



31st March 2023



**Reflection on the week:** This has been a very special week in school as we near the end of our journey through Lent. Our Year 3,4 and 5 children have taken us through The Stations of The Cross and with some special reflections. Their Services, reminded us of the pain and suffering that Jesus went through as He journeyed to His death on The Cross and then His Glorious Resurrection into Heaven. Our Year 6 pupils also lead us and some of our parishioners in The Stations of the Cross this week.

We have been reminded through the readings this Lent that Jesus is the light in our darkness, the light in our worlds and as we reach the joy of Easter Sunday, we remember that He is our Risen Lord who has sacrificed so much for us. We ask that He will guide us every step of our way and shine His glorious light on our path. Wishing everyone a wonderful holiday and a blessed Easter.

*Mrs Kerrell*

Headteacher



#### **Parking**

Please read the letter that has been sent to parents today as a reminder about parking safely and responsibly.

#### **Summer Uniform**

As we end the term it is noticeable that some children are not in the correct uniform and shoes. Also, that children are coming to school and are looking scruffy. Our uniform is very important to the ethos of our school. We wear our uniform with pride as pupils of Holy Cross Catholic Primary Academy and it is therefore important that parents and carers support us with keeping our standards of how we present ourselves high.

Please remember that we do have the second hand uniform shop open: Mondays after school, where it is possible to purchase good quality second hand uniform at very reasonable prices.

When we return to school we will be in our summer uniform. Please follow the link below which will inform you of what this looks like and the items that are part of our Uniform Policy:

<https://www.holycross-pri.essex.sch.uk/page/?title=Uniform&pid=101>

#### **Ear Piercing**

Please remember that if you are planning to have your child's ears pierced over the Easter Holidays that they will need to remove earrings on returning to school. Two weeks will not be enough time to allow the holes to heal up. We are not permitted, due to Health and Safety reasons to tape children's ears or remove their earrings. If you are considering this for your child, it may be better to have this done at the start of the 6-week holiday.

#### **Reports**

We hope that you enjoy reading your child's Spring Report. Please complete the parent reply slip and return to the office or the class teacher as soon as possible.

#### **Parenting in the Digital World**

Today we have sent you the digital resources from our online training session. Even if you did not manage to attend the sessions, we are sending the resources to all our parents and carers. Please take some time over the two weeks to read this important guidance on how to keep yourself safe.

#### **New Term Dates**

Please find attached the terms dates for the forthcoming academic year 2023-2024.



## Essex Libraries Overdue Policy

Below is a message from Essex Libraries:

'From 1st April 2023, there will be a change to Essex Libraries overdue policy to bring us in line with the rest of the Libraries Consortium (TLC). This process is called 'Assumed Lost'.

Items that are considered Assumed Lost are items **more than 49 days overdue** (35 days overdue for DVDs and music CDs).

- The cost of replacement for overdue items will be automatically added to the borrower's record. The Recommended Retail Price (RRP) at the time of purchase will be used (or Default value if there is no RRP).
- **If the Library book is returned there will be no charge for the book.**
- It is therefore important that any overdue Library books are located and returned, you can return items to any Essex Library.'

## ATTENDANCE MATTERS

Congratulations to the winners of the KS1 Attendance Award, Ladybirds achieving 97% attendance. Well done! The winners of the KS2 Attendance Award, are Owls, attaining 99% attendance. Well done!

Please ensure you are sending your child into school everyday, unless they are not well enough to attend. Attending school is so important and makes a huge difference to your child's learning. The gates open at **8:30am** until **8.50am**.

It is essential you notify us of your child's absence by 9am either by telephone or using the Pupil Asset report absence option on every day of absence. We need full details of why your child is unable to attend school. We are frequently having to contact parents, to find out why their child is absent from school. If you do not notify us of the reason for your child's absence it may not be authorised.

Absences over 3 days require supporting medical evidence, for the additional absence to be authorised. Medical evidence can take the form of prescriptions, antibiotics and medical appointments.

