



Holy Cross
Catholic Primary School

09/05/2025

May Procession & Crowning



All families are invited and encouraged to attend
Mass at Holy Cross Church on
Sunday 18th May at 10am.

This is followed by the **May procession at 11am,**
to celebrate Our Lady.

After this there will be tea and cake in the church
hall. We would like to see as many children there as
possible please.

We Care, We Share, We Value.



Virtues to Live by: Kindness

Definition of Kindness

I show kindness when I think about how others feel and I choose to do something good to bring help, comfort or happiness. I choose to be kind because I see that everybody and everything is part of God's creation.

"And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." (Ephesians 4:32)



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

Our Virtue to Live by:

Kindness

I know that every act of kindness helps build
God's kingdom

"Never neglect to show kindness and to share what you have with others." (Hebrews 13:16)



Virtues to Live by

I am Kind

when

I look for ways to help others by
following the example of Jesus

I show kindness to any person or
animal I see

I look for ways to care for God's
creation

I share what I have with other people

I am kind to myself



Year 6 pupils delivered a thoughtful presentation on kindness, exploring how small acts can make a big difference. Through reflections and examples, they showed how kindness can change lives. Their message was clear: "In a world where you can be anything, be kind." - Jennifer Dukes Lee.



We are very proud of Miss Hawron; representing the women's over 40's North West Rugby Team at the weekend. You are our number 1 Miss Hawron - Well done!

[#schoolfamily](#) [#schoolsport](#)



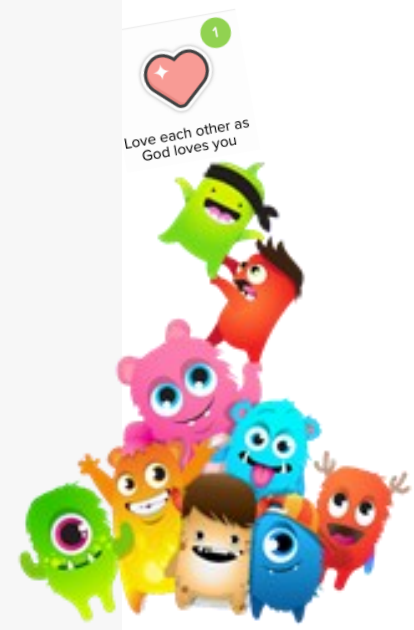
DONATIONS ACCEPTED
Thank you!!

Please Help

Holy Cross Catholic Primary School to collect children's books that can be donated and loved by children in Malawi. Donations can be dropped off at Holy Cross School or Holy Cross Church.



Earn 10 dojos for each book donated at school.

