



12th May 2023



## Newsletter

Reflection on the week: The message from the Gospel last Sunday and our reflection for this week, is a reminder and a reassurance that we are constantly being looked after by God our Father. Jesus gave us words of comfort, **"Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms."** Jesus tells us that He is, **'The Way, The Truth and The Life'** reminding us that we must put our trust in God and that He is always at our side, in all of the good things in our lives and when times are difficult. Have a wonderful weekend.

*Mrs Kerrell*

Headteacher

### First Holy Communion

We are thinking of some of Year 3 pupils, Parker, Zofia, Barry, Vienna, Harry, Aimee, Diale, Riley, Liliana, Zachary, Adaora, Dominik, Oliwier, Ciaran and their proud families this weekend, as the children make their First Holy Communion. We ask everyone to keep the children in your prayers.

### SATs

We were incredibly proud of our Year 6 pupils this week, as they took their SATs tests. They showed determination and resilience in each paper. My sincerest thanks to the Year 6 team for preparing the children so well, meaning that they felt calm and confident each day. So many staff were involved this week with supporting the children and my thanks also to all of them. We appreciate all the support from our parents and carers and we look forward to sharing the results with everyone in July. Whatever the outcome, we know that every child tried their absolute best and we cannot ask any more of them.

We are continuing to work hard for the rest of this term on finishing our Primary School Curriculum and on getting ready to transition to Secondary School. We have some fun activities planned too which will include preparations for our residential week on the Isle of Wight, in July.



## Coronation Picnic

We were very disappointed that we had to postpone our Coronation celebrations this afternoon. As expected it has been raining and it is also windy and cold-not the best outdoor weather! We will now have our non-uniform day and activities next Friday as long as the weather is favourable. Children can order a school lunch as normal.

## PE Uniform

My thanks to parents who have brought to my attention, that some parents may have purchased the old winter PE uniform already, in readiness for the winter term. Therefore, asking everyone to be in the new PE uniform from the beginning of September is not realistic. I am therefore moving the date for everyone to have the new uniform to the beginning of the summer term when we start back to school, after the Easter Holidays. Up to this time, parents can choose to either have their child wear the new kit or the old kit but please do not combine the 2 uniforms.



## Naming items

As we begin to enter the warmer weather (hopefully) and the children begin to take off coats, cardigans and jumpers please ensure that all uniform and belongings (including water bottles) are named.

## Catholic Social Teaching

We will be relaunching Catholic Social Teaching across the school from next week. We will have an additional assembly on Thursday mornings and pupils will learn about the 7 principles of Catholic Social Teaching with Dignity as the cornerstone. We want our pupils to think about others and the dignity of human life as we are all made in the likeness of God and should therefore reflect this to others through our words and actions.

We would like parents to support our work on Catholic Social Teaching at home and to find out more please follow this link: <https://cafod.org.uk/pray/catholic-social-teaching> . There is also a helpful video if you follow this link: <https://www.youtube.com/watch?v=XNcBCPVbYDU>

After Easter Mrs Kerrell will be running a club on Mondays for Catholic Social Teaching called Minnie Vinnies.

## Year 3 Reading Zone

Due to the Ascension Mass on Thursday, Year 3 reading zone will be in the week commencing 22nd May.







GET YOUR TICKETS FOR

# ***ADVENTURE ISLAND*** ***SOUTHEND ON SEA***

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





# 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

## AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

## CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

## BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

## ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

## MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

## TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

## THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

## STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

## USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

## BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



**NOS**  
**National Online Safety**  
#WakeUpWednesday



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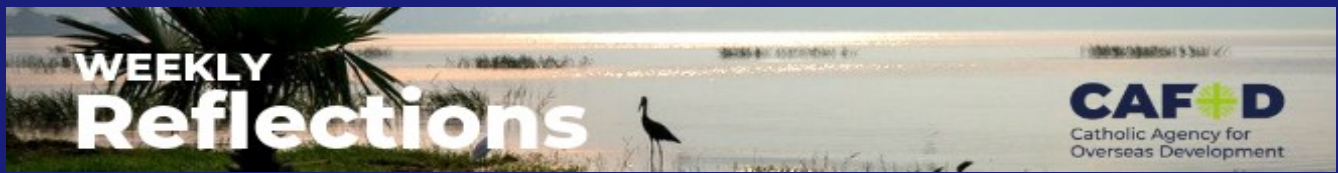


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Based on the gospel for Sunday 14 May, Sixth Sunday of Easter: John 14:15-21

"You will understand that I am in my Father and you in me and I in you."