Parents of children below attendance targets will be invited in for a meeting with the Educational Welfare Officer.

Butterflies	91%
Ladybirds	97%
Dragonflies	94%
Grasshoppers	91%
Hedgehogs	89%
Squirrels	94%
Badgers	93%
Foxes	97%
Hares	97%
Rabbits	98%
Kingfishers	92%
Robins	95%
Eagles	96%
Owls	99%



### Shrek's Adventure

Grasshoppers and Dragonflies had a fantastic time on their school trip to Shrek's Adventure in London last week. The trip linked to the Year One story topic in literacy. Shrek rescued us from Rumpelstiltskin's dungeon and we met all the characters including Cinderella, The Muffin Man and Pinocchio. We all had lots of fun!



### Cross Country

Last Friday, children from years 3 to 6 attended the Harlow cross country event at Mark Hall. Everyone who participated was amazing. Kassidy in year 5 kingfishers finished 2nd and our year 5 boys were the fastest team overall. Blake and Freya in year 3 foxes both finished 3rd in their race.






On Wednesday six children attended the Essex county finals in Southend. Mark, Jermaine, Harry, Kassidy, Blake and Freya all ran superbly. Kassidy managed to finish in the top 10 and Blake finished in the top 20 (16). Well done to everyone.





# Essex County Council School Term and Holiday Dates for Community and Voluntary Controlled Schools - Academic Year 2023-2024

September 2023							October 2023							November 2023							December 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3							1			1	2	3	4	5					1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			
January 2024							February 2024							March 2024							April 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					
May 2024							June 2024							July 2024							August 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

	= Schooldays		= School holidays		= Bank holidays
	= Inset Days				
	= Weekends				

In addition, schools allocate five non-pupil days out of the school days indicated,  
or the equivalent in disaggregated twilight sessions.

<b>Autumn Term:</b>	Monday 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 27 October</i>	73 days
<b>Spring Term:</b>	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>	56 days
<b>Summer Term:</b>	Monday 15 April 2024 – Tuesday 23 July 2024 <i>Half Term 27 May – 31 May, and May Bank Holiday - 6 May</i>	66 days
		<u>195 days</u>

# Easter Mass

Saturday 1st April 2023, 5.30pm, Vigil for Palm Sunday

Sunday 2nd April 2023, 9.00am, Palm Sunday

Sunday 2nd April 2023, 11.00am, Palm Sunday

Monday 3rd April 2023, 9.00am, Holy Week

Tuesday 4th April 2023, 9.00am, Holy Week - Eucharistic Service

Wednesday 5th April 2023, 11.00am, Chrism Mass at Brentwood Cathedral

Maundy Thursday 6th April 2023, 8.00pm, Mass of the Lord's Supper

Good Friday 7th April 2023, 3.00pm, Liturgy of the Passion

Holy Saturday 8th April 2023, 8.00pm, Paschal Vigil followed by the First Mass of the Resurrection

Easter Sunday 9th April 2023, 9.00am, The Resurrection of the Lord

Easter Sunday 9th April 2023, 11.00am, The Resurrection of the Lord





# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

## WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

## PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

## BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

## DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

## DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

## ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



**National Online Safety**

#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-sky-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>



GET YOUR TICKETS FOR  
***ADVENTURE ISLAND***  
***SOUTHEND ON SEA***  
***OPENING ON***  
***11TH FEBRUARY 2023***

£15 PER PERSON FOR A DAY  
TICKET AVAILABLE FROM THE  
SCHOOL OFFICE





### Times Tables Rockstars

Congratulations to the following children for trying really hard with their times tables this week.

Hedgehogs:	Roman Kelly	Squirrels:	Maya Kluza
Badgers:	Anayah Arbuah	Foxes:	Kojo Kwakye
Hares:	Violet Aldous	Rabbits:	Jeanette Muigai
Kingfishers:	Joey Uzegbuena	Robins:	Bryan Udeagha
Eagles:		Owls:	Farrah Kent

### **Gospel Values Awards**

The Gospel Value this week is...

