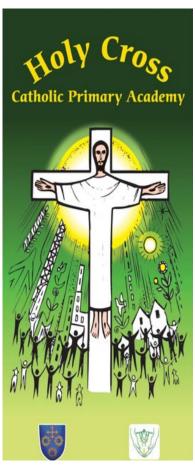


GOSPEL: VALUE: Our Gospel Value this coming week is JUSTICE. Please reflect on this at home with your child.

Weekly Reflection

We have been reflecting on the Gospel from last Sunday when Jesus calls his first disciples to leave everything and to follow Him. We know of course that Simon and Andrew and then James and John, left everything they were doing and everything they had to follow Jesus and answer His call. We have been thinking about how we must try to listen to the call of God and to follow His ways. We know that when we follow our Gospel Values and show that we care and have empathy for others, that we are listening and following God. Sometimes this is difficult so we must put our trust in God Our Father and pray to strength and wisdom.





I hope that you all have a great weekend.

Mrs Kerrell

Headteacher

Prayer

Pope Francis has declared that 2024 is a Year of Prayer. We would like to encourage our pupils and parents to visit the Prayer and Worship page on our website where you will find all the prayers that you child needs to learn. There is also a link to Cafod where families can find lots of prayers to say together.

https://www.holycross-pri.essex.sch.uk/page/?title=Prayer+and+Worship&pid=228

Online Safety

We have some concerns around what some of our Key Stage 2 children are accessing online and in particular Tic Toc. Please make sure that you check your child's device(s) regularly for the websites and content that they are accessing and please have strong parental controls in place. It is also apparent that the children are chatting online at very late hours of the night and in the early morning which means that they are not sleeping properly. This means they will not learn well and retain what they are being taught. There is more information available on our school website-please click on the online safety button on the Home page

https://www.holycross-pri.essex.sch.uk/

PE Provision

This is the final week that we will be having Evolve work with us to deliver some of our PE sessions. I would like to thank Scott, Kat and David for all of their hard work and dedication to the school and I know that the children will really miss them. I am sure that we will still see the team when we have special school events and of course they are still delivering after school clubs for us.

PE will now be delivered by your Child's class teacher as a taught lesson and the second session broken up in smaller active sessions across the week. This means that your child will be exercising, moving more regularly throughout the week and will be taking part in activities such as The Golden Mile, whole class Skipping, Yoga and Fitness Circuits. This will bring more flexibility to the timetable, more variety and most importantly improve the children's fitness and stamina. We are excited about this change!

It is therefore essential that your child has their PE kit in school, including their trainers, as they will be moving most days. For the shorter sessions it will not be necessary to always get completely changed for PE but trainers are essential. If your child does not have trainers in school they will be asked to complete the Golden Mile, or other activity in their school shoes if we consider this to be safe. KS2 children who do not bring their PE kit/trainers to school will be asked to miss their Break or Lunchtime.

Accident Reporting Procedures

We have reviewed our Accident Reporting procedures this week and particular Head injuries. An important letter will be emailed to parents outlining these. Please take time to read this.

Candles

We want to make parents and families aware that we do light candles for many reasons in school as this are an important part of our Catholic faith. This is always done in a very safe and controlled way and always with an adult present. We are concerned that some of our youngest pupils may be trying to light candles at home. The children have all had a reminder about safety with matches, lighters and lighting candles and that at all times that there must be an adult present if anything involves a flame.

ATTENDANCE MATTERS

Congratulations to the joint winners of the KS1 Attendance Award, Dragonflies achieving 99% attendance. Well done! The winners of the KS2 Attendance Award are Rabbits, attaining 97% 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	96%
Ladybirds	97%
Dragonflies	99%
Grasshoppers	97%
Hedgehogs	96%
Squirrels	96%
Badgers	96%
Foxes	93%
Hares	96%
Rabbits	96%
Kingfishers	96%
Robins	97%
Eagles	94%
Owls	89%



Champions

On Wednesday, 8 children took part in a Panathlon swimming gala and were lucky enough to go to the London Aquatics Centre where the 2012 London Olympics took place!

The children arrived excitedly and ready to try their best. They took part in 9 different challenges/races and were amazing. They worked fantastically as a team, and it was so wonderful to see them cheering each other on and supporting one another.

After all of the challenges the children got some fun free time in the pool. Then it was time to hear the scores, the children waited with their fingers crossed and were then delighted to hear Holy Cross had come first and won the whole gala! We all cheered and were so happy. The children proudly received their medals, certificates, and also a beautiful trophy.

