



Holy Cross Catholic Primary School

Charles Street, St. Helens, WA10 1LN

23/05/2025



Lifeboats

 **holycross@sthelens**
@holycrosssthe1

Y3&4 have been visited by the @RNLI, who told us about staying safe at the beach. We looked at the different flags they use & what they mean & talked about sun safety. Did you know that if you run out of sun cream at the beach, you can ask the lifeguards for some? #OpenWater



 **holycross@sthelens**
@holycrosssthe1

Don't forget to stay safe on the beach ... slip on some sunglasses, slap on a hat, slop on some sun cream and slurp some water! 🕶️ 🧢 🧴 💧
#heat #watersafety @RNLI



 **holycross@sthelens**
@holycrosssthe1

Thank you for a brilliant and informative morning @RNLI 🛟 🧴
#WaterSafety #OpenWater



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 5 spoke about what kindness meant to them. They said that kindness is "when we treat others how we would like to be treated", "Kindness is helping our friends", "by showing kindness, we make the world a better place".

May Procession & Crowning

The Crowning of Our Lady and May Procession at Holy Cross & St. Helen this morning was beautiful! It was wonderful to share in the celebration with our families 🌻🌻🌻🌻🏡 Thank you to our Parish family for a wonderful experience ❤️❤️❤️



[holycross@sthelens](#) @holycrosssthe1 · May 18
Thank you also to [@PatriciaPeel1](#) for the beautiful altar display at church



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.



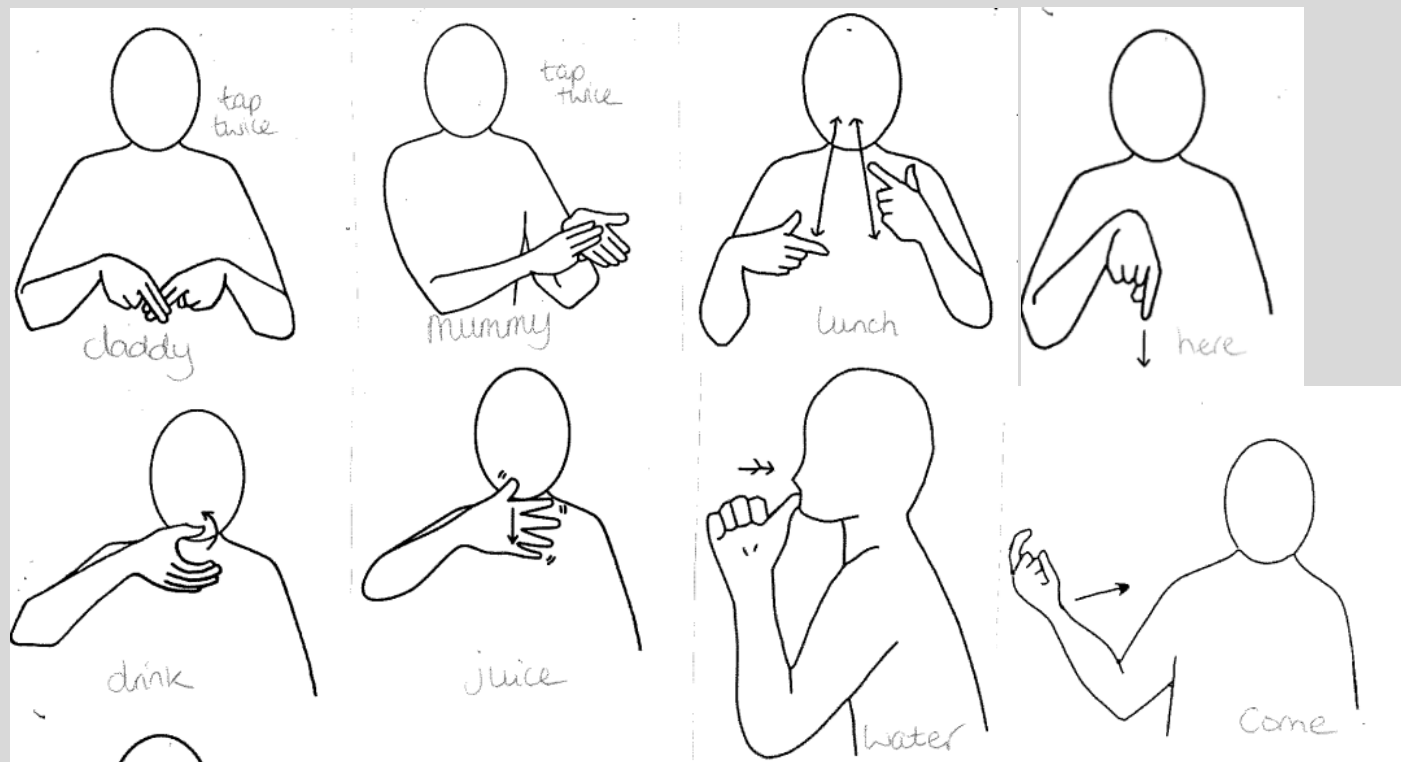
Earn 10 dojos for each book donated at school.

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 20 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

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



#WakeUpWednesday®

The National College®

Attendance



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	82%
Reception	89%
Year 1	96%
Year 2	93%
Year 3	96%
Year 4	93%
Year 5	97%
Year 6	94%

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

Elsie-Rose Hoskison

Emily Cunningham

Hannah Nibi

Hanna Czupowska

Poppy Tabern

Katie Evans

Caden Lever

Miss Wilson

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->






We're Going on a Bear Hunt comes to St Helens!

Join our Library Outreach Team and
Lucem House Community Cinema
for a 'We're Going on a Bear Hunt' extravaganza!

Listen to the book, watch the film, take home a colouring sheet.
ALL FREE, no booking required.

 Tuesday 27th May 2025

 10:30am

 Lucem House Community Cinema

This event has been made
possible from the St Helens
Council Ward Member Grant
Scheme. Which supports
family films at Lucem House

BBFC rating – U.

 sthlibraries

 sthlibrariesandarts

 LUCEM HOUSE
COMMUNITY CINEMA PLUS+



ST HELENS
BOROUGH COUNCIL



Our **Mini Vinnies** are asking for your kind help to support their fundraising for the St. Vincent de Paul Chairty.

The SVP currently support our school through an annual funding for library books and with donations for household items and specific needs for families who find themselves in difficult times.

The **SVP** charity has supported over 38% of our school community this year and **100% of our pupils.**



DONATE

YOUR OLD OR FOREIGN COINS & BANKNOTES

TO HELP

The St Vincent de Paul Society Reg Charity No. 1053392



CHANGE FOR CHANGE
YOUR OLD AND FOREIGN CURRENCY CAN HELP US TRANSFORM THE LIVES OF OTHERS

- ✓ All foreign coins & banknotes
- ✓ Current UK coins and banknotes
- ✓ Any old British & Irish money
- ✓ Even obsolete currency!

Please take your coins and banknotes to your local Appeal Coordinator

Currency services supplied by  cash4coins

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Do something kind for someone you really care about

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

3 Take a step towards an important goal, however small

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 MEET WITH



@sthelensmusic



@sthelensmusicservice

**01744
677946**

music.service@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

A limited number of memberships available

Opening times:

Tuesday

There are no qualifying rules for joining and we also give out tea/coffee and toast while you wait.



www.yourlocalpantry.co.uk



@Hopesthelens

@Hopesthelens

You can also call us on 01744 264 14