In this passage we see that the believer is caught up in the life of the Trinity. We are assured that the Holy Spirit, the Advocate, will be with us and that we will understand that, "I am in my Father and you in me and I in you."

Our God is not some distant God: God is very close, within us.

Through prayer and contemplation, making space in our lives to become more aware of the divine presence within us, we can better discern the will of God in and for our lives.

Empowered and transformed by the God within, we are called to demonstrate our love of the Lord through keeping his commandments. Earlier in the Last Supper discourse, Jesus had given a new commandment: "you must love one another just as I have loved you."

In Jesus' life we can see that this meant reaching out to the marginalised in society: those who were sick or seen as sinners. Pope Francis, today, reminds us to have a special care for those who are poor, refugees and the disadvantaged.

Aided and guided by the Spirit and in obedience to Jesus' commandments, we can witness to God who dwells in our hearts through the way we live our lives making God's love present in our world.

Come Holy Spirit.  
Empowered by the God within  
and in response to Jesus' command  
may we transform our world  
through God's love present in our lives.  
Amen.



### The Words of Pope Francis

Praying to the Holy Rosary daily in the family guarantees that in that family the oil of faith and joy never runs out, but flows out of the life of its members who are in communion with God.



A Weekly Gift to you and your family from your Catholic School



## SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

In this Sunday's Gospel, Jesus tells the disciples that, when he returns to heaven, he will ask the Father to send the Holy Spirit to be their helper.

This is not just a historical event. The Holy Spirit is a gift for us too. Pope Francis reminds us that, "The Holy Spirit is the supreme gift of the risen Christ to his apostles and God wants this gift to reach everyone."

Wednesday 10<sup>th</sup> May 2023

The Holy Spirit is our helper and helps us to live more like Jesus – to do good things and be filled with the love, truth, happiness and peace which come from God.

Enjoy a very special time together this evening, hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **HELPER**.

Dom Henry Wansbrough



To see this week's Parish Version of The Wednesday Word: [wednesdayword.org](http://wednesdayword.org) – Parents' Pages – Lectio Divina with Fr Henry.

## THE GOSPEL IN CHURCH Sunday 14<sup>th</sup> May 2023



Jesus said to the disciples, "If you love me you will keep my commandments. I shall ask the Father, and he will give you a Helper to be with you forever. He will give you the Spirit of Truth. The world neither sees nor knows the Spirit, but you know the Spirit, because the Spirit is with you, and lives in you. I will not leave you orphaned: I will come back to you. In a short time the world will no longer see me but you will still see me. Then you will know that I am in my Father, and you are in me, and I am in you. Those who receive my commandments and keep them are those who love me. Those who love me will be loved by my Father. I will love them, and they will see me as I truly am."

Adapted from John 14:15-21  
The 6<sup>th</sup> Sunday of Easter, Year A

You are warmly invited to learn more about the Gospel through your local parish church.

"The Holy Spirit helps us to view others with fresh eyes, seeing them as brothers and sisters in Jesus, to be respected and loved." Pope Francis





The Holy Spirit is our helper – alive and active today – nudging us to do good and guiding us along the way. The presence of the Holy Spirit in our lives will help us to grow in love, joy, wisdom, peace, self-control, patience, faithfulness and kindness. We can ask the Holy Spirit to help us, especially at times when things are difficult.

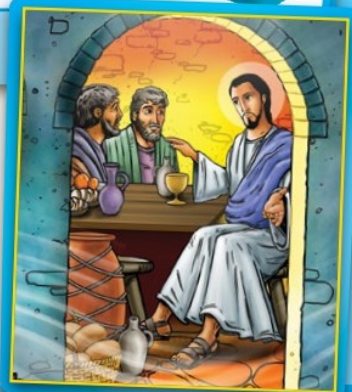


## 1 Our Special Time Together

Enjoy reading the Gospel overleaf (or below for younger children)

Jesus said to his friends, the disciples, "If you love me you will keep my commandments. I will pray to the Father and he will give you a Helper (the Holy Spirit) to be with you forever. I will not leave you alone. I will come back to you. I am going back to the Father now, but you will see me because I am alive. And because I live, you will live too. Anyone who loves me keeps my commandments. And those who love me will be loved by my Father. I will love them, and they will see me as I truly am."

**Why did Jesus say he would pray to the Father?** Which word or words stood out for you in this Gospel, and why? See the picture opposite. What does it make you think about?



## 2 Wednesday's Word is ...

## HELPER

## 3

## Loving God & Each Other

God sends the Holy Spirit, our helper, to teach us and to be with us always.