All children represented the school fantastically and all of the adults were so proud!







YEARS 5 AND 6

MOVIE NIGHT



FRIDAY 2ND FEBRUARY - 3.30 TO 6PM

WONKA



£5 PER TICKET INCLUDING UNLIMITED DRINKS, POPCORN, SWEETS AND CHIPS

VALENTINES DISCO



Friday 9th February KS1 3.30 - 4.45PM Years 3&4 5.30-7pm £5 per ticket Including a snack box and unlimited drink

Wear Red or Pink

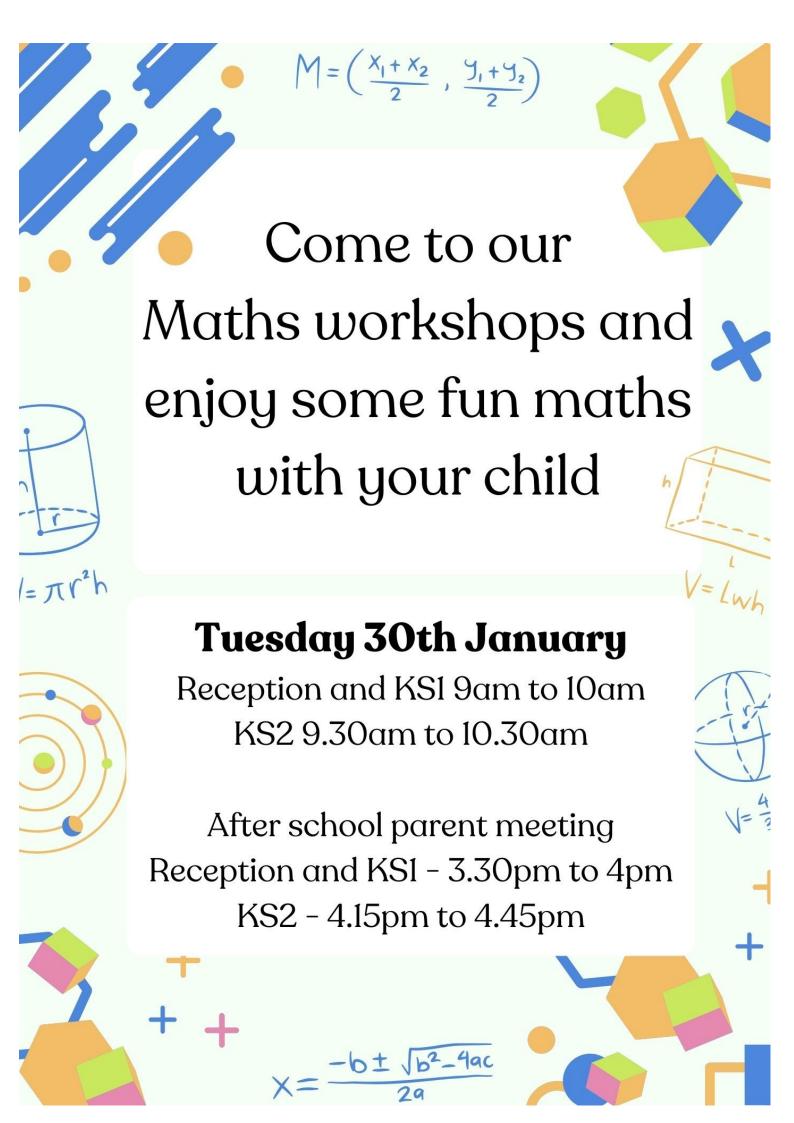
LOOSE CHANGE CHALLENGE

The PTA is challenging each class from Reception to Year 6 to fill up bottles with change from

1st February to 1st May.

A fun challenge for the whole class to join together and help to raise funds for the school.

There will be a prize for KS1 and KS2 classes who collect the most bottles with change.





NSPCC NUMBER D1142024

IT'S MATHS, BUT NOT AS YOU KNOW IT.



