



Holy Cross Catholic Primary School

21/03/2025

Charles Street, St. Helens, WA10 1LN



CAFOD

Just one world



holycrosssthe1
holycrosssthe1

Year 3 were so respectful and reflective in our #BigLentWalk this morning, raising money to help @CAFODSchools support those less fortunate. A big thank you for all of your generous donations so far. Watch this space for our grand total! #Lent2025



EYFS took part in their #BigLentWalk for @CAFODSchools We prayed at various points along the way and thought about how we can help those in need around the world 🙏



Children came to school wearing Jubilee colours to symbolise our actions as being *Pilgrims of Hope*. All classes completed their **Big Lent Walk**, visiting places of worship in school and the local community—praying for those in need, at each stop made.

Today we have raised £176.31—we are aiming to raise £200 so this is an excellent start!

To our parents and carers, thank you very much for supporting our efforts—we look forward to seeing you at our **Concerts for CAFOD**.



Year 6 embarked on their #BigLentWalk this morning. We visited various places in school and in the community to pray 🙏🌟 @CAFODLiverpool @CAFODSchools



Year 5 went on their #BigLentWalk this morning. We visited various places in school and in the community to pray 🙏🌟 @CAFODLiverpool @CAFODSchools



We Care, We Share, We Value.

year 4 went on their #BigLentWalk this morning. We visited various places in school and in the community to pray. We reflected on the meaning of Lent and wore beautiful bright colours to celebrate the Jubilee year 2025



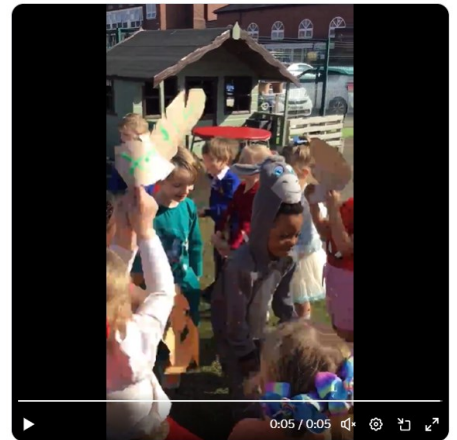
holycross@sthelens
@holycrosssthel1

Year 1 took part in the #BigLentWalk for @CAFOD. We prayed and took moments of reflection about how we can help those in need around the world. 🇬🇧❤️



holycross@sthelens
@holycrosssthel1

Reception made their own palm leaves and re-enacted the people waving them at Jesus, shouting "Hosanna!" 🇬🇧



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.

MAUNDY THURSDAY

45. Pray for people who are grieving or sad.

GOOD FRIDAY

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

HOLY SATURDAY

47. Pray for patience and hope.

EASTER SUNDAY

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



Virtues to Live by: Forgiveness

Forgiveness

To give someone another chance after they have done something wrong so they can make a new start. When we forgive we let go of our feelings of resentment, anger and revenge. When we forgive we show our love for the person rather than focusing on the wrong. When we forgive someone we show that our relationship with them is more important than the wrong they have done. We also need to forgive ourselves so that we do not give up when we have done wrong or made a mistake, but have the courage to act differently and have faith that, with God's help, we can change.

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:13)



*Well done to our Virtues
winner this week, for
living out our virtue and
being a shining example
of forgiveness.*

Our Virtue to Live by:

Forgiveness

I accept God's forgiveness.

I show my love for God by forgiving others and myself.

I let go of my hurt feelings and give myself a new start.

I give others a new start.

"Forgive as the Lord forgave you." (Colossians 3:13)

Virtues to Live by

I forgive

when

I accept God's forgiveness.

I can forgive others.

I accept forgiveness from others.

I can change after I have made a poor choice.

I know that with God's love I can change.

I have the courage to give myself and others a new start.

I understand that saying sorry is one way of making amends.



Year 3 talked about what forgiveness means to them. They said forgiveness is "when someone accidentally hurts me and they say sorry and I let it go and move on", "being given another go at making a better choice" and "helping someone to fix their mistakes". They led the school in saying the Lord's Prayer, which also tells us to forgive others if we want to be forgiven ourselves.



Some of our school community attended a special mass on Sunday at Holy Cross and St. Helen, to welcome Fr. Jino to the parish. The mass was led by Bishop Malcom and supported by Fr. Kevan who passed the keys of Holy Cross over to Fr. Jino.

We wish Fr. Jino a wonderful start to life at Holy Cross, may God continue to bless him with strength, wisdom, and peace as he carries out his important work.

Congratulations also go to Fr. Kevan on his well-deserved retirement! His years of service, dedication, and unwavering faith have touched the lives of so many, and we are truly grateful for all he has done. May this new chapter bring him peace, joy, and an abundance of blessings.