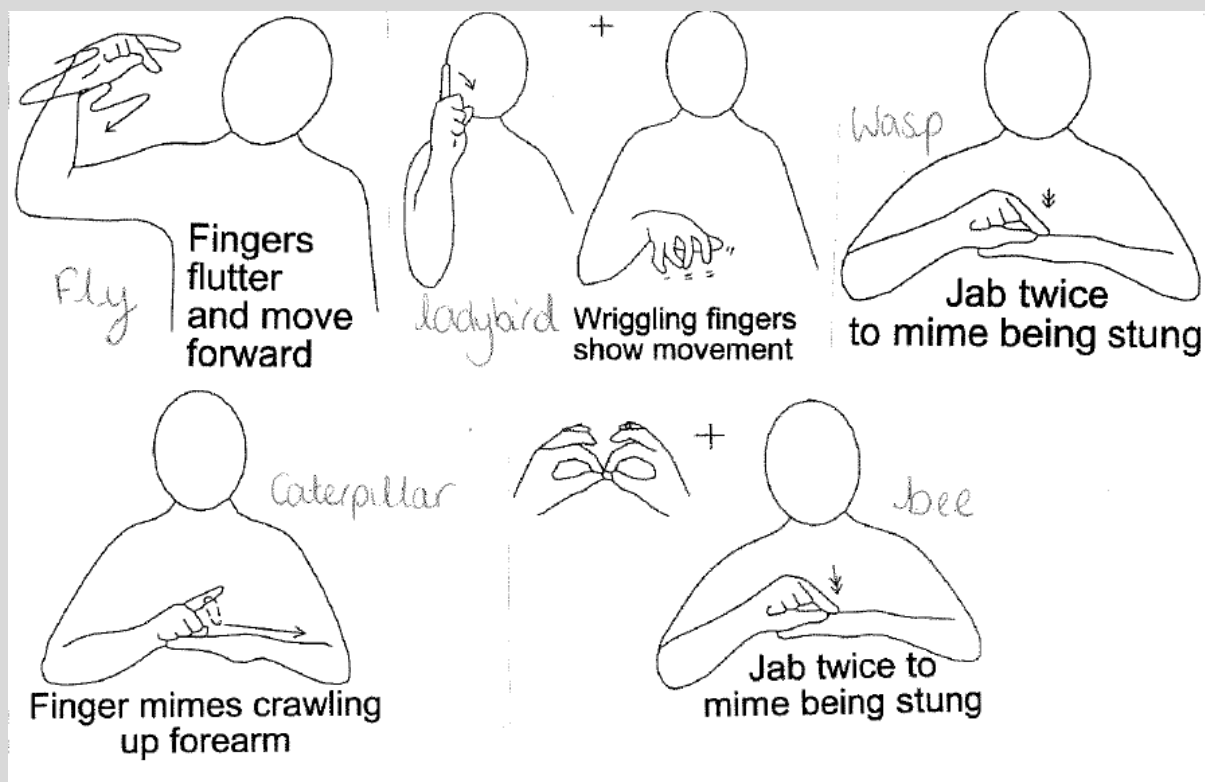


STARS OF THE WEEK



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: Portuguese

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

Welcome	Bem vindo
Hello	Olá
Goodbye	Tchau
Yes	Sim
No	Não
Thank you	Obrigado (m) /Obrigada (f)

One	-	Um
Two	-	Dois
Three	-	Três
Four	-	Quatro
Five	-	Cinco
Six	-	Seis
Seven	-	Sete
Eight	-	Oito
Nine	-	Nove
Ten	-	Dez

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging



OPEN WATER: DON'T TAKE THE RISK

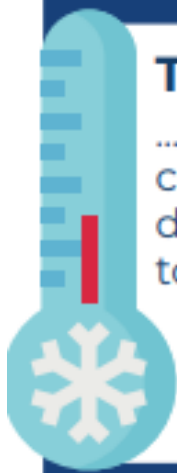


Swimming in or playing near rivers and canals may seem like a great idea, particularly on a warm day, but it could all end in tragedy. **DON'T take the risk.**

THE WATER IS COLD...

...even on very warm days, rivers and canals contain water barely above 10 degrees. Sudden immersion can lead to cold water shock, which can cause gasping and intake of water.

This can be deadly in a matter of seconds.



DID YOU KNOW?

Even the narrowest of rivers can be considerably deep. Rivers are subject to strong flow and **hidden currents** which can trouble even the strongest of swimmers.

Remember, there are no lifeguards to help you at your local river, lake, canal or dam.



Rivers can be very difficult to climb out of, especially with steep or slimy banks. **Stay clear of rivers with steep or unguarded banks.**

WHAT LIES BENEATH?



The water is untreated and can make you ill.

Canals and rivers contain pollutants, sewage and often unseen underwater obstructions and snag hazards.

Debris under the water such as shopping trolleys, broken glass and cans can cause **injury** or **trap** you.



IN AN EMERGENCY...NEVER enter the water to try and help a person or animal. You could get into difficulty yourself. Instead, dial 999 and use any water rescue equipment that is available.

If you fall into the water unexpectedly, fight your instinct to thrash around. Instead, lean back, extend your arms and legs & float.



MERSEYSIDE
FIRE & RESCUE
SERVICE

www.merseyfire.gov.uk

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 2

for having the best attendance this week with

100%

Attendance this week

Nursery	94%
Reception	95%
Year 1	92%
Year 2	100%
Year 3	94%
Year 4	99%
Year 5	92%
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

Hadizat Ogundimu
Shindara Daramola
Adam Anto

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 2024	3rd September	25th October
	4th November	20th December
Spring term 2025	6th January	14th February
	24th February	4th April
Summer term 2025	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->



Meaningful May 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Do something kind for someone you really care about

FRIDAY

2 Focus on what you can do rather than what you can't do

SATURDAY

3 Take a step towards an important goal, however small

SUNDAY

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

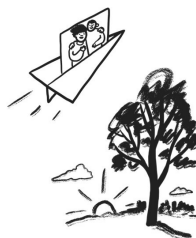
27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



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



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



Respite Programme



Our activity sessions give young carers a chance to have a break from their caring role and the opportunity to meet with other Young Carers.

