

20th September 2019



Newsletter



Dear Parents,

The theme of community was certainly prevalent again at Holy Cross this week as the children from Early Years joined us and Year 6 visited St. Mark's.

We welcomed the new children in Reception as part of our school and parish family and are looking forward to seeing them grow in many ways. While today, Friday, our Year 6 children visited St. Marks to experience our Catholic secondary school. This was followed by a meeting led by St. Mark's for children and parents of Year 6 where information was shared so that these children can continue their Catholic education in a secondary setting. We look forward to continuing to work together for your child's education and faith journey.



Harvest Collection

Our annual Harvest Collection starts on Monday. Harvest is a time for us to celebrate and share the abundance that God spreads for all of us. Our chosen charity, once again this year, is Streets2Homes who do great work supporting homeless people in Harlow. We at Holy Cross are very pleased to be able to help them in their mission, 'To offer a place where all the street and hidden homeless in our community can rest, make friends and receive assistance with basic needs.'



Please send in donations of dried or tinned goods next week so that we may help them in their endeavour.

Playleaders

Congratulations to our new Playleaders whose role is to help children enjoy a happy lunchtime. These Year 5 children undertook training over two afternoons last week to help them to develop their leadership skills.

They all now recognise the importance of being organised, the need to plan the sessions well, know the games they want to organise with the children and to make sure the equipment is prepared before the start of the session. The Play Leaders came up with lots of different ideas for activities to deliver during the lunchtime break to help keep children entertained and active. They also learned about the social and emotional aspects which they will encounter and how to deal with these. We wish them success in their new role.



Peer Mediators

Over this past week children in Year 6 worked with Mrs. Gallagher to train as Peer Mediators. Through this course the children learned a structured process whereby in a minor dispute between children, peer mediators help children to resolve their problems. This empowers children and develops their sense of community and co-operation. This is an important and valued role within our areas of pupil responsibility and throughout the training these children certainly displayed the characteristics and attributes required.



'This Girl Can' Festival

Dion, Leah, Oliwia and Niamh from Year 6 attended this event on Thursday afternoon which took place at the Harlow Leisure Zone. They had an exciting and fun-filled afternoon of activities which included: Hip Hop, mixed martial arts and trampolining which they thoroughly enjoyed.



Aldi School Kit for Schools

We are collecting the Aldi Sports Kits for Schools stickers.

Every time you spend over £30 in any Aldi store you'll receive a Team GB sticker. Children can bring their sticker to Mr Clarke, who has a poster, to be completed. Once completed we can claim a sports kit and be entered into a prize draw.



Adventure playground & Ball games

Please be reminded that your child should not be on the adventure playground equipment or be playing ball-games in the playground when they arrive to school in the morning.



Gospel Values Awards

Congratulations to the first children to receive the Gospel values certificate

1D: David Owolabi
2HD: Grace Kelly
3N: Gilda Bosempem
4A: Olivia Mardyla
5G: Laura Norris
6E: George Cundins

1S: Praise Owolabi
2TE: Darcie Bethell
3P: Dominic Marshall
4C: Oliver Wuzik
5S: Liam McNamara
6N: Jimi Bolaji

ATTENDANCE MATTERS

Congratulations to **1D**, winners of the KS1 Attendance Award for this week with **98%**. The winners of the KS2 Attendance Award are **3P** who attained **99%** attendance this week.

Attending school is so important and makes a huge difference to your child's learning.

It is essential you notify us of your child's absence by 9am either by telephone or using the Parentmail report absence option. 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.

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

R B	95%
R L	94%
1D	98%
1S	96%
2HD	95%
2TE	97%
3N	99%
3P	99%
4A	96%
4C	98%
5G	92%
5S	98%
6E	98%
6N	97%

World Mental Health Day

We will be marking World Mental Health Day on the week commencing 7th October.

On October 8th with a special assembly in the morning and a film crew visiting the school in the afternoon, more information to follow.

On October 10th, there will be a non-uniform day. Children are requested to wear yellow and bring in £1 to raise funds for MIND.