Friday 2 February 2024

#numberday







Number Day is supported by Maths Circle, Man Group and Oxford University Press, led by NSPCC.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

BUY

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

MERCAL STREET

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

t how, o have vhole

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for.
Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

99

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local autherities – empowering school leader and staff with the knowledge and tools to shape their settings into inclusive

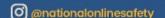


The National College















Times Tables Rockstars

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

Badgers:LucaFoxes:AutumnHares:OliverRabbits:AdaoraKingfishers:MarshallRobins:ElianaEagles:Owls:Daisy

Gospel Value Awards Simplicity

calm, uncomplicated, trust

"And all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in Her heart." Luke 2:18-19



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

Butterflies: Jax Ladybirds: Marco

Dragonflies: Keziah Grasshoppers: Leroy

Hedgehogs: Kyren Squirrels:

Badgers: Alexander Foxes: Summer

Hares: Jackson Rabbits: Emmanuella

Kingfishers: Ilinca Robins: Victoria

Eagles: Holly-Mai Owls: Layla



Based on the gospel for Sunday 28 January, Fourth Sunday in Ordinary Time: Mark 1:21-28

"The people were so astonished...and his reputation rapidly spread everywhere."

We see Jesus stand in the synagogue; we hear Jesus' authoritative teaching. Where are we in this story? Are we bubbling over with amazement? Are we running off to tell everyone the news about Jesus, to tell them Jesus the long-awaited Messiah is here! Are we alive to the hope that Jesus brings of a spirit-filled life and resurrection with his Father? Perhaps we are burdened with evil spirits - such as fear, anger, guilt or prejudice - that need to hear Jesus' voice telling them powerfully to leave us.

Jesus is clear on the line of good versus evil. There is no tolerance for inaction. We must be ready when he comes. We all have a mission to bring justice and peace to a war-ridden, hungry world where if peace reigned and everything were shared fairly no one would go hungry. So many do not know or listen to Jesus' authoritative teaching on how to live loving compassionate lives of service to one another.

Just as Jesus' revolution began in the hearts of those who sensed God's presence in his teaching and his acts of healing and liberation, so too we are invited today to play our part in bringing God's kingdom here on earth. How can we speak and act with the love, compassion, and mercy of Jesus today?

All powerful, everlasting God, we thank you for the clear message of justice you preach through your Son, the Lord Jesus. We pray for action where there is inaction, we pray for peace where there is war, we pray that your Gospel of justice will bring healing and liberation throughout the world. Amen.



The Words of Pope Francis

The Gospel is the book of life. Let us allow the beauty of the word of God to conquer our lives.

Dear Parents and Carers,

It's important to have good teachers. Parents are the first and foremost educators of their own children other family members and friends can also teach about what really matters in life. But who can really teach us about the best way to live?

Jesus stood out as a teacher because he taught with authority and power. In this Sunday's Gospel, Jesus demonstrates this through the amazing healing of the man in the synagogue.

A Word from

Wednesday 24th January 2024

Jesus' teachings expose the things that weaken us - setting free all those who listen to him. The whole of Jesus' life was a continual teaching. His teaching is calm and wise, powerful but gentle, and enriches family life.

Just follow the simple steps overleaf to enjoy hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is TEACHER.

Dom Henry Wandbrough 🕌



"Jesus is a teacher of truth and life who

GOSPEL IN CHURCH Sunday 28th January 2024



Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. Jesus' teaching made a deep impression on them because, unlike the scribes,

he taught them with authority. While he was teaching, Jesus was interrupted by a very sick man who started to shout wildly and whose body was trembling and shaking. So Jesus paused and healed the sick man in full view of the people. The people were so astonished that they started asking each other what it all meant. "Here is a teaching that is new," they said, "and with authority behind it." And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

> Adapted from Mark 1:21-28 The 4th Sunday of Ordinary Time, Year B

Everyone can learn more about this Gospel in church: all are very warmly invited.

News When we have Jesus as our teacher, we are being taught by God. Jesus teaches us how important it is to follow God's laws - to live a good life that is $oldsymbol{^2}$ pleasing to God. Our Catholic schools and parishes try very hard to do the same.

nnecting Home, School & Parish through Sunday's Gospel wednesdayword.org

Good News for Families



istening & Learning Together

Jesus and his followers went to a town called Capernaum. When the Sabbath day came, Jesus went into the synagogue, and began to teach. Everyone was astonished because Jesus, unlike their other teachers, taught with real authority. While Jesus was teaching, he was interrupted by a very sick man who started to shout wildly and was trembling and shaking. So Jesus paused and healed the sick man in full view of the people. They were amazed and said to each other, "Here is a teaching that is new and with authority behind it." The news about Jesus quickly spread through the surrounding countryside.

Why was Jesus unlike other teachers in the meeting place? Which word stood out for you in this Gospel, and why? What does the picture make you think about?



Wednesday's Word is ...