Ask your child who has helped them recently. What did that person do that was such a help to your child? You may want to share an experience of being helped by your children, other people, or directly by the Holy Spirit, and describe the difference that this help made to your life. Then each of you talk about an occasion when you went out of your way to help someone. What does your child know about the Holy Spirit (the third Person of the Holy Trinity), our helper?

"Happy the person whose words come from the Holy Spirit." *St Anthony of Padua*

We can ask the Holy Spirit to guide and help us to do and say the right thing. As a family, discuss and choose special ways in which you can be helpful to each other in this coming week. Perhaps you can: make your bed and keep your room tidy; use kind words; set the table and help each other with the dishes. Are there any vulnerable or lonely people in your community who may especially need your help right now? What could you do to help?

Dear Lord Jesus, please send your Holy Spirit into our lives to be our **helper** and to guide us, so that we can be a great **help** to those around us. Amen.

## Gospel Gallery

S N E D N E P M G H W N  
T D N F H H G S E N D J  
A E H Z E O W T N L E H  
S D M R L L L A Z S N H  
P M O R P D M Y U M T E  
I F F J E S U S B G I L  
N A F O R E V E R L R H  
H T W A R D S P I R I T  
M H R L T E R H M Y P R  
R E P L E H V L T A S M  
W R H O L Y E E Y T M D  
H O L H M E S R R S N R

## WEDNESDAY WORDSEARCH

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



**JESUS FATHER**



**SEND HELPER**



**HOLY SPIRIT**



**STAY FOREVER**



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

Cross out the letters **u n d** in the jumbled words below to find 4 real words.

**fodrenvuer Huneldper duprany Fandthuer**

"I will \_\_\_\_\_ to the \_\_\_\_\_ and he will give you a \_\_\_\_\_ to be with you \_\_\_\_\_."



Search for at least three differences between this picture and the colour one. Then draw them in before colouring.

When we love Jesus, we listen to him and try to live the way he asks us to. We do not have to do it by ourselves though. Jesus sends us the Holy Spirit, our helper, to help us to choose the right way to live.

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 14<sup>th</sup> May 2023 - The Sixth Sunday of Easter

**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

Taken from the Gospel for Sunday 14<sup>th</sup> May 2023 - The Advocate whom the Father will send (John 14:15-21)

Jesus said to his disciples: 'If you love me you will keep my commandments. I shall ask the Father, and he will give you another Advocate to be with you for ever, that Spirit of truth whom the world can never receive since it neither sees nor knows him; but you know him, because he is with you, he is in you. I will not leave you orphans; I will come back to you. In a short time the world will no longer see me; but you will see me, because I live and you will live. On that day you will understand that I am in my Father and you in me and I in you. Anybody who receives my commandments and keeps them will be one who loves me; and anybody who loves me will be loved by my Father, and I shall love him and show myself to him.'



**3** Reflect

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

*Only in John's Gospel is the Spirit whom the Father will send called 'the Advocate' or 'the Paraclete'. Both names have the same derivation and the same meaning, but the former is from the Latin language, the latter from the Greek. It means someone 'called to one's side' as a helper, principally as a defender in a lawsuit. The word 'Paraclete' also suggests comfort and strength, as implied in the quality 'paraclesis' or perseverance. In the discourse after the Last Supper, when Jesus is preparing his disciples for their future task, there are four separate sayings about the Paraclete. The Paraclete is sent both by Jesus and by the Father, but always from the Father's side. The Paraclete, the Spirit of truth, will teach the disciples everything and lead them into all truth, witnessing to the Father. The Paraclete is 'another Paraclete', that is, other than Jesus, who will make Jesus present when Jesus is no longer physically with the disciples. The close link and interplay between these three figures (Father, Son and Spirit) gives us not only the beginnings of the theology of the Trinity, but also a lasting confidence that Jesus is never absent from his Church. With the guidance and patronage of the Paraclete the Church enters more and more deeply into the understanding of the divine mystery.*

**Why do we need a Paraclete to guide us?**

**Reflection:** Open yourself to the guidance of the Paraclete. Allow the Paraclete to lead you further into the life of the Trinity.

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, or 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 14<sup>th</sup> May 2023



## First Reading: *The Gospel Spreads to Samaria*

### Acts of the Apostles 8:5-8. 14-17

Philip went to a Samaritan town and proclaimed the Christ to them. The people united in welcoming the message Philip preached, either because they had heard of the miracles he worked or because they saw them for themselves. There were, for example, unclean spirits that came shrieking out of many who were possessed, and several paralytics and cripples were cured. As a result there was great rejoicing in that town. When the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them, and they went down there, and prayed for the Samaritans to receive the Holy Spirit, for as yet he had not come down on any of them: they had only been baptised in the name of the Lord Jesus. Then they laid hands on them, and they received the Holy Spirit.