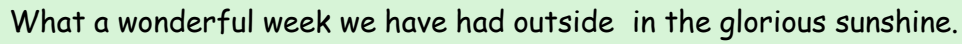


#HelloYellow

**This World Mental Health Day
say **#HelloYellow** at your school**



Forest School



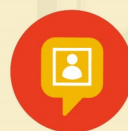
Years 1, 3, 4 and 5 have enjoyed preparing our forest area for another exciting year ahead of learning. So far the teamwork, communication and behaviour has been excellent between the different groups of children.

They have cleared the fire pit, collected lots of firewood, built new dens and thoroughly enjoyed absorbing the excitement of being outside with nature.





Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



Safety Tips For Parents



QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Family ask other members of the family to send or post on social media unaltered pictures of themselves.



BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or white board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them.
<https://www.bacp.co.uk/search/Therapists>
<https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves

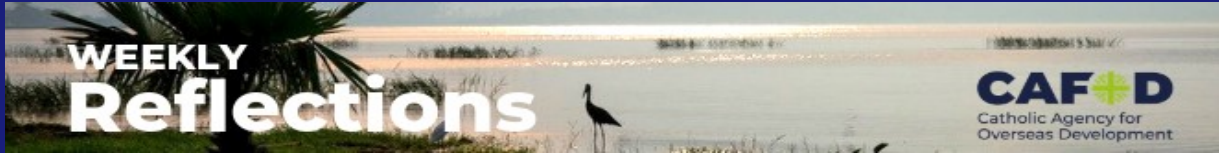


Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



RELIGIOUS LIFE AT HOLY CROSS



Based on the gospel for Sunday 22 September - Luke 16:1-13

"For the children of this world are more astute in dealing with their own kind than are the children of the light"

The dishonest manager in the parable, who resorted to 'wheeling and dealing' tactics to ensure his own future, was praised by his boss for shrewdness.

Often, cheating and cutting corners for financial gain are admired and encouraged in our world when the money is not ours.

There's that common saying "looking out for number one".

Yet, what if looking out for ourselves is at the expense of someone else? Especially in our world of enormous wealth and people living in poverty, where greed is accepted by many and need is ignored.

Jesus reminds us that as "children of the light" we can differ from the shrewd and dishonest ways of this world. We are called to serve God and not money.

Therefore, as followers of Jesus we should try to reject greed and look out for our brothers and sisters in need of our help, for in serving God is our true wealth.

O Lord,
Let us serve you.
Let us be honest and trustworthy.
And lead us as people of the light
into the wealth and wisdom of your love.
Amen.

The Words of Pope Francis

May God, the lover of life, grant us the courage to do good without waiting for someone else to begin, or until it is too late.



Wednesday 18th September 2019 - A WEEKLY PRAYER CUSTOM



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



Preparing for the Mass of Sunday 22nd September 2019 - The Twenty Fifth Sunday in Ordinary Time

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 22nd September 2019 (Luke 16:1-13): The Dishonest Steward

Jesus said to his disciples, "There was a rich man and he had a steward who was denounced to him for being wasteful with his property. He called for the man and said, 'What is this I hear about you? Draw me up an account of your stewardship because you are not to be my steward any longer.' Then the steward said to himself, 'Now that my master is taking the stewardship from me, what am I to do? Dig? I am not strong enough. Go begging? I should be too ashamed. Ah, I know what I will do to make sure that when I am dismissed from office there will be some to welcome me into their homes.' Then he called his master's debtors one by one. To the first he said, 'How much do you owe my master?' 'One hundred measures of oil,' was the reply. The steward said, 'Here, take your bond; sit down straight away and write fifty.' To another he said, 'And you, sir, how much do you owe?' 'One hundred measures of wheat,' was the reply. The steward said, 'Here, take your bond and write eighty.' The master praised the dishonest steward for his astuteness. For the children of this world are more astute in dealing with their own kind than are the children of light. And so I tell you this: use money, tainted as it is, to win you friends, and thus make sure that when it fails you, they will welcome you into the tents of eternity. The man who can be trusted in little things can be trusted in great; the man who is dishonest in little things will be dishonest in great. If then you cannot be trusted with money, that tainted thing, who will trust you with genuine riches? And if you cannot be trusted with what is not yours, who will give you what is your very own? No servant can be the slave of two masters: he will either hate the first and love the second, or treat the first with respect and the second with scorn. You cannot be the slave both of God and of money."