## **Hope**

**- resilience, perseverance**

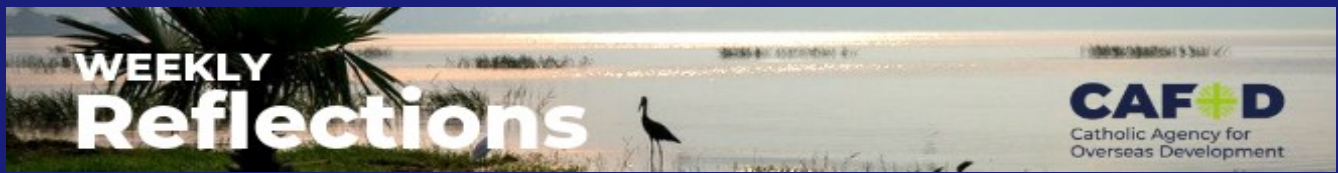
"Blessed are you who weep now, for you will laugh." (24:52)



Congratulations to the following children who received the Gospel values certificate this week.

Butterflies:	Lemuel Ukorebi	Ladybirds:	Melina Girciute
Dragonflies:	Amara Nwoye	Grasshoppers:	Olivia O'Sullivan
Hedgehogs:	Sebastian Gronert	Squirrels:	Alexander Magryta
Badgers:	Archie Vetori	Foxes:	Hendrix Morgan
Hares:	Jeremy Cox	Rabbits:	Layla Still
Kingfishers:	Vicky Portaro	Robins:	Dovydas Meskinis
Eagles:	Victor Budnyak	Owls:	Isaac Lieu





Based on the gospels for 2 April, Palm Sunday of the Passion of the Lord:  
Matt 21:1-11 and Matt 26:14-27:66

**"My God, my God, why have you deserted me?"**

This Sunday we hear two gospels with very different moods. In the first, Jesus triumphantly enters Jerusalem, hailed by a large crowd. In the second, we endure the painful story of Jesus' betrayal, arrest and crucifixion, ending in his anguished cry, "My God, my God, why have you deserted me?"

The deep pain in Jesus' cry of abandonment can still be heard in our world today. Our common home, the earth, cries out from the harm we have inflicted on it. The gap between the richest and poorest people continues to widen. Discrimination and violence divide us.

As we begin Holy Week, we draw near to the one who loves us and suffers with us. As we approach Jesus in his passion, let's also stand in active and loving solidarity with those who suffer today - with people who are poor, marginalised, grief-stricken and abused.

We can be confident that the Father, who was with Jesus, transforming his suffering into new life, will be with us too.

Lord Jesus,  
we entrust to you  
all who feel abandoned.  
Inspire and transform us  
to stand in solidarity  
with all who suffer.  
Amen.



### **The Words of Pope Francis**

In Lent, may we be increasingly concerned with speaking words of comfort, strength, consolation and encouragement, and not words that demean, sadden, anger or show scorn.



**Wednesday**  
**29<sup>th</sup> March 2023**



**Good News  
for Families**

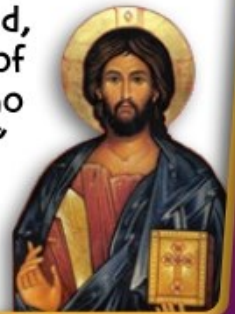
**1**

## **Enjoy reading this Sunday's Gospel**

When they were near Jerusalem, Jesus sent two disciples into a nearby village to collect a donkey. He said to them, "If anyone stops you, tell them that it is for the Lord, and that the donkey will be returned." So the disciples went out and did as Jesus had told them. They brought the donkey and Jesus sat on it.