We offer a wide variety of activities. These include:-

- Team games
- Multi sports
- Music
- Baking
- Arts & crafts
- Or just simply a place to chill out and relax!

All activities are free of charge but are on a first come, first served basis.

Our activity groups are split into ages, so you'll meet Young Carers of a similar age to you.

Group A - School Years 1-3

Group B - School Years 4-6

Group C - School Years 7-9

Group D - School Year 10 - till 18th Birthday

“Young Carers are always there to listen and give the best advice according to the situation. This helps me to improve my caring role and my day-to-day life challenges.”

“At the Young Carers Centre, you can have 1 to 1 sessions and events where you get free time from caring responsibilities. This is good for me because it gives me respite.”

Office Opening Hours

Monday to Thursday
9:30am - 16:30pm
Friday
9:30am - 16:00pm

St Helens Young Carers Centre
Fishwick House,
Coatham Street,
St Helens
WA10 1SJ



If you are a Young Carer or think you may be one you can contact us directly or ask someone to make a referral on your behalf.



Between 6-18 (referrals to be made before 18th birthday)



A St Helens Postcode



Care for somebody due to a physical, mental health condition, disability or substance misuse



Contact Us

01744 677 279

info@sthelenscarers.org.uk
www.sthelensyoungcarers.org

Instagram icon sth.yc

We are a Network Partner of
Carers Trust

St Helens Carers Centre is a registered charity in England (No. 1089663) Registered as a company limited by guarantee in England No. 4203210 Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS

CARERS TRUST

St Helens Carers Centre
ST. HELENS YOUNG CARERS



Young Carers Service

Helping Hands, Caring Hearts.

Providing support to Young Carers ensuring that they are recognised and have the same opportunities and life chances as other children and young people of a similar age.

Who are Young Carers?



A Young Carer is someone aged 6 to 18, who provides regular or ongoing care and emotional support to a family member who is ill, disabled, has a mental health condition or misuses drugs or alcohol.

They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult and the cared for would not be able to cope without their support.

Young carers undertake a range of tasks to support their family member. This might include:

- Shopping
- Cooking
- Cleaning
- Managing medicines
- Managing money
- Providing personal care
- Helping people get out the house
- Keeping an eye on someone
- Providing emotional support

Our Service Offer



Young Carers registered with our service can access:



Young Carers can become heavily impacted by their caring role and face unexpected challenges. Therefore we will support in any way we can to reduce the impact of caring and any obstacles that you may face. Please contact us for any support you feel you need.

Wellbeing Support



Our Wellbeing Team offer support & guidance to Young Carers.

This is initially done through our 'assessment', This is just to go through your current situation, get to know more about you and your caring role. From this we can make sure we are the right service for you and offer you a package of support.

When you are registered with us, you will be able to access the following ongoing support as and when you need it from our Young Carer wellbeing team:

- Reviews of your caring role
- Ongoing wellbeing Support
- Signposting & Referrals

If you are unsure, just contact us and we can see how we can support you!

Young Carers Newsletter

Spring – Summer Edition

The Young Carers Centre has been bustling with activity—take a look inside to see what we've been up to! We also have plenty of fun and exciting events coming up for all age groups. Check out what's on and make sure you're taking a well-deserved break from your caring role!

Footy is back!
See page 11 for more details!

US!

We are on TikTok! See the back page to follow us!

Major of St Helens Charity of the Year
See Page 3!

Young Carers Action Day 2023!
See Page 4 to find out more!

ACTIVITIES TIME TABLE
Head to pages 12-15 to see what exciting activities we have to offer!

Have you seen our CENTRE'S NEW LOOK?
Not only have we changed the look of the centre, but we have also added some amazing new games. Next time you're in a session, why not see if you can beat Alan's high score on the new Pac-Man machine!