TEACHER (3) Loving & Growing

The family's strength lies in its capacity to love and to teach how to love." Pope Francis

Jesus' personal example, the witness of his life, gave power and authority to his teaching. Jesus practised what he taught and we should fry to do the same. Ask your child what the word 'teacher' means to them. Ask them which people teach them about God at home, at school or in the community. What have they recently been taught about God? Who is their favourite teacher, and whu? Perhaps you can tell your child about a person you know who is, or was, a good teacher, and say why.

"Let us thank all those who teach in Catholic schools. Educating is an act of love; it is like giving life." Pope Francis

Each of you choose someone who teaches you good and right things, and say a prayer for them. How can we show our appreciation to all those who teach us at home, school or in the community? Perhaps we can: be a good learner by really listening to what they have to say; do the good and right things they have taught us; let them know that we have said a prayer for them; make them a 'thank-you' card or simply thank them for being a good teacher.

Dear Lord Jesus, please bless all the people in my life who teach me, Thank you for being my friend and **teacher**. Please help me to learn and grow in your love. Amen

UGOGANYS Find and draw 5 differences, then colour EDNESDAY **SMART**SEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN SYNAGOGUE Z SE ZAH YNAGOG

EACH - 1 SUPERSEARCHERS FIND THE WORDS **HSLTHUASENSR BACKWARDS OR DIAGONALLY**

Cross out the letters **r** f o in the jumbled words below to find **u** real words.

mefetoring terachof fodary Jersoufs

When the sabbath ___ came, ___ went into the Jewish _____ place and began to ___.

The 28th January is the Feast Day of St Thomas Aquinas - the Patron Saint of Catholic Schools.

Catholic schools exist to teach Jesus' message of God's love for everyone and St Thomas spent his adult life sharing this message too. This week I will try my best to..

Write a promise & draw a big smile on Smil

A Free Weekly Gift for Everyone











Encountering Christ

Prayerfully preparing for Sunday Mass with special prayers for our school families

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.



Read

The Gospel for Sunday 28th January 2024 JESUS TEACHES WITH AUTHORITY

Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God." But Jesus said sharply, "Be quiet! Come out of him!" And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. "Here is a teaching that is new," they said, "and with authority behind it: he gives orders even to unclean spirits and they obey him." And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

Taken from Mark 1:21-28 The Fourth Sunday in Ordinary Time, Year B



Reflect

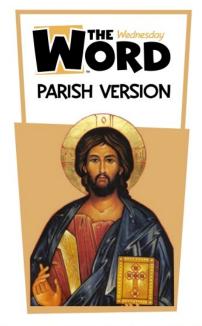
After spending a few minutes considering the Gospel, continue by reading this reflection

The growing authority of Jesus is the theme of the early part of Mark's gospel and today's story is an excellent illustration of this. Jesus has already called the disciples. He calls and they simply follow: it seems that he is a total stranger to them, yet has such authority that they drop everything to follow him. Now in the synagogue he teaches on his own authority. He does not quote the interpretations of others, as rabbinic teachers did, saying, "Rabbi X says this," "Rabbi Y says that". No, Jesus teaches, "I say to you...". He seems to be master even of the Law. But it is God's Law. Only God has authority over it, so who does Jesus think he is? On one level he is a teacher to be compared with Moses, one who is to come into the world, the teacher prophesied in today's first reading. But he is more than this. To confirm the power of his teaching, he shows what authority he has by overcoming an unclean spirit, wringing from it the snivelling protest, "Have you come to destroy us?" and the acknowledgement that he has a special link with God.

What are the qualities of a good teacher? How does Jesus, the good teacher, reveal his authority?

Dom Henry Wansbrough OSB

Weekly Prayer Custom





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. Thank God for any insight you may have received.

Then ask God to bless you with a spiritual gift to help you act on any resolution you have made. Perhaps: love, understanding, wisdom, faithfulness, peace, self control, patience, joy or something else.



After praying for your loved ones, please remember to pray for the Church and particularly for families connected to your parish school.

You may want to conclude this special weekly time with a simple prayer such as: St Joseph, Patron Saint of Families and Protector of the Church, pray for us. Mary, Star of Evangelisation, pray for us. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.



WEDNESDAY WORD PLUS †







1st Reading: Deuteronomy 18:15-20

The Second Moses

Moses said to the people: "Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. 'Do not let me hear again,' you said, 'the voice of the Lord my God, nor look any longer on this great fire, or I shall die'; and the Lord said to me, 'All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.'"