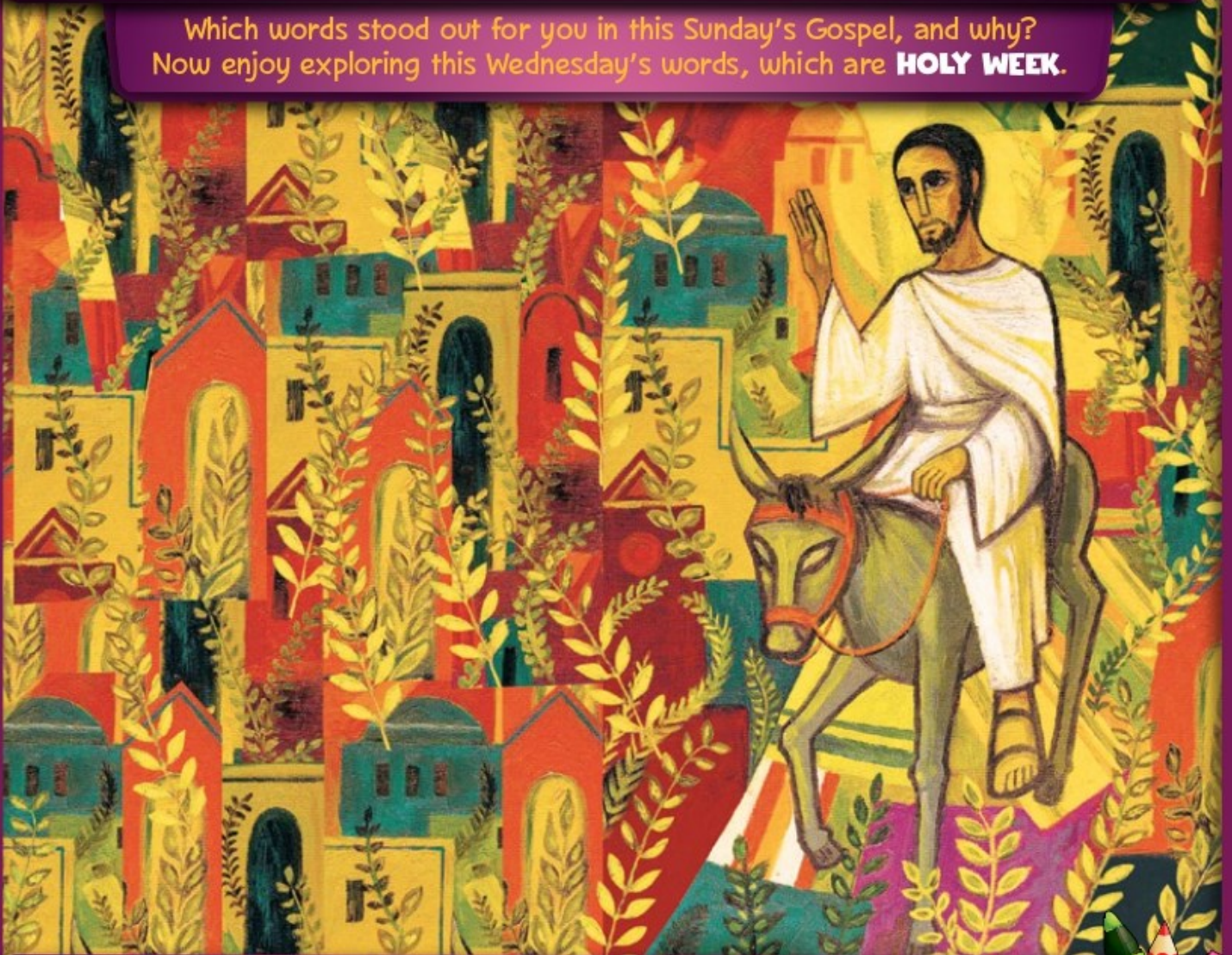
As he set off, great crowds of people spread their cloaks on the road, while others were spreading palm branches on the path in front of him. The crowds were all shouting, "Hosanna! Blessings on him who comes in the name of the Lord! Hosanna in the highest heavens!"