Save the date

PILLARS OF LENT



CAFOD
Just one world

Thursday **3rd April**

9.15-9.50am for
parents of

**Nursery,
Reception, Y1
and Y2**

£1.00 entry fee per adult



Concert for CAFOD

Friday **4th April**

2.30-3.10pm for parents/
carers of

Y3, Y4, Y5 and Y6

£1.00 entry fee per adult

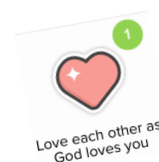
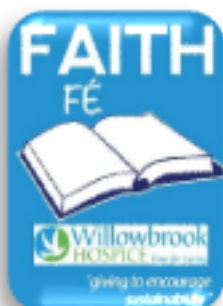


**World
Gifts**

CAFOD Catholic Agency for
Overseas Development

**no one
beyond reach**

Wednesday Winners



20,068

20,159

20,251

19,883

Leader Board Totals

Charity

Hope

Faith

Peace

884

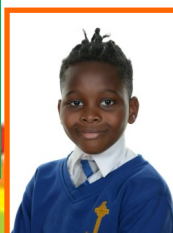
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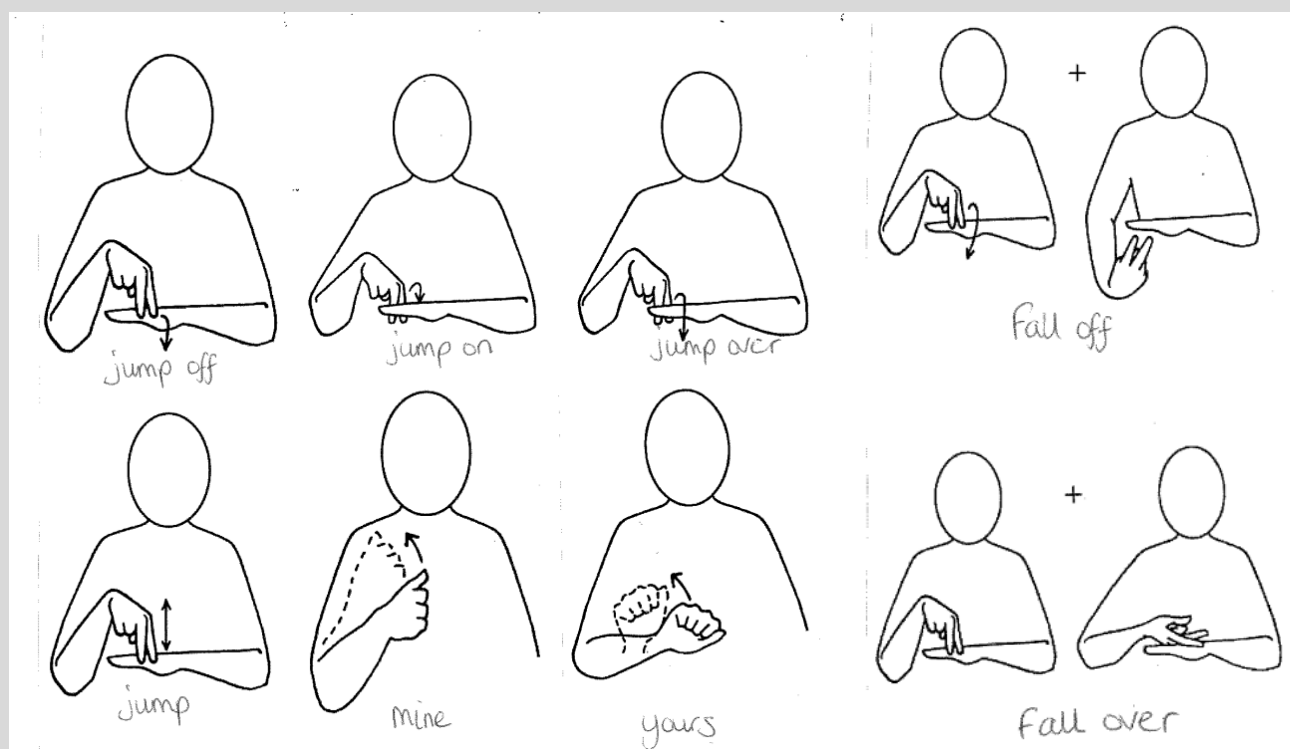


STARS OF THE WEEK



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.



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

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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Attendance

School Matters!



Attend Today, Achieve Tomorrow

Our whole school attendance this week is

95.7%

The Government set target is 97%.

Well done to

Year 4

for having the best attendance this week with

98%

Attendance this week

Nursery	90%
Reception	94%
Year 1	91%
Year 2	97%
Year 3	95%
Year 4	98%
Year 5	97%
Year 6	97%

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.



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Emmanuel Farayola

Adam Rinson

David Manu Thomas

Archie Wood

Lillyrose Stanley

Evie Doran

Pirajith Mugunthan

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->



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

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££s TO
SCHOOLS.



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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



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for more infor-
mation on main
meals for the
family for £4 per
week.



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at the Pantry

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Free welcome
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Pay by cash or
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rules for
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we also give
out tea/
coffee and
toast while
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