Football is back!

Group C & D football at Sutton Leisure Centre on:

- Wednesday 21st May
- Wednesday 18th June
- Wednesday 16th July
- Wednesday 13th August

Meet outside the leisure centre for 4:45pm.
Football to start from 5pm-6pm.
Spaces are limited!

To book on to activities please go to our website: <https://www.sthelensyoungcarers.org/> activities or scan the QR Code!
Or call 01744 677279

SCAN TO BOOK

Page 11

Group A (School Years 1-3)

Date	Time	Location	Activity	Details
Wednesday 7 th May	5pm-7pm	Young Carers Centre	Lego Building & Decorating	Have a go at different Lego designs and decorate your own cupcake!
Monday 19 th May	5pm-7pm	Young Carers Centre	LEGO Arcade Night	A fun evening of arcade games and LEGO challenges. The most tickets?
Monday 24 th June	5pm-7pm	Young Carers Centre	Make your own slime & Messy Arts	Enjoy getting messy with slime making and messy arts!
Monday 18 th June	5pm-7pm	Young Carers Centre	All Around The World - Spain	Celebrate Spanish traditional!
Monday 30 th June	5pm-7pm	Young Carers Centre	Hill Vole Animals	A fun, interactive afternoon with a wide range of animals!
Monday 14 th July	5pm-7pm	Young Carers Centre	Den Building	Work together to build the biggest den!
Monday 28 th July	10am-4pm	Farmer Teds	A Fun Day at Farmer Teds UNITED SPACES	Meeting at Young Carers Centre, Transport & lunch provided!
Monday 11 th August	2pm-4pm	Victoria Park	Outdoor Games	Meet at the park! A fun evening playing outdoor games!
Thursday 28 th August	2pm-4pm	Young Carers Centre	Playdough Creations	Create your own masterpiece!

Group B (School Years 4-6)

Date	Time	Location	Activity	Details
Monday 12 th May	5pm-7pm	Young Carers Centre	Pizza, Paint & Pajamas	Enjoy a pizza whilst getting creative!
Tuesday 27 th May	5pm-7pm	Young Carers Centre	Sand Art Creations	Get creative using sand!
Monday 9 th June	5pm-7pm	Victoria Park	Outdoor Activities	Meet at the park! A fun evening playing outdoor activities!
Monday 23 rd June	5pm-7pm	Young Carers Centre	All Around The World - Spain	Celebrate Spanish traditional!
Monday 7 th July	5pm-7pm	Young Carers Centre	Dylan's Reptiles	Would you like to meet some reptiles? If so, book on!
Monday 21 st July	5pm-7pm	Young Carers Centre	Tie-Dye T-shirt Making	Design your own t-shirt!
Monday 4 th August	10am-4pm	Blue Planet Aquarium	A Fun day at the Aquarium!	Meeting at St Helens Young Carers, Transport & Lunch provided!
Thursday 14 th August	2pm-4pm	Young Carers Centre	Character Creations!	Bring your favourite characters to life!
Monday 18 th August	130pm-4pm	Roll Model Arcade & Games	A Fun Afternoon at the arcade!	Meeting at Arcade Unit 41, Gerards Park, WA10 1FZ. Transport not provided!

Page 13

Contact Us

If you would like to speak to a member of our team, please don't hesitate to get in touch! Our team is dedicated to providing support to all of our Young Carers and their families.

Opening Times:
Monday – Thursday
9:30am – 4:30pm
Friday
9:30am – 4:00pm

To find out more visit our website!

SCAN ME



www.sthelensyoungcarers.org

Contact Details

01744 677279
info@sthelenscarers.org.uk
@sthyc

How to find us:
St Helens Young Carers Centre
18 Cotham Street
St Helens
WA10 1SJ
(Just opposite the St Helens Town Hall)

Follow us on TikTok! SCAN ME

St Helens Young Carers



St Helens Young Carers Centre is a registered charity in England and Wales (No. 1089663) registered as a company limited by guarantee in England & Wales (4203210).
Registered office: 31-35 Baldwin Street, St Helens, WA10 2BS.

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

[f @Hopesthelens](#)

[@Hopesthelens](#)

You can also call us on 01744 264 14