When Jesus entered Jerusalem, everyone was excited and some asked, "Who is this?" "This is Jesus, the prophet from Nazareth in Galilee," was the reply.



Taken from the Gospel of Sunday 2<sup>nd</sup> April 2023. Matthew 21:1-11 (Passion/Palm Sunday)

Which words stood out for you in this Sunday's Gospel, and why?  
Now enjoy exploring this Wednesday's words, which are **HOLY WEEK**.



To colour the picture for this Sunday's Gospel, please see the back page.

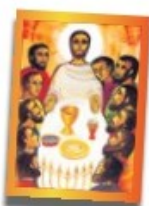






**"To experience Holy Week is to enter more and more into God's love and self-giving."** Pope Francis

What did the crowds spread on the path in front of Jesus? This coming Sunday is known as Palm Sunday of the Passion of the Lord. It is the start of Holy Week. This is the week when the Church especially remembers Jesus' final days in Jerusalem. Palms will be handed out in Church in remembrance of the welcome and great praise that the people gave to Jesus when he entered the City. You might like to tell your child something that you know about Holy Week. As a family, look at these small pictures together. What do they remind you of or make you think about?



**"Jesus' love for us is not an illusion. The Church is born from Jesus' supreme act of love on the Cross."** Pope Francis

Holy Week is a very special time: it includes Palm Sunday, the celebration of the Last Supper, the washing of feet, the agony in the garden, Jesus' arrest, crucifixion and his resurrection. Everybody is invited to come and join with the Church this Sunday and receive a palm leaf, blessed by the priest, to take home. As a family, share ideas about what else you could do, or join in with, to celebrate the start of Holy Week and make it special. To find out more about Holy Week, please see: [cbcew.org.uk](http://cbcew.org.uk)



Dear Lord Jesus, as Holy Week approaches, we thank you for giving your life for us, so that one day we too may know the joys of heaven. Amen.



**WEDNESDAY**  
**WORDSEARCH**



Cross out the letters **c b k** in the jumbled words to find 4 real words.

**SMARTSEARCHERS** FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**

**JESUS**  
**JERUSALEM**

**RIDING**  
**DONKEY**

**PEOPLE**  
**PRAISING**

**WAVING**  
**PALMS**

**SUPERSEARCHERS** FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

J	O	E	G	N	I	S	I	A	R	P	L
E	E	D	E	A	U	D	G	B	D	P	A
R	L	J	P	S	J	K	E	Y	A	R	P
L	P	A	E	P	E	R	S	M	L	A	P
O	O	J	O	R	S	K	I	E	Y	I	A
E	E	D	P	B	U	S	K	D	G	S	R
G	P	A	L	K	S	S	G	N	I	I	K
N	P	B	E	G	K	W	A	V	I	N	G
I	A	Y	E	K	N	O	D	L	W	G	G
V	L	J	E	R	U	S	A	L	E	M	E
A	M	A	B	R	I	D	I	N	G	M	D
W	S	G	D	O	N	K	E	Y	K	A	W

**chibmk knabmec Lobcrdk Hocsaknnab**

"\_\_\_\_\_! Blessings on \_\_\_\_\_ who  
comes in the \_\_\_\_\_ of the \_\_\_\_\_!"



**Wednesday**  
**5th April 2023**



**Good News  
for Families**

# 1 Enjoy reading the Gospel

Before sunrise on Sunday morning, Mary Magdalene went to Jesus' tomb. She saw that the stone had been moved away from the entrance and that the tomb was empty. Mary ran to Peter and another disciple (John) and said, "Someone has taken the Lord out of the tomb and we don't know where they have put him." The disciples ran together to the tomb. But John, running faster than Peter, arrived first and looked into the tomb but did not go in. Peter, however, went into the tomb and he saw Jesus' linen burial cloths lying on the ground. He also saw the cloth that had been over Jesus' head; this was rolled up in a place by itself. Then John also went into the tomb; he saw and he believed. Until this moment they had failed to understand that Jesus must rise from the dead.