*The story of Acts is the story of the spread of the Gospel to 'the ends of the earth'. The first few chapters described the ideal Church at Jerusalem. That ideal was shattered by the persecution which erupted and led to Stephen's martyrdom. We missed out that story, reserving it for St Stephen's feast on Boxing Day. Things get too hot in Jerusalem itself, and the effect is that the Word of the Lord begins to spread beyond the city, first to Samaria, the country region just north of Jerusalem. The peace of God's Kingdom comes to the Samaritans in the form of liberation from sickness and the torment of various diseases. Luke notes for us the joy which this brings, a joy which is the sign of the Kingship of God. It is notable that the distinction between the gift of faith and the fuller gift of the Spirit is already marked in this reading just as the modern Church distinguishes between baptism and confirmation. The apostles lay their hands on those who are to receive the Spirit, just as nowadays the bishop (who signifies the unity of the Church and acts as the successor of the apostles) comes to administer the Sacrament of Confirmation.*

**Reflection:** What does the presence of the Spirit bring to your own life and the life of the Church?

## Second Reading: *Defence of the Faith*

### 1 Peter 3:15-18

Reverence the Lord Christ in your hearts, and always have your answer ready for people who ask you the reason for the hope that you all have. But give it with courtesy and respect and with a clear conscience, so that those who slander you when you are living a good life in Christ may be proved wrong in the accusations that they bring. And if it is the will of God that you should suffer, it is better to suffer for doing right than for doing wrong. Why, Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life.

“Keep your cool and reply with courtesy.”

*This final reading from the first Letter of Peter gives a heartening model for defence in persecution. In modern Western society any persecution faced is more likely to be verbal mockery or contempt than blood-shedding. A Christian stance on moral issues can so easily incur charges of narrow-mindedness or blindness. It is not always easy to keep one's temper and give a fair and helpful reply 'with courtesy and respect', expressing the consequences of the Christian hope. Such a reply just might strike a chord deep down, rather than an explosive or sarcastic riposte, which merely deepens the divide. 'Reverence' for others can be a real and important Christian witness. The final sentences of the reading are helpful here, for the accounts of Jesus' trial stress that Jesus himself was silent 'like a lamb before its shearers' as the Suffering Servant of the Lord, in fulfilment of the scriptures. The Passion account is full of irony and mockery, from the High Priest, from Pilate, from the soldiers; if Jesus himself did not explode at the false accusations and mockery, but retained his dignified silence, we too should keep our cool and reply to our 'accusers' with courtesy.*

**How do you reply to mockery of the Catholic or Christian stance?**

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...**

Alana Madarasz, Araibella Morgan, Aidan Ebin, Marissa Fraser, Kayla Umaru, Indie Bennett, Phoebe McNamara, Ava-Olivia Skinner, Luka Yamgoue, Mariella Messer and Amber Williams.



# ATTENDANCE MATTERS

Congratulations to the winners of the KS1 Attendance Award, Hedgehogs, achieving 99% attendance. Well done! The joint winners of the KS2 Attendance Award, are Eagles and Owls, attaining 100% 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	93%
Ladybirds	94%
Dragonflies	97%
Grasshoppers	97%
Hedgehogs	99%
Squirrels	95%
Badgers	98%
Foxes	95%
Hares	96%
Rabbits	98%
Kingfishers	97%
Robins	99%
Eagles	100%
Owls	100%

## Menu week 1

## Diary Dates

### Monday 15th May

Robins Swimming

Years 1 & 2 Cosmic Yoga  
3:10 - 4:10

Y3 & Y4 Cosmic Yoga  
3:15 - 4:15

### Tuesday 16th May

Year 3 & 4 Football 3:15 - 4:15

Year 5 & 6 Football 3:15 - 4:15

Choir 3:15 - 4:15

### Wednesday 17th May

KS1 Karate 3:10 - 4:10

Year 2 and 3 Gardening Club  
3:15 - 4:15

KS2 Rounders 3:15 - 4:15

### Thursday 18th May

Ascension Mass 9:15

Year 1 Football 3:10 - 4:10

Year 2 Football 3:10 - 4:10

KS2 Karate 3:15 - 4:15

### Friday 19th May

KS1 & KS2 Assembly 9:15

KS2 Dodgeball 3:15 - 4:15

Postponed Coronation  
Celebration

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)

*Alison Kerrell* *Seamus Kelliher*

Wishing everyone a lovely weekend.

Mrs A Kerrell

Mr S Kelliher

## House Points

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