Moses was the messenger who gave the Law to the people of Israel on Mount Sinai (also called Mount Horeb). In their difficult and lonely journey of forty years through the desert, he was their leader. It was his legal decisions on cases presented to him which helped to form Israel. His prayers gave them manna in the desert, water from the rock and protection from their enemies. Israel remembered him ever afterwards as the founder of their people. In the Book of Deuteronomy, the last of the five books of the Law, God had promised that he would raise up another leader, a Second Moses. By the time of Jesus, God's final messenger was thought of in these terms: he would come to put everything to rights. This is why Matthew especially represents Jesus in this way: just like Moses, Jesus was persecuted at birth by the king, and later had to flee into exile until his persecutor was dead. Jesus taught his Sermon on the Mount just as Moses gave the Law on the mountain. Jesus gave bread in the desert just as Moses had done. So when Jesus taught 'with authority' in the synagogue at Capernaum, he was seen as acting like Moses, the teacher.

In what ways is Jesus the one prophesied by Moses?



2nd Reading: 1 Corinthians 7:32-35

Marriage or Celibacy?

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

Paul's reasons for celibacy can be read on two levels. The first, superficial, level is that in marriage both husband and wife may be divided in mind, may have loyalties divided between the Lord and their spouse. They have to be preoccupied with pleasing the other partner in the marriage. In the Church today we see that in itself this is a very important part of the marriage, a vital part of being 'one flesh', of being one thinking, living person. At this level such concern for one another is very much part of 'the Lord's affairs', and cannot stand in opposition to them. At another level, however, there may be tension, for each marriage partner is concerned to provide a firm material basis for family life, and so is bound for the sake of the family to get involved in the 'world', providing a good standard of living for the family. By choosing celibacy, the celibate witnesses more openly to the eternal values of the Lord's service. Celibates have no dependents and are called to dedicate their lives totally to the Lord. The celibate by his or her vocation is given the chance to be manifestly overwhelmed by the values of the Kingdom of God and so become outstanding witnesses to those values.

How, in our busy family lives, can we still act as witnesses to the eternal values of God?



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

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

Happy Birthday this week to...

Harry, Esme, Isaac, Kivarly, Jimmy, Jude, Reuel, Joey, Nathan, Elaeh, Aleah, Emmanuella, Dominik & Livia



Golden Awards:

Butterflies: Jimmy, for the most beautiful handwriting and such detailed drawings!

Ladybirds: Jayron Jace, for being a kind and loving member of Ladybird class

Dragonflies: Filip, for his positive attitude in all of his learning Grasshoppers: Malachi, for his fantastic effort in all his lessons Hedgehogs: Oskar, for excellent work on Oliver's Vegetables

Squirrels: Lyla, for fantastic effort in all his lessons
Badgers: Adam, for displaying excellent behaviour

Foxes: Sarah, for having a great attitude especially in her writing

Hares: Phoebe, for working hard and settling in to our class so well

Rabbits: Rose, for working really hard on her phonics and learning her new words

Kingfishers: Tehilah, for always trying her best and producing fantastic work in all lessons

Robins: Praise, for her amazing work in R.E. and her on-going support as a class chaplain

Eagles: Bryan, for contributing well in class discussions - particularly in shared reading. Well done!

Owls: William, for making great progress in phonics

House Points

Congratulations to the winning house this week, St George's

Menu week 2

Diary Dates

All clubs are 15:15 to 16:15

Monday 29th January

Years 3 to 6 Chaplaincy lunchtime

Kingfishers swimming
KS1 Football

Tuesday 30th January

Year 4 reading zone 9:00

Maths workshops -

Reception, Years 1 & 2 9:00 - 10:00

Years 3,4,5 & 6 9:30 - 10:30

Maths meetings -

Reception, Years 1 & 2 15:30 - 16:00

Years 3,4,5 & 6 16:15 - 16:45 Wednesday 31st January

Year 4 reading zone 9:00

KS1 Karate

Year 5 Bikeability

Thursday 1st February

Year 4 reading zone 9:00

Hedgehogs library visit

10:00

Year 5 Bikeability

Years 1 to 2 Chaplaincy

lunchtime KS2 Karate

KS2 Football

NOL 1 001Bull

Wishing everyone a lovely weekend.

Mrs A Kerrell

Ausonderrett

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

Friday 2nd February

KS2 Assembly 9:00

KS1 Assembly 14:30

school uniform

NSPCC Numbers Day - non