Taken from the Gospel of Sunday 9th April 2023. John 20:1-9 (Easter Sunday)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Enjoy exploring this Wednesday's word, which is **EASTER**.

**2**

**"Happy Easter! May you bring to all the joy and hope of the Risen Christ!"** Pope Francis

**Why wasn't Jesus in the tomb? This week is Holy Week and this coming Sunday is Easter Sunday.** This is the day when the Church throughout the world especially remembers and celebrates the resurrection of Jesus - his rising in glory. Ask your child what they have been learning at school about Easter Sunday. On this day, people renew their baptismal promises together in Church. It may help your child if you tell them something else that you know, or have experienced, about Easter.

**3**

**Easter Sunday is the greatest day in the Church's calendar.** This day reminds us that Jesus, the Son of God, offers each one of us a share in his everlasting life and eternal happiness. All are warmly invited to come and join with the Church community this Sunday and celebrate the hope that Jesus' resurrection brings to our lives. As a family, share ideas about what you might also do to celebrate Easter Sunday and make it special. For ideas and lots more about Easter, please see: [cbcew.org.uk](http://cbcew.org.uk). Who can you help to have a happy Easter?



Dear Lord Jesus, thank you for this Sunday's wonderful celebration of your resurrection. Please bless my family with new life throughout the great Season of **Easter**. Amen.

**Write a promise and then draw a big smile on Smiley**

This week I will try my best to...

.....  
.....





**Wednesday**  
**12<sup>th</sup> April 2023**



**Good News  
for Families**

# 1 Enjoy reading the Gospel

Thomas, who was one of the twelve disciples, was not with the others when the risen Jesus came and stood among them. So when the others told him, "We have seen the Lord," Thomas answered, "Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe." Eight days later the disciples were in the house again and Thomas was with them. The doors of the house were closed, but Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, who had doubted that Jesus had risen, "Here, touch the marks on my hands and feel the wound in my side. Doubt no longer, but believe." Thomas replied, "My Lord and my God!" Jesus said to him, "You believe because you have seen me. Happy are those who have not seen me and yet believe!"



Taken from the Gospel of Sunday 16<sup>th</sup> April 2023. John 20:19-31 (the 2nd Sunday of Easter, Year A)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Enjoy exploring this Wednesday's word, which is **PEACE**.

**2**

**"Let us pray for peace: peace in the world  
and in each of our hearts." Pope Francis**

**What were the first words that the Risen Jesus said to the disciples?** The peace that Jesus promises to those who love him is an inner peace which comes from following him and knowing deep within ourselves that God is our Father. Ask your child what the word 'peace' means to them. Ask them when they feel most at peace, or when they feel most safe and not worried about anything. Do they know someone who is a good peacemaker - someone who always helps to ease trouble because they bring God's love with them?

**3**

**True peace (the removal of all anxiety, worry and envy) comes only from God.** This peace is not dependent on peaceful conditions: we can experience it even in the midst of trouble or uncertainty. Peace, like love, is a gift to share. How can we bring peace to others in this coming week? Perhaps we can: do what our parents and teachers ask us to do; pray and ask God that we may be filled with peace; remember to smile when we meet people; try to be peacemakers if our friends are arguing.



Dear Lord Jesus, thank you for our special time together. Please help us to know your perfect **peace**, and to share that **peace** with those around us. Amen.

**Write** a promise and then **draw** a big smile on Smiley

This week I will try my best to...

.....  
.....







**Encountering Christ**  
Prayerfully preparing for the  
Sunday Mass and praying in  
particular for our school families



Preparing for the Mass of Sunday 2<sup>nd</sup> April 2023 - Palm Sunday of the Lord's Passion

## 1 Relax & Remember

Set aside 10 -15 minutes and create a suitable environment by removing any distractions. Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross † and remain still for a minute of settling silence. **Call to mind the love that God has for you. Remember that through this scripture our Lord is truly present.** Then read the Gospel, preferably aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.



