Thank God for the gift of creation.

5. Pray for people without a safe home.

6. Pray for refugees.

7. Pray for your friends.

8. Pray for your family.

9. Pray for your Church community.

10. Thank God for something that brings you joy.

11. Pray for the government.

12. Pray the 'Glory Be...' today.

13. Pray for your neighbours.

14. Pray for someone you love.

15. Pray for people in places where there is conflict or war.

16. Pray for creation to be cared for.

17. Pray for people in your class at school or your workplace.

18. Pray for a more just and fair world.

19. Pray for people suffering because of climate change.

20. Pray for people without access to safe, clean water.

21. Thank God for your family and friends.

22. Ask a saint to pray for you today.

23. Pray the 'Our Father' today.

24. Pray for people who don't have a job.

25. Pray for your teachers or mentors.

26. Pray for mothers and the people who care for us.

27. Pray for people who are treated badly because of their beliefs.

28. Pray for world leaders.

29. Tell God something you are sorry for.

30. Pray for children who can't go to school.

31. Pray that God will help you make good choices.

32. Pray for people who are poor.

33. Pray for someone who has hurt or upset you.

34. Pray for people in prison.

35. Pray for the Pope.

36. Pray for the elderly.

37. Pray for people affected by flooding.

38. Pray for someone you find difficult.

39. Thank God for your food today.

40. Pray for peace in the world.

41. Pray for Christian unity.

42. Pray for people affected by droughts.

43. Ask Mary to pray for you and say the 'Hail Mary...'.

44. Pray for an end to racism and prejudice.

45. Pray for people who are grieving or sad.

46. Pray that you will be close to Jesus today.

47. Pray for patience and hope.

48. Thank God for the new life that Jesus brings.

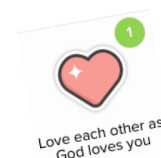
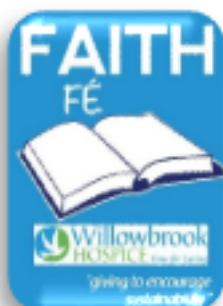
MAUNDY THURSDAY

HOLY SATURDAY

GOOD FRIDAY

EASTER SUNDAY

Wednesday Winners



18,375

18,535

18,716

18,265

Leader Board Totals

Charity

Hope

Faith

Peace

795

844

767

821



STARS OF THE WEEK



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.

The Lords Prayer

Signed by Becky Lyddon

(signs taken from The Makaton Charity download version)

www.beckymakatontutor.co.uk



Language of the Month: Polski

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

Counting 1 – 10 in Polish

- 1 - *jeden*
- 2 - *dwa*
- 3 - *trzy*
- 4 - *cztery*
- 5 - *pięć*
- 6 - *sześć*
- 7 - *siedem*
- 8 - *osiem*
- 9 - *dziewięć*
- 10 - *dziesięć*

Sample Polish Vocabulary

Months, Relationships

Stycznia	January	oyca	father
Lutego	February	matka	mother
Marca	March	syn	son
Kwietnia	April	córka	daughter
Maja	May	mąż	husband
Czerwca	June	żona	wife
Lipca	July	brat	brother
Sierpnia	August	siostra	sister
Wrzesnia	September	dziadek	grandfather
Pazdziernika	October	babka	grandmother
Listopada	November	rodice	parents
Grudnia	December	dzieci	children

What Parents & Carers Need to Know about SMART TVs

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety®
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.11.2023

Attendance

School Matters!



Attend Today, Achieve Tomorrow

Our whole school attendance this week is

96.1%

The Government set target is 97%.

Well done to

Year 4

for having the best attendance this week with

99%

Attendance this week

Nursery	89%
Reception	95%
Year 1	97%
Year 2	98%
Year 3	93%
Year 4	99%
Year 5	97%
Year 6	98%

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

Akshith Mugunthan

Davion Sears

Jacob Charlesworth

Casey Arnold

Skye Finney

Riley Westhead

Maja Stawczyk

William Tabern

Maddison Freeman

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->



Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

6

If you find yourself rushing, make an effort to slow down

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

Have a 'no plans' day and notice how that feels

19

Cultivate a feeling of loving-kindness towards others today

20

Focus on what makes you and others happy today

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

Notice when you're tired and take a break as soon as possible

29

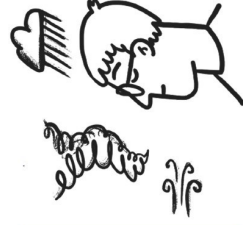
Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

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 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 / group / bronchitis)
- 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
 - 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
- Serious animal bites
- On trouble breathing
- 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

Hayton 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 MEET 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

 @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



FOSTER

St Helens
Borough Council

sthelens.gov.uk/fostering

ST HELENS
BOROUGH COUNCIL