



Holy Cross Catholic Primary School

Charles Street, St. Helens, WA10 1LN

28/03/2025

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



fix the
food
system



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



CAFOD

Catholic Agency for
Overseas Development

no one
beyond reach

World
Gifts

We Care, We Share, We Value.

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.

MAUNDY THURSDAY

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.

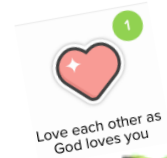
I know that with God's love I can change.

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

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

Year 2 talked about what forgiveness meant to them. They said that forgiveness is "when we forgive, we let go of feeling angry or sad", "forgiveness helps us stay friends", "God forgives us when we say sorry" and "when we forgive, we make the world a better place".

Wednesday Winners



20,068

20,159

20,251

19,883

Leader Board Totals

Charity

Hope

Faith

Peace

884

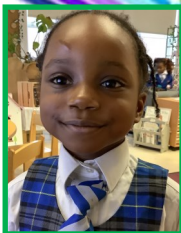
837

833

872

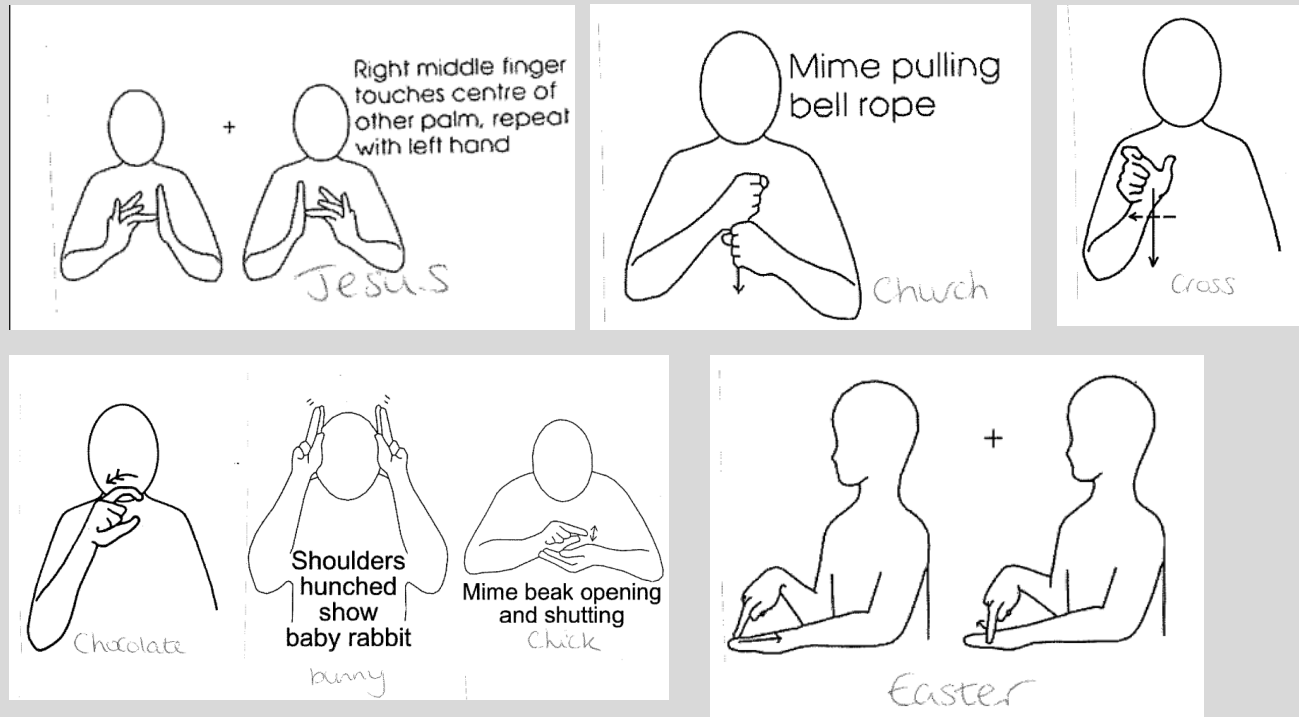


STARS OF THE WEEK



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

What Parents & Educators Need to Know about ROBLOX

AGE RESTRICTION
PEGI
7

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

WHAT ARE THE RISKS?

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.



#WakeUpWednesday®

The National College®



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@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: 12.03.2025

Attendance

School Matters!



Attend Today, Achieve Tomorrow

Our whole school attendance this week is

96.0%

The Government set target is 97%.

Well done to

Year 3

for having the best attendance this week with

99%

Attendance this week

Nursery	94%
Reception	92%
Year 1	96%
Year 2	97%
Year 3	99%
Year 4	97%
Year 5	93%
Year 6	95%

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

Anastasia-Elena Rizoiu

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->



Active April 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

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



@sthelensmusicservice

01744
677946

musicservice@sthelens.gov.uk

SCAN THE QR CODE
BELOW TO JOIN AND
REGISTER TODAY



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.



Download on the
App Store



GET IT ON
Google Play

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.



www.yourlocalpantry.co.uk

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You can also call us on 01744 264 14