## 2 Read

**The Gospel for Sunday 2<sup>nd</sup> April 2023 - Jesus Enters Jerusalem (Matthew 21:1-11)**

When they were near Jerusalem and had come in sight of Bethphage on the Mount of Olives, Jesus sent two disciples, saying to them, "Go to the village facing you, and you will immediately find a tethered donkey and a colt with her. Untie them and bring them to me. If anyone says anything to you, you are to say, 'The Master needs them and will send them back directly.'" This took place to fulfill the prophecy: "Say to the daughter of Zion: look, your king comes to you: he is humble, he rides on a donkey and on a colt, the foal of a beast of burden." So the disciples went out and did as Jesus had told them. They brought the donkey and the colt, then they laid their cloaks on their backs and he sat on them. Great crowds of people spread their cloaks on the road, while others were cutting branches from the trees and spreading them in his path. The crowds who went in front of him and those who followed were all shouting: "Hosanna to the Son of David! Blessings on him who comes in the name of the Lord! Hosanna in the highest heavens!" And when he entered Jerusalem, the whole city was in turmoil. "Who is this?" people asked, and the crowds answered, "This is the prophet Jesus from Nazareth in Galilee."



## 3 Reflect

**After spending a few minutes considering this Gospel, continue by reading Fr Henry Wansbrough's reflection.**

Today's liturgy concentrates on two very different events, the triumphal entry of Jesus into Jerusalem as Messianic King and the events of a few days later which culminated in his agonising and shameful death. This seeming end-point was to be reversed by the explosion of new life in the Resurrection after three days, an explosion which constituted God's vindication of Jesus' loving obedience and the affirmation that it has overcome and wiped out the sin of Adam, human sin. How much time did Jesus spend in Jerusalem? The Gospel of John recounts four separate visits to Jerusalem, whereas Mark (and Matthew and Luke, who follow Mark's outline) compresses all Jesus' Jerusalem ministry into one visit, inaugurated by the solemn entry, as narrated in the gospel we hear today before the procession with palms. This event is recounted by the evangelists in the light of their fuller understanding of Jesus after the Resurrection. We see the colourful, festal atmosphere of crowds going up to Jerusalem, waving palm branches as banners in their enthusiasm and singing as they march. Jesus and his disciples join in. But it may be only later that the significance of this event was grasped: this entry was the fulfilment of the prophecy of Zechariah about the Messiah coming into his inheritance, to complete his God-given mission and to proclaim peace to the nations. Matthew especially, writing for a community steeped in Judaism, actually quotes the prophecy and also the psalm-verse about 'him who comes in the name of the Lord'. He stresses that Jesus is this Son of David, whose eschatological kingship is about to be established.

**Next week is known as Holy Week: how and when will you take time to listen to God and grow in holiness?**

Dom Henry Wansbrough OSB

## 4 Respond & Request

Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Then thank God for any insight you may have received. Conclude by asking God to bless you with one of the following spiritual gifts to help you act on any resolution you have made: love, understanding, wisdom, faithfulness, peace, self control, patience, and joy. Please remember to pray for the Church and particularly our school families. **Then conclude by requesting the prayers of Our Lady & St Joseph.**



**The Wednesday Word is under the patronage of St Joseph, Patron Saint of Families and Protector of the Church  
Within the tradition of the Catholic Church, each Wednesday is dedicated to St Joseph**



# WEDNESDAY WORD PLUS †

Fr Henry's reflections on the first and second readings of Sunday 2<sup>nd</sup> April 2023



## First Reading: *The Song of the Servant*

### Isaiah 50:4-7

The Lord has given me a disciple's tongue. So that I may know how to reply to the wearied he provides me with speech. Each morning he wakes me to hear, to listen like a disciple. The Lord has opened my ear. For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be shamed.