3

Reflect

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

This parable can be deeply disquieting if we take it as an allegory, that is, if every element in the story is meant (as in Matthew's Parable of the Wheat and the Tares) to have an equivalent in reality. We can't have God praising the steward for his frauds! No, the point of the story is simply the steward's energy and inventiveness, his shrewdness as a 'child of this age'. A lot more thought often goes into how to make money than into how to spend it to the best advantage of others! The danger and encumbrance of wealth is such that skill and imagination is needed in using it to live justly here on earth and to prepare ourselves for life in heaven. The full brilliance of the story is even more subtle: Jews were forbidden to lend to Jews at interest. The steward cuts off the interest from the bills of his master's debtors, for oil was commonly lent at 100% interest, and wheat at 25%. It was easy to return olive oil adulterated with cheap sesame oil, but if I scatter handfuls of chaff in the grain I give you back, you will spot it immediately. So the steward makes his master obey the Law! The sayings added at the end hit the nail on the head: no slave can serve two masters, God and money.

Is there anything in your life which prevents you from fully serving God?

Dom Henry Wansbrough OSB

4

Respond & Request

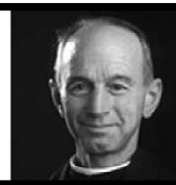
Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Then thank God for any insight you may have received. Conclude by asking God to bless you with one of the following spiritual gifts to help you act on any resolution 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 22nd September 2019



First Reading: *Racketeering*

Amos 8:4-7

Listen to this, you who trample on the needy and try to suppress the poor people of the country, you who say, "When will New Moon be over so that we can sell our corn, and sabbath, so that we can market our wheat? Then by lowering the bushel, raising the shekel, by swindling and tampering with the scales, we can buy up the poor for money, and the needy for a pair of sandals, and get a price even for the sweepings of the wheat." The Lord swears it by the pride of Jacob, "Never will I forget a single thing you have done."

Amos is one of the first of the prophets whose sayings were gathered together and written down. He was peacefully pasturing sheep in the southern hill-country near Bethlehem, when the Lord summoned him to trudge northwards and denounce the racketeering of rich against poor in Samaria. Archaeologists have shown us the traces of these practices. The capital in the North was moved westwards to link with Mediterranean trade: marriage alliances with merchant princes, grand palaces displacing slum dwellings, expensive (and idolatrous) ivory inlays on the furniture. The fat-cats would not listen to Amos, told him he was not welcome in their country, sent him packing and continued to fleece the helpless poor, for they controlled the money supply and the means of exchange – till the mighty power of Assyria swept down and destroyed them all. For us today perhaps the equivalent would be the rich nations profiteering from poor, unequal business deals, unfair trade, 'international aid' packages to dispose of excess production, the rich growing richer, the poor growing poorer in a thousand ways. The message of Amos is linked to the Gospel by the final sentence: use wealth to make friends in heaven by your generosity.

Can you do anything to prevent the exploitation of the poor?

Second Reading: *Universal Salvation*

1 Timothy 2:1-8

My advice is that, first of all, there should be prayers offered for everyone - petitions, intercessions and thanksgiving – and especially for kings and others in authority, so that we may be able to live religious and reverent lives in peace and quiet. To do this is right, and will please God our saviour: he wants everyone to be saved and reach full knowledge of the truth. For there is only one God, and there is only one mediator between God and mankind, himself a man, Christ Jesus, who sacrificed himself as a ransom for them all. He is the evidence of this, sent at the appointed time, and I have been named a herald and apostle of it and - I am telling the truth and no lie - a teacher of the faith and the truth to the pagans. In every place, then, I want the men to lift their hands up reverently in prayer, with no anger or argument.

As the gospel message was proclaimed beyond the restricted world of Judaism, in the larger world of the Greco-Roman Empire, new questions arose for Christians. The first question addressed here was relationship to the civil authorities, and the answer: accept them and pray for them, particularly in their attempts to provide a worthy framework for human life. The second question, a pressing one in our post-Christian society: can non-Christians be saved? Here the scripture tells us that God wills all people to be saved and come to knowledge of the truth, and that there is one mediator, Christ Jesus. How is this so? Is it enough to grope towards a God 'in signs and symbols' (Vatican II), accepting a power outside ourselves, to which all are indebted for existence itself, the ultimate authority in human life? And what about the Mediator? How can people be saved by Christ if they do not know him? Is it enough for them to acknowledge their human deficiencies and failures and lay them before God? What responsibility do we have to express our Christian values in such a way that others may come to share them?

How can all people be saved by Christ, even those who do not know him?

“God wills all people to be saved and come to knowledge of the truth.”

The Wednesday Word: *Connecting Home, School & Parish through the Word of God*
w: www.wednesdayword.org e: info@wednesdayword.org

Happy Birthday to... Nikodem Smaglo, Logan Coombe, James Kelly, Nathaniel Adeoye, Sebastian Darlea, Aurora Milciute Blynovas, Josie Ogbonze, Stanislaw Marti, Sophia-Jai Henry, Isabella Bethell, Maxon Wienzek, Feodora Benghea



Merit Certificates:

1D: Cooper Leagas, for his fantastic acting as the Big Bad Wolf
 1S: Violet Aldous, for being a fantastic friend
 2HD: Nikoleta Hristova, for trying very hard in all areas of the curriculum
 2TE: Will Bannister-How, for reading to the whole class with expression and enthusiasm
 3N: Cosmas Eze, for his excellent contributions during maths lessons
 3P: Damien Andersen-Hamm, for trying really hard in all lessons and answering questions well
 4A: Ka'reem Mafueni, for great contributions during science lessons
 4C: Isla Kent, for amazing comprehension work in literacy
 5G: Anne-Marie Konadu, for excellent effort and outstanding presentation across all subjects
 5S: Joshua Greer, for working hard in numeracy and challenging himself
 6E: Luca Nicolau, for great attitude in all his work
 6N: Amy Cook, for fantastic work in Numeracy
 Learning Mentor: The Peer Mediators, for working hard in their training
 Mid-day Award: Holly-Mai Boone-Jolley, for being so helpful at lunchtimes

Diary Dates

Week 2 Menu

Harvest Collection Week

Monday 23rd Sept

Be Still Club lunchtime
 KS2 Homework 3.15 - 4.15
 KS1 Football 3.15 - 4.15

Tuesday 24th Sept

Choir 3.15 - 4.20
 Football Team Training 3.15 - 4.30
 KS1 Construction 3.15-4.00
 KS1 Cosmic Yoga / Just Dance
 3.15-4.00
 KS2 Code 3.15 - 4.30
 KS2 Dodgeball 3.15 - 4.15

Wednesday 25th Sept

Karate 3.15 - 4.15
 KS2 Football 3.15 - 4.15

Thursday 26th Sept

5S Gibberd Trip
 Choir 3.15 - 4.20
 KS2 Chess 3.15 - 4.15
 Years 5 & 6 Drama 3.15-4.15
 KS1 Dodgeball 3.15-4.15

Friday 27th Sept

Year 6 Braintree Trip
 5G Gibberd Trip
 Assembly 2.40
 Karate 3.15 - 4.15
 KS2 Netball 3.15 - 4.15

House Points

**Congratulations to the
winning house St David**

S. McGuigan

Miss S McGuigan

Headteacher

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

Mr S Kelliher

Mr S Kelliher

Deputy Headteacher