*In the Book of Isaiah there are four songs (of which this is the third), sung by a mysterious Servant of the Lord. It is not clear who this Servant is, but he is totally dedicated to the service of the Lord; he is a disciple who listens devotedly. Through suffering, this Servant brings to fulfilment the salvation which the Lord intends for Israel and for the world. Jesus saw himself in terms of this Servant, and the four songs feature throughout the liturgy of Holy Week.*

***How can I be more positive about bearing suffering for the sake of Christ?***

## Second Reading: *Raised High through Suffering*

### Philippians 2:6-11

His state was divine, yet Christ Jesus did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are, and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

*This hymn was probably not written by Paul himself, but taken up by him and placed into his letter to the Philippians. It is a very early Christian hymn. It celebrates the triumph of Jesus through his selflessness. The assertions at the end of the hymn are staggering. The hymn claims for Jesus the titles and the worship which are due only to God. What is more, this acknowledgement of Jesus does not detract from the glory of God, but is precisely 'to the glory of God the Father'. This is perhaps the fullest statement in Paul of the divine glory of Jesus himself, and it is won by his humiliation in death.*

***What would it be like to meet Jesus, a human being, yet divine? How would I react?***

“To the glory of God the Father.”

The Wednesday Word: *Connecting Home, School & Parish through the Word of God*

w: [www.wednesdayword.org](http://www.wednesdayword.org)

e: [info@wednesdayword.org](mailto:info@wednesdayword.org)

### Happy Birthday this week to...

Anashe Mhiribidi, Mahayla Hackett, Dan Boateng, Leah Hyde, Filip Skowron, Indie Usedon-Duff, Antoni Szarek, Ellie Edmonds & Hugo Gauci.

### ...and in the Easter holidays...

Farrah Kent, Kweku Kwakye, River Harris-Lyons, Bali Harris-Lyons, Jermaine Ondiege, Lucas Jarczewski, Sian Hanifin-Flynn, Hayley Tran, Ella Tanu, Jemie Kuttin, Madina Yaftali, Nicole-Marie Kazamia and Maya Kluza



### Headteacher Award

Freya Bown, Blake Simpson, Kassidy Andersen, Mark Adjaye-Kwofie, Jermaine Ondiege and Harry Hollingworth, for representing Holy Cross and Harlow so well in the Essex Schools Cross Country finals.

### Golden Awards:

- Butterflies: Alexandra Sirghe, for a great effort with her spelling during phonics
- Ladybirds: Luca Jones, for making great progress in reading
- Dragonflies: Oskar Skowron, for working really hard with his writing
- Grasshoppers: Dennis Jegorovs, for his fantastic effort with his phonics
- Hedgehogs: Dominic Annobil, for always working hard and trying his best
- Squirrels: Tawana Agyare, for working hard on all her work
- Badgers: Miruna Viliman, for trying so hard in all areas of school life
- Foxes: Blake Simpson, for showing fantastic effort, especially when learning fractions
- Hares: Sophie Philpot, for her amazing geography work on rainforests
- Rabbits: Ella Stopplecamp, for trying hard in all areas of the curriculum
- Kingfishers: For all children that attend the Monday tutoring, for excellent problem solving
- Robins: Robins class, for their excellent effort in our Stations of the Cross service
- Eagles: Ranniel Masambique, working hard in all areas of school life
- Owls: Casey Okpanachi, for great work in numeracy this week

New Menu week 1

## Diary Dates

Monday 17th April

Robins Swimming

Tuesday 18th April

Wednesday 19th April

Thursday 20th April

Friday 21st April

KS2 Assembly 9:00

KS1 Assembly 2:30

Please download our News & Events App for dates for the year. Details are available on the schools website under News & Events at [www.holycross-pri.essex.sch.uk](http://www.holycross-pri.essex.sch.uk)

Wishing everyone a lovely weekend.

Mrs A Kerrell

Mr S Kelliher

### House Points

**Congratulations to the